



December Newsletter



Welcome to the culminating month of the year. Everything that we have done or accomplished is up for review as we move into the Year of Preparedness, 2011.

Our pictures this month are three winter scenes from the Bears Ears Ranch that is about two miles from our house. This old ranch is about 800 acres, but they are beginning to parcel it into tracts now.

My trip east was successful in every way. I always learn a lot about myself on these journeys and this year was certainly no exception. Starting with my class reunion, I began to realize that the people that are in my life are strong, unique, amazing individuals. I looked at the 45 members of my class who chose to take part in the reunion and was awed by what they are and all that they have accomplished. The first day of the reunion was a combination of classes from 1940 to 1970. There was a man there who actually graduated from high school in 1941. He was one of the most active participants in the whole group, including those much younger. He was out on the dance floor dancing to those rock and roll tunes with great agility.

One woman said to me, "Why would you want to be with people who would not even speak to you when you were in high school?" It was a general question,

but the answer that came to me was, "As you get older family means more to you, perhaps even more than in our youth when we were sure that we knew far more than anyone else in our life. I also feel that in fifty years surely we have developed the grace to be much kinder to one another than we were when we were attempting to prove our value was greater than that of others." Over all I found that the experience of this reunion enriched my life.

Then I was on to my youngest son's house to see my latest grandchild Sage. She was born three days after I visited last year. The five children—Judah, 9, Truth, 8, Noel, almost 5, Asher, 3 and Sage are bright, beautiful and wonderful children. Any grandma would say so, but I find that the children of these times are so outstanding.

I spent two weeks in Florida and the second week brought some very interesting experiences. I had been to ashrams before, but this one was quite amazing. The guru Ma is the head of this eighty acre ashram that has, first of all a sign as you enter that says, "God is too big to fit in any one religion." There are temples and grottos to the Hindu Gods and Goddesses, but also to Jesus, Mary, Kwan Yin, Buddha, and many others. There is a hospice house, a retirement home and on the grounds living for those who choose to be there. I was given the honor of riding in Ma's cart to tour the grounds. I was delighted.

Next came the Crystal Organic Farm with all of its beauty and magik. Helen made me at home as usual and took very good care of me. We had a big group on the first Saturday I was there and the next week end our intensive was outstanding.

We rented a cabin near Hendersonville, N. C. for the last leg of the journey. Called the Cabins of Flat Rock, this place is utterly charming. The cabin that we had was fifties vintage, clean and comfortable. Knotty pine paneling gave it great warmth, the bed was excellent and the kitchen well stocked. The cabins are located on two and a half acres of wooded land just outside of

Hendersonville in Flat Rock. We plan to spend much more time there next year. We had to spend an extra night on the road due to road closures—snowy weather and wrecks. We got home just ahead of storms around Lander.

I feel expanded and filled up. These trips are always a wonderful opportunity for me to find out where I require to make changes and also where my strengths are. I offer great thanks and blessings to all that hosted me and touched my life during the last two months.

We had a most unusual experience after our last filming. When I got back into my body I took a drink from the glass that St. Germain had been using during the filming and it tasted like strawberries. I asked Dorian what she had done to the water and she didn't know what I was talking about, but when she tasted the water she also tasted strawberries. A friend who was staying with us filled her glass from the bottle of water that was used to fill St. Germain's glass and she too tasted strawberries. Now this bottle had been opened on Thanksgiving and several people had drunk the water, but no one commented on it tasting different. I ask St. Germain if he had changed the water and he said, "Did you like it?" What an extra added gift for the holiday season. I just love working St. Germain. There are always these special little highlights that he provides. As St. Germain says, "Christ-mas every day".

May you all have a blessed Christmas and may your holidays be fulfilling and hope filled.

Rainbow Center News

Our next group will be December 19. St. Germain will bring together the "Culmination of 2010". The gathering will be at the Rainbow Center for the Humanities, 177 N. 4th St. in Lander.

