



Welcome to MAY!!!

Spring has come to the Lander Valley, but it is still below 60 degrees most of the time. The gray, overcast skies look more like Oregon than Wyoming. Each year is so different. Last spring we went from a cold winter to a hot summer with no spring at all.

Speaking of wet or icy weather, here is a tip that a friend sent to me that is important for everyone to know. When we take driver's education we are taught to use cruise-control in our car for safety and to keep our speed down, but did you know that on wet or icy pavement cruise-control can cause your car to hydro-plane and go out of control because your tires begin to leave the pavement in wet conditions when operating with cruise-control. As the tires leave the pavement your speed accelerates and you become air-born at a high rate of speed. You literally are "flying low". So, NEVER use cruise-control in wet or icy conditions, because we love you.

Pass this along to everyone, especially the teenagers who may not have been taught this fact in driver's ed.

MAY ACTIVITIES

Our next channeling will be May 6th at the Rainbow Center for the Humanities, 177 N. 4th in Lander. The subject is "**Golden Opportunities in a Brown Paper Bag**".

Don't forget our intensive May 19-20, "**Everything is in Divine Order, Now!**"

The deadline for the \$250 for the weekend is May 5th. The cost will be \$300 after that.

Our next "Evening with St. Germain—**Views into the Realms of Magik**" will be May 25th. This Evening will be video and DVD's will be offered. The Evening will be \$50.

CD's are available of the first Evening—"Relationships—Myth or Magic". \$30

CD's of the second Evening—"Beloved Masters" will be available May 5th for \$30 Get your orders in now.

ASTROLOGY

FULL MOON

May opens with a Full Moon on the 2nd. All Full Moons illuminate what has been gestating below the surface (seeds in the ground or in the fertile soil of our imagination) This Full Moon falls in Scorpio which highlights the shadow side of our self. Have you over-looked something important? Have you missed a sign that you have been looking for?

On May 6th, St. Germain will talk about "**Finding Gold in a Brown Paper Bag**". Have you missed something valuable in your life because it didn't look important enough?

The Taurus Sun focuses on security and material affairs. Our religious principles have taught us that we are unworthy of a better life than we now know. The underlying suggestion is that if we prosper we are in some manner sinful and should be punished by losing the good we gained. So many people get a wind-fall like winning the lottery and cannot wait to get rid of it. They think of all the good they can do for others and because we are taught it is wrong to care for ourselves, the desired money becomes a curse. Scorpio, on the down side, can dredge up all the old sin and guilt patterns that we have carried for lifetimes.

Low self-esteem is an unknown concept in Tibet and many other places. In fact, it had to be explained to the Dalai Lama because it was a totally foreign concept to him.

Taurus rules valuables and securities. It represents a healthy relationship with oneself and a respect for the riches that the Earth holds for everyone.

Scorpio is a sign that can manifest what ever it desires powerfully. When value-oriented Taurus and Scorpio, the manifester join forces they create opportunities to overcome old limitations.

Mercury is closely conjunct the sun at this Full Moon and brings a brighter view of how we handle money, goods and valuables in our life. Saturn in Leo and Chiron in Aquarius complete a Grand Square that focuses on the disintegration of old patterns and the reconstruction of these ideas in a higher octave of consciousness.

What you may find yourself experiencing are waves of emotion coming to the surface. No longer can we just stuff the feelings we don't want to deal with because it is time for a total house cleaning of old stuff. You may feel short of breath or light headed. Your energy may feel even lower than usual. People have been taking drugs to give them energy for quite a while. Now there is a burn out because the adrenals can only be pushed so far and then they begin to shut down. Emotional reaction can be a real energy thief, but pushing your body physically and refusing to deal with the source of the issue, unresolved emotions, just creates disease.