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

St. Germain brings the Eleventh of our "Know Thyself" series "Who Do You *Think* You Are?".

Both CD's and DVD's of the first six parts of the series are available. If you purchase the set of six "Know Thyself" CD's or DVD's you will get the sixth one free. All twelve will be \$300 and you get two free. DVD's are \$450 for the set of twelve and two are free.

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

Our New Years Eve gathering will be at 8 p.m. December 30, 2010 starting at 8:00p.m. St. Germain will discuss our entry into the "Year of Preparation". There will be a potluck supper at midnight and then there will be a meditation with St. Germain, Lord Michael and Jesus. All are welcome. The evening is \$40 and CD's will be available for \$30 for the set.

ASTROLOGY

NEW MOON

When the Sun and Moon rise together at the New Moon we are called to up spiral to the next level of the sign. Sagittarius emerges from the cave and cauldron of Scorpio searching for the meaning and wisdom to be gained from those alchemical tests and trials. Sagittarius is the third transpersonal fire sign and as such brings a quest for knowledge by exposure to new points of view. Traveling beyond the borders of everyday experience, we achieve a greater understanding of the world and our place in it.

This New Moon will broaden our horizons even more than the average New Moon. Our solar system, along with the entire Milky Way galaxy—and its stellar neighborhood of 40 other galaxies (called the Local Group), each with their billions of stars—are all moving toward an even larger gravitational source called the Great Attractor. Beyond this lies an even more colossal magnet called the Shapley Supercluster, a dense collection of approximately 20 major clusters of galaxies, all radiating huge amounts of radio waves and other forms of electromagnetic energy. (There are scientists and other people who would set up a scare about how the world will end, the galaxies will be destroyed and the Universe may eventually collapse. Everyone is up spiraling and the Universe is also. The changes that are occurring may actually further our growth and evolution rather than end it.)

Gravity bends light, and light encodes information, so this New Moon alignment with these super powerful transmission sources opens up a wormhole (a shortcut in time and space), enabling us to grasp things that are ordinarily beyond our field of awareness. Meditations during the peak of this New Moon and the next Full Moon, which aligns with the Galactic Center, can provide especially valuable insights and solutions.

Jupiter is the second largest source of radiation in our solar system (after the Sun). It sits at 24 degrees Pisces and is a part of a dynamic t-square, amplifying the

potential for revelations and leaps in consciousness that exceed what we have known before. Jupiter will join Uranus at 27 degrees and square both Mars and Phallas at 24 degrees Sagittarius while opposing Juno at 23 degrees Virgo. Juno and Phallas were two of the first asteroids discovered and named for feminine rather than masculine deities. This t-square highlights issues of inequality and injustice. Juno's legendary struggles with Jupiter symbolize the imperative to reconcile gender inequality. Phallas's birth from the head of Jupiter represents the requirement for foresight, creative intelligence and the perception of patterns. This powerful t-square heralds a time for domination and discrimination of any kind to cease. These are the times to let go of any and all beliefs and issues of your lineage that support unfairness.

Within hours after this New Moon Uranus turns direct after five months. Uranus in its direct course will encourage us to break out of mindsets of narrowness and stifling circumstances. Uranus went retrograde on July 5 at 0.36 degrees Aries. It will again reach that shadow point on March 22, 2011. All planets are now direct until Mercury turns retrograde on December 10 at 6 degrees Capricorn. Mars exactly cojoins the Galactic Center on December 3 which promotes quantum leaps of consciousness. Profound insights and important discoveries continue as Mars joins Mercury and Pluto on December 13 at 5 degrees Capricorn. It is now for us to find the questions that will bring us the answers we seek. Then we must be willing to listen.

The Sabian Symbol for this New Moon at 14 degrees Sagittarius suggests that reconnecting with spiritual knowledge that has been passed down through the ages can help us to meet our current challenges. We must seek the Ancient Mysteries rather than review the same old tired platitudes that have held us in limit for so long. "The Great Pyramid and the Sphinx stand as reminders of a glorious past; Achievement based on past greatness. Influence of the countless dead upon the living. Vast resources in selfhood. Antecedents." Find within yourself what is true for you and take the next great leap of faith on your way. Remember that your eyes only show you what you believe, not what you see.

FULL MOON

This Full Moon brings a total Lunar Eclipse on December 21. Four planets, two asteroids and the North Node of the Moon are involved in opposition to the Moon and South Node as this eclipse occurs. This is the third of five Full Moons that occur in the last degree of the sign, indicating that we are in a very important transitional time. The end degree of any sign as with the last sign Pisces requires that its energies be expressed with compassion and wisdom. Archetypes are the architecture of matter, the templates of energy, Matrices that shape and focus our perceptions. They are pathways for the evolution of consciousness.

This total eclipse expands our potential for transformation. As the old networks and connections of the past disappear we can open new pathways and options for evolution. When an eclipse occurs, the electromagnetic energy of the Sun and Moon streaming to the Earth is interrupted and this weakens the Earth's force fields as well as our own. These times provide an ease of shifting grids, dimensions and the way that our consciousness is configured. This eclipse is potentized by its proximity to the Galactic Center at 26 degrees 55 minutes Sagittarius. Any planet aspecting the Galactic Center concentrates the force of evolutionary codes streaming toward Earth all of the time, assisting us to remember who we are and bring fulfillment about our Soul Script.

Juno opposed Jupiter at the last New Moon, now opposes Uranus at 5 degrees 16 minutes Pisces/Virgo. This radically changes how we view relationships. Juno also tightly squares Mercury, the Sun and Moon in Sagittarius/Gemini, creating a mutable Grand Cross, a cosmic decree for far reaching change. If Phallas is included the essence of this Grand Cross, forms five oppositions and twelve squares. Three of the four major asteroids are involved in this extremely powerful configuration and Vesta, the fourth asteroid is also in Sagittarius. We stand at a point of decision about how we relate to each other in private partnerships, community involvement, national perspective and global outreach.

A Full Moon illuminates the shadow side of the sign. Sagittarius exhibits arrogance, overindulgence and a tendency to be fanatical. The desire for total freedom and absolute righteousness can go to extremes. Gemini brings forth from its shadow a tendency to rationalize, an amorous nature and duplicity. The Twins can separate head from heart, mental from physical and then attempt to present fiction as truth.

The Sun and Moon in the last degrees of these signs insists that we be clearly aligned with our true self and completely honest with others—no delusions, dogmatism or twisting truth to fit our own devises. As Jupiter approaches a conjunction with Uranus in Pisces we are shown the way out is through the remembrance that we are all One, “we have all been *there*” and that compassion for self and others is imperative. Just before the height of the eclipse is reached Venus reaches the point where she went retrograde at 13 degrees 14 minutes Scorpio on October 8. Here is another incentive to let go of all things in our life that keep us fearful, separate or conflicted.

The Sabian symbols remind us of the requirement to question our most fundamental beliefs and illusions. For the Sun at 30 degrees of Sagittarius: “The pope holding audience in a hall of the Vatican. Wealth of spiritual resources which can be tapped for the glorification of every relationship. Concrete form of ideals.” And for the Moon at 30 degrees of Gemini: “A parade of bathing beauties before large beach crowds. Use of individual vanity in raising racial standards. Examination of intellectual values for use in the soul life.” Questions arise as we change the direction of our perspective on how we relate to all things and people. Who am I? Why am I here? What is the purpose of life on this planet? Don’t just think about the answers. Feel into the energy and live the difference. The only way that people truly learn is from personal experience. Begin to live your experiences and experience your life every moment of every day.

CRYSTAL CORNER

Hello, everyone! Here we are at the end of another year, wondering what happened. How did New Year’s Day suddenly become December? For those desiring greater clarity, the following stones might assist.