If you are tired, rest. If you are sad, cry. If you are sick, take time for yourself. The whole collective of out-focusing energy on and for others is toppling down like the tower of Babel. The human body is a Divine machine that was created never to age or die. We have used the body as though it has no limits and at the same time been absolutely sure that we would die. The insanity of many of the dichotomies we have lived with is a big piece of the old patterns that must collapse.

If you are not sure what or how to change, the aspects of May will throw the required shifts into clear, sharp focus.

Jupiter in Sagittarius will square Uranus in Pisces on the 10th of May. This can bring a greater willingness to test new ideas and concepts. The expansive energy of Jupiter linked with the Uranian tendency to overthrow the status quo can cause upheaval in every area of life. This is a good thing.

One of the main things to pay attention to now is that "Nothing is as it appears to be." The only way you can be sure is to practice listening to "the still, small voice within". Meditation is not sitting and thinking, it is a discipline of listening within. Being still is not

a mind that stays totally blank, but a slate (mind/soul) that God can write on so we can stay in touch. God is very polite and does not talk when we are talking. If you don't think God hears you, listen.

NEW MOON

By the time the New Moon occurs on May 16, Venus the ruler of Taurus will be in Cancer, sign that rules the home. You may find that you now want to improve your home, inside and/or out.

The body is the home of the soul, so continuing the trends of the Full Moon you could find yourself not only wanting to change physically, but mentally, emotionally and spiritually. Stability brings peace, harmony and beauty. Resistance and refusal to change can only bring disease in the energy of these changing times.

Taurus can certainly emphasize our hedonistic side. We were given beauty and delightful things to make life sweet. The challenge is to keep from becoming possessed by our possessions.

Chiron, The Wounded Healer, is moving through the sign of Aquarius. We are all here to be agents of change in this life time. Chiron in Aquarius highlights the wounds we have incurred for calling for or causing change in the past and offers ways to heal as we live up to who we truly are.

The planets are asking us to clean house and let go of everything that is out of harmony with our highest potential.

FULL MOON

In May, we have a Blue Moon. The old phrase "Once in a Blue Moon" refers to a month that has two Full Moons. The term blue Moon came from the fact that a farmer's almanac editor used a blue pencil to circle the fourth Full Moon in a season. It began to be used to refer to any extra Moon. Astrologically it has no real meaning; however, it does show us how our minds can take facts and make them more or less important by the significance we place on them.

On May 31-June 1 there will be another Full Moon. This Full Moon falls in the sign of Sagittarius and draws our shining truth into full light. Sagittarius in its best light is the sage or wise one sharing knowledge gained by personal experience. The dark side of Sag is dogma and bigotry.

Jupiter is conjunct this Full Moon and therefore, the potential for expansion of ideas, ideals and communications to altruism is a grand opportunity. We are being asked to speak from the heart and not the head at this time. The healing of old confusion is the clarity of feeling. Emotions are more associated with the mind and material world. Feelings are the higher octave of emotions.

Due to the pain of separation we have not operated fully in our bodies for a long time. The pure essence of who we really are is now returning to reside completely connected in our solar plexus and in the stars so that we may live the life we were intended to live here in the beginning. En-lightenment means being lighted from within.

So as you can see, May takes us from the delving into our dark side for cleansing to the delightful outcome of up spiraling into a clearer, purer view of ourselves. With this comes an ease of communicating what we have discovered without the fear of retribution.

THE CRYSTAL CORNER WHAT PRICE FEAR?

Looking back at the previous columns, I felt there was a very real connection between addictions, prosperity, or lack thereof, and fear. When asked for a definition of fear most people are at a loss. I feel that fear can best be described as an absence of love. You can not feel fear and love at the same time. Addictions keep us focused on things outside of ourselves so that we remain static in our lives. The lack of prosperity comes from a feeling of unworthiness and a fear of being responsible for all the good that awaits us. We do not allow ourselves to prosper out of that fear. So, in order to arrive at the point of changing those beliefs, we go to the opposite of fear and that is love. There are many stones that facilitate the healing of the heart and the infusion of love. The most basic of these are Rose Quartz and Aventurine. One pink and the other green, these stones are equals in vibration. They are a gentle way to begin to heal the heart and to bring you to an awareness of the love there. When used as pendants, be sure they rest over the heart area. They may also be carried with you and meditated upon.