HEMIMORPHITE is a stone for those who are reaching very rapidly into their becoming. It is the essence of the beginning of life and how it becomes cellularly from a concept, like a starburst, like a nova. It is as if it has come full circle, from God to God. It is to remind one of the completed circle. Those who are in fear of letting go of what they have been would find that what this stone brings them would terrify them. It will open the psyche to the remembering of the chaos of creation so that there is an understanding within that the chaos that you are experiencing is only creation. It may be used above the head with a piece also on the third eye. This placement will revitalize the opening of the pineal and the pituitary so that it is clean and clear, for there are those who are opening who are still foggy in their vision. It will assist those who are ready to have it used on them to have a greater clarity. It would refine the channel. This stone forms primarily as a white crystal with a rusty red matrix that will rub off on the hand. It always amazes me that crystals from the same family of stones have so many different appearances and colors.



The Blue HEMIMORPHITE would be very similar to Larimar in its nature but it would also be as though you blended the elements of Turquoise and Barite energy. This is not so malleable but the frequency of it would be spiritual triage instead of emotional triage. It helps in holding center as center is being discovered. It helps one to heal the issues that would cause the intellect to keep taking over.



BLUE HEMIMORPHITE with WHITE MATRIX

As the student is ready, the teacher appears. This facilitates the process of remembering, drawing in the energy of what is call the heavenly realms which are higher frequencies of consciousness. This definitely helps to make that connection with those places that would be call fairyland or the magical place, higher places of consciousness in the sweetest and purest form. This is a remembrance of the un-nameable names of God.

My wish for all of you is for ever greater prosperity and happiness in the year ahead. Happy journeys.

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THE GARDEN FAIRY



Jerusalem Artichoke

Jerusalem artichoke (*Helianthus tuberosus* L.), a tuberous-rooted perennial sunflower, is familiar to many as a weed, but has some potential as a crop plant. Several North American Indian tribes used

Jerusalem artichoke as food prior to the arrival of European settlers. The explorer Champlain took Jerusalem artichokes from Canada to France in 1605 and originally called it Canadian artichoke. By the mid 1600's it was widely used as a human food and livestock feed there.

In France, the artichoke is called "topinambour," although the word "Jerusalem" has several explanations. The artichoke became a staple food for North American pilgrims and was thought of as a new feed in a "new Jerusalem." A second theory is that the word Jerusalem is a twisting of the Italian word for sunflower-girasol. One additional explanation involves a 17th century gardener named Petrus Hondins of Ter-Heusen, Holland who was known to distribute his artichoke apples throughout Europe. Ter-Heusen was modified to Jerusalem in the United States. In recent years the fresh tubers have been widely marketed in the U.S., but in quite limited quantities.

Similar to water chestnuts in taste, the traditional use of the tuber is as a gourmet vegetable. Jerusalem artichoke tubers resemble potatoes except the carbohydrates composing 75 to 80% of the tubers in the form of inulin (a low-calorie carbohydrate found in certain roots and tubers, barely affects blood sugar and improves digestive health as an unusual type of fiber and a prebiotic) rather than starch. Once the tubers are stored in the ground or refrigerated, the inulin is converted to fructose and the tubers develop a much sweeter taste. Dehydrated and ground tubers can be stored for long periods without protein and sugar deterioration. Tubers can be prepared in ways similar to potatoes. In addition, they can be eaten raw, or made into flour, or pickled. They are available commercially under several names, including sunchokes and lambchokes. Jerusalem artichokes have 650 mg potassium per 1 cup serving. They are also high in iron, and contain 10-12% of the US RDA of fiber, niacin, thiamine, phosphorus and copper.

About 50% of the 12 million tons of sugar consumed annually by Americans is grown and produced in the United States. Fructose is more soluble in water than sucrose, so fructose provides a more desirable syrup. In addition, it is 1.5 times sweeter than sucrose and can be consumed safely by diabetics. The majority of domestically produced fructose is obtained from corn. Although the Jerusalem artichoke is a viable fructose source, the U.S. sugar industry has been hesitant in utilizing it because farmers have been concerned with its potential as a weed problem, and because it requires extra planting and harvesting equipment along with storage difficulties.