A trio of stones that I refer to as the 'heart trinity' is as follows:

Rose Quartz-use up to eighteen months to heal the heart

Kunzite-use this next to break the heart open so it will flow, and finally

Pink Tourmaline, which allows the heart to be informed of the Christ Consciousness and the Higher Self, allows love to come to one who has denied it.

Barite, either blue or golden, will rapidly eliminate fear and to do this joyfully, use Diopside which will not only assist in eliminating the fear but bring a more delightful encounter with life. Who couldn't use a little more joy in their life?

These are just a few of the many stones that will enrich our lives by promoting love and eliminating fear. Enjoy!

Be sure to watch for my new and improved website coming in May. There will be a shopping cart service for ease in ordering and some glorious new items.

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**ALERT—AMA SEEKS TO MAKE ALL
ALTERNATIVE PRODUCTS MEDICAL!!!!**

FDA Attacks Complementary & Alternative Healthcare

by John F. Gilbert, Ph.D. - President/NTCB

I just spent three days reading, re-reading, researching and discussing the proposed FDA guidelines for "Complementary and Alternative Medicine" with two FDA attorneys. You can download a copy of this proposal for yourself at: <http://www.fda.gov/ohrms/dockets/dockets/06d0480/06d0480.htm>.

When I first heard about this FDA attack on complementary and alternative health care, I considered it another "Chicken Little" rumor. On further study, I'm appalled at the speed with which the pharmaceutical companies are implementing Codex Alimentarius in the USA. If you don't suspect the pharmaceutical companies control the FDA, you

may want to research that further by visiting <http://www.HealthFreedomUSA.org>.

This insidious proposal is designed to redefine every complementary and alternative health care modality and product as "medicine." This has direct implications on the services and products provided by every alternative health care professional. There is no facet of complementary and alternative health care that is not affected. If the FDA adopts this proposal, all natural health care would be illegal even for medical doctors.

Essential oils, herbs, herbal remedies, homeopathic remedies, minerals, nutritional supplements, plant enzymes and vitamins are redefined in this proposal as "medicine." Very simply, medicine is under the jurisdiction of the FDA and, by law, only licensed medical doctors may prescribe "medicines." Anybody else who advises, advocates, counsels, distributes, markets, recommends or suggests anybody use "medicine" is practicing medicine without a license. This is a felony in the USA punishable by fines and incarceration.

Aromatherapy, auricular therapy, biofeedback, color therapy, homeopathy, hypnotism, naturopathy, neurotherapy, nutritional consulting, reflexology, sound therapy and wellness consulting are among the alternative health modalities being redefined as "Alternative Medicine." This subtle change of vocabulary from "alternative health care" to "alternative medicine" makes all of these industries subject to control by the FDA as medicine. Only medical doctors would be allowed to provide, prescribe and supervise the delivery of these services. Anybody else who provided any of these services would be practicing medicine without a license and subject to incarceration and fines.

That's the bad news. The good news is we have until April 30, 2007 to voice our opinion against this proposal to eliminate complementary and alternative health care in America. Almost 100,000 people have already filed their objection. According to Dr. Rima Laibow, medical director of the Natural Therapies Foundation, we need 50 times that many people to respond by the end of the month.

Please stand up and be counted. Go to <http://tinyurl.com/2u7ghc> and file your petition in support of natural health care, in support of complementary and alternative health care as we know it today. If you require more information,

please visit <http://www.HealthFreedomUSA.org> or read the FDA proposed policy

The FDA has cut its staff 20% in order to fund this battle to do away with all forms of alternative healing—even going to such insane extremes as attempting to stop Native Americans from doing their healing ceremonies.