In France, the artichoke has been used for wine and beer production for many years. Ethanol and butanol, two fuel grade alcohols, can be produced from Jerusalem artichokes. The cost of producing ethanol currently is not competitive with gasoline prices, and therefore the success of ethanol plants has been limited.

Jerusalem artichokes are easy to cultivate, which tempts gardeners to simply leave them completely alone to grow. However, the quality of the edible tubers degrades unless the plants are dug up and replanted in fertile soil. This can be a chore, as even a small piece of tuber will grow if left in the ground, making the hardy plant a potential weed.

The tubers have a consistency much like potatoes, and in their raw form have a similar texture to potatoes, but a sweeter, nuttier flavor; raw and sliced thinly, they are fit for a salad. The carbohydrates give the tubers a tendency to become soft and mushy if boiled, but they retain their texture better when steamed. The inulin is not well digested by some people, leading in some cases to flatulence and gastric pain.

Jerusalem artichokes also can be used in an animal feed, while they must be washed for most animals, pigs can harvest them through their own volition. The stalks and leaves can be harvested and used for silage, though cutting the tops greatly reduces the harvest of the roots. Currently, the only stable market is a limited one for the tubers as a gourmet vegetable.

References: www.answers.com/topic/jerusalem-artichoke

www.hort.purdue.edu/newcrop/afcm/jeruart.html

Lemon Chicken with Jerusalem Artichokes

- 1 teaspoon lemon zest
- 2 fresh lemons
- 2 Tablespoons olive oil, divided use
- 4 chicken thighs
- Kosher salt and freshly ground black pepper
- 1 cup chicken broth
- 1/4 teaspoon ground saffron
- 1/2 pound Jerusalem artichokes (sunchokes), peeled
- 10 garlic cloves, peeled and halved
- 1/4 cup heavy cream
- 1 Tablespoon fresh thyme leaves

- 1/4 cup pine nuts, toasted

Finely grate, 1 tsp. of zest from the lemon and set aside. Squeeze juice from both lemons and save back.

Place a large, deep, heavy skillet over medium-high heat. When hot, add 1 Tbsp. of olive oil. Sprinkle chicken thighs on both sides with salt and pepper. Place chicken in hot pan and quickly brown them, turning only once. Remove to a plate and keep warm.

Add lemon juice, lemon zest remaining Tbsp. of olive oil, chicken broth, and saffron to the skillet. Bring to a boil, stirring to loosen any browned bits. Add Jerusalem artichoke and garlic cloves. Return chicken to the skillet, along with any accumulated juices.

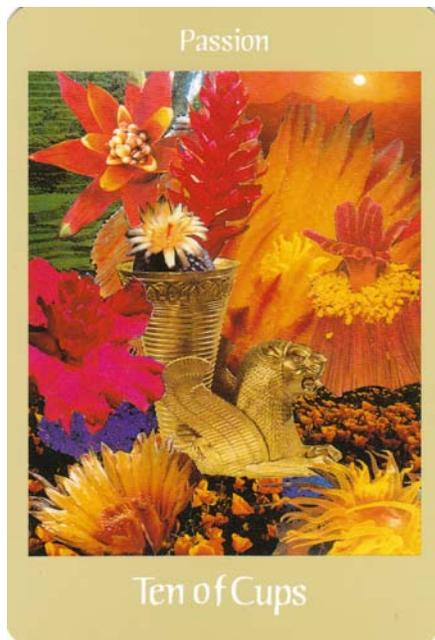
Reduce heat and simmer about 45 minutes until chicken and sunchokes are tender. Stir in cream and thyme leaves. Taste and adjust seasoning, if needed. Return to a simmer and cook an additional 10 minutes.

Serve over cooked rice and sprinkle with pine nuts to garnish. Serves 4

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TAROT TALK



Our Tarot card for December is a card of blessing and fulfillment. Passion—the Ten of Cups is literally “My cup overflows”. The nine of cups is the wish fulfillment card, but the Ten of Cups is the abundance and riches magnified into far more magnificent good.

When you live your passion it opens the floodgates of new ideas and creativity. You become a receptacle of amazing knowledge and wisdom that pours in from the divine. When you look out into the world you can become depressed very quickly, but when you attend to the excitement of your own passion within life lifts out of the dull grey limits of the old order and begins to come to you in living color.

Passion is the heart felt experience of your fortune. Listen to your passion and you will live fully and richly. Your passions reveal your genius and bring you success. Don't think! Take the risk! Act! Live! Love! Who cares what others may think? Be the best you that you can be. Be courageous. Go for it.

Passion brings a lust for life that you have been missing. Live large. Be bigger than life. Overcome your fear of being seen or noticed.

When the passion card turns up in your reading be sure that you are allowing yourself to be filled up with the joy and delight of life. Envision that your heart is a cup and that the love of God is pouring into your heart to fill you up to overflowing so that the passion of fulfillment helps you to give the gifts that you have

desired to share for so long, but it also lets you live filled up all of the time—more good, more rich, more love, more well being than ever before. Look for people, ideas, concepts that will expand your world. When you doubt your passions or you judge them as wrong or bad you cut yourself off from the love of God. Passion is a way that God speaks to you. Focus on the lower three chakras and feel the power that they provide. There have been teachings that have suggested that if you wish to be really spiritual you will avoid contact with the lower chakras. If the focus is only on the upper four chakras you lose touch with the physical world and life swings out of control. Spirituality is not removed from life. It is passionately involved with it. So when passion puts you on notice to be attentive to your new life look, listen and feel how it is guiding you.



ST. GERMAIN'S MESSAGE

Dearly Beloved Masters, once again you approach the time of giving and RECEIVING. You exhaust yourselves attempting to buy just the right gift, but seldom if ever does the idea cross your mind, that you are the greatest gift there is. Sit with this concept and take it in. Feel the power of the gift that you are. This is NOT about what you are doing or doing for others. This is purely, wholly and truly about you. **YOU ARE THE GREATEST GIFT THERE IS!**

You celebrate the life of Jesus and you have been told that he is far above you, the ONLY son of God. We are here to assure you that this concept has been perpetuated in order to keep you feeling small. You are, every one of you is, a Divine creation of God. You are creative Masters who are to emulate the teachings and practices of Jesus. He did not come to speak down to you, but to remind you of your Oneness with I AM. He assured you that everything that he did was an example of what you can do and even greater if you trust your abilities.

The gifts that you buy in stores will turn to ashes, but the gift that you are will keep giving forever. As you remember your value you will cease to be exhausted both emotionally and financially and begin to be

flooded with ideas for giving that far exceed anything that Wal-Mart or Macy's have to offer.

The energy of these times is calling for less outward focus of your power and more attention to allowing things to happen in their own timing. The mind gets frightened and impatient at the idea of waiting, yet if you are willing to stop pushing your energy out into an unformed future and keep it NOW you will be astounded at how quickly and easily things come together when you stop trying.

Forgive making the lack of money the reason for your limits. When you stop focusing on how little you have and how you must fit into impoverished spaces, you begin to get clear what you really desire and how you would live as a Master and the miracles of the times begin to emerge. You cannot live rich and continue to plan for lack. You have to grow beyond the past. Change is the thing that the ego fears most and it holds you hostage by outmoded belief systems that no longer serve anyone on the planet. Much of the war on the planet at this time is an attempt to keep things the way they have been for eons of time. Beloved Masters, you can no longer live there. The whole Earth is up spiraling and you simply cannot remain in the devastating conditions of what was.