If alternative healing modalities are made illegal, then only thieves can benefit from them. The AMA wants to make our bodies belong to them rather than to us.

If you think this cannot happen in America, it has already happened in Europe. Do you want control over your body or do you totally want someone else to tell you what you can do to heal?

<http://www.newstarget.com/z021789.html>

FLOWER ESSENCES

Flower essences are quite different from essential oils. Essential oils have fragrance and are used on the skin like perfume. Flower essences have no fragrance and are taken internally.

Flower essences are made by taking the blossoms or stems and leaves of the flower, bush or tree and placing them in pure water to steep for a period of time. Most of the time the process is done in sunlight, but sometimes the steeping process is done in Moon light.

The same process is used to make gem elixirs by placing stones in water and allowing the energy of the stone to imbue the water.

The Mother tincture or water that has been imprinted with plants or stones is kept in a tightly closed container from which four or five drops are placed in an amber bottle with a dropper. The bottle is then filled with $\frac{3}{4}$ distilled water and $\frac{1}{4}$ preservative brandy. This is called the stock. Most practitioners then take four to six drops of several stock essences and put them together in another amber bottle which is then, again filled with $\frac{3}{4}$ distilled water and $\frac{1}{4}$ preservative brandy and this is the dosage bottle.

A channel named John Fox, who channels the Master Hilarion gave instructions to Fred Rosenfeld who

owns Pegasus Essence House in Loveland, CO. about how to construct a totally electricity free telescope for tracking stars in order to make star essences. A dish of distilled water is placed in such a way that the light of the star is refracted into the water to imbue the essence of the star into the water. The star essences are extremely high frequency and are best used with gems and flowers to prevent intense emotional reaction.

Annalaiya is a flower essence practitioner who uses only stock- essences for her blends. The blends she makes will contain essences from all over the world. There are essence houses every where from Perth, Australia to East India. There are essences from Hawaii, Alaska, Green Hope in Vermont, Perelandra in Culpepper, VA., Pegasus in CO., Dessert Alchemy in AZ. and Floral Essence Service in CA., just to name a few.

Annalaiya uses your birth name and birthday as a witness on which to create your personal blend. Someone may call and say, "I want a blend to become more spiritual" and what they will get first is a blend to help them deal with their anger, because love and rage cannot exist in the same place.

Annalaiya also makes essences for prosperity. I can say from personal experience that they really do work. They address the limiting emotions that prevent us from allowing greater good into our lives. They help us to forgive old laws around money and the good things of life in general.

Annalaiya designs pre op and post op blends for those who are about to undergo surgery. They make a great difference in how the person responds to the ordeal.

Treating pets is one of Annalaiya's favorite things. Our pets tend to take on our diseases when we don't pay attention. Essences for both master and pet help everyone to feel better.

You can reach Annalaiya at:
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ADS

Jill Koehn is now a member of the Rainbow Center's team. Her business is Compassionate Counseling.

Jill is located at The Rainbow Center for the Humanities, 177 N. 4th, 307 332-3326. She loves to serve those who have relationship issues and drug and alcohol abuse issues.

Cookie Cole's Beginner Metaphysics Class is still being offered at Edith's Floral in Riverton. Call 332-7108 for more information.

Kaiser offers sacral-cranial and healing touch at the Rainbow Center for the Humanities, 177 N. 4th, Lander. Her business is Subtle Impressions. For appointments call 332-4471.

The Wellness Connection, S. 2nd and Main in Lander offers all types of healing modalities.

Delphinia Bey does deep tissue massage and hot rocks.

Annalaiya offers iridology, flower essences, the Q2 and V.I.B.E. machine, the music table and color box. Stop by and check out the services or call 332-6262.

"The Pot of Gold" written and edited by Molly Rowland

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Comments and feedback are welcome!

If you would like to advertise in the "Pot of Gold" ads are \$10 per month for six lines and \$1 per line thereafter.

The deadline is the 20th of each month.