Attempt to go about your business as you have before and feel how confining it is. It feels unreal, distorted, because you are attempting to live in frequencies that are barely supporting life. Take a deep breath and just allow yourself to feel beyond the scope of your mind. Open up to possibilities that you cannot control—the places where you live in freedom rather than by clinging to limit. The process of planning projects your energy out into an unknown future. As you feel into your solar plexus you can feel just how depleting it is to put your power where you cannot access it, out there somewhere. Bring your power back to NOW, to your center, and feel the difference between reaching to get something that doesn't exist and allowing what you desire to come to you where you are. It is literally what makes the difference between a great investment and one that will fail. When you hope something will work, but the basis is of achievement is desperation it fails. When you have faith and trust in the highest outcome and feel it, it works. When you *want* something to work, but you have little faith, you are just gambling with the power and it is a 30/70 chance of a positive outcome at best.

Feel into the tightness in your solar plexus and ask, "Is this mine?" Pay attention because everything that you

have been trying to heal for someone else will leave you and the energetic feelings that are left are yours to heal by loving them. You cannot solve someone else's problems yet many of you are carrying tremendous burdens of the problems of family and friends because you think that you can make their burden lighter, but it only increases your own. It is a spiritual impossibility to take the burdens of others upon you, even though you have been taught for hundreds of years that Jesus died for your sins. He clearly understood that what he offered was an opportunity for new clarity and understanding of your own worth and value. Those who wished to maintain control had to come up with ideas that would continue to weaken you and cause you to believe that you would never be good enough for the love of God for yourself. Jesus was not a victim of God's carelessness, but a Master who absolutely knew that you are equal in every way to his Mastery and desired above all else that you would remember that this is true.

Masters when you give from fullness, the assurance that you are safe, cared for and loved beyond your ability to comprehend, the power of your giving changes. The scope of your love beams out, the fulfillment of giving and the joy of receiving balance and you feel clean and pure within. The Ego's interference diminishes and it can no longer tell you that lack is the only way to live spiritually. It cannot be convincing when it says that you have not done enough. Beloved Masters, how many times have you felt guilty about your giving and not been able to find where you failed?

'Tis the season to be fulfilled in every way, to align with your highest and best intensions for yourself and **all** others and to relax in the knowing that because you desire to share you are blessed whether you can spend a lot or not. You are loved and blessed and recognized by God. We hold a most powerful intension that every up lifting wish that you have will come true for you.

Until we meet again in the New Year's becoming, in the greatest of Love I bid you Adieu!



Books

LEGACY ON THE LAND

I want to share a book by a most interesting and exciting woman. Audrey Peterman is a woman of spunk and courage who has set out to make sure that people of color in America don't miss the wonders of our national parks. If you are a white American it might have never occurred to you that blacks, Native Indians and American born Orientals do not go to the National parks because many of them feel as though the parks do not belong to them.

Audrey and her husband Frank began to visit the parks and noticed that they were often the only people of color around. **Legacy on the Land** tells their story in an inviting and personal way. Oprah recently had a good friend of Audrey and Frank's on her show, a Park Ranger from Yosemite. Oprah and her friend Gail went and spent time camping at the park, but Audrey and Frank had already been there. This book is an interesting and eye opening read that I feel you won't want to miss.

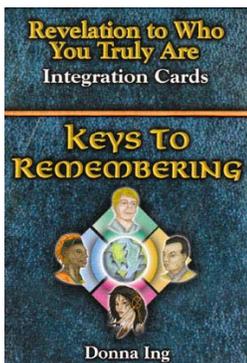
ADS

OF POETRY AND PROSE by Nanna Hansen

This is a special and very personal website that shares the dreams and visions of Nanna L. Hansen from past, present and future. Nanna's Visions come from many timelines.

The writing is often in old style and yet it addresses modern subject matter.

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



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>.



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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.

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!

www.kimberlyraehansen.com

Delores DeVore owns Sound-Works, healing with voice and tuning forks. www.sound-works.biz Delores is an excellent website designer who has an extensive background in web design. She is very conscientious and works quickly. She is excellent at problem solving web site situations.

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