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Guess who heard he was in the newsletter and came back to give Diane his good side.

Hello Everyone

We are already in the last quarter of the year and it seems that the days are traveling faster as each year comes and goes. I really enjoy this time of year for many reasons but the most important is the friends and family that we get to see and spend time with.

My friend Pat came to visit for a week in October and we had an awesome time catching up. The highlight of the week besides our girl time was the Bobcat that walked into the yard and began rolling around on his back like a domestic kitty. He had a beautiful bright white belly with white on the underside of his legs. I grabbed the digital camera and proceeded to attempt to take pictures. You noticed I said attempt... I thought I was zooming in to get a close up of this beautiful cat when in fact I was turning the camera on and off and could not figure out why it would not take a picture. I finally did get a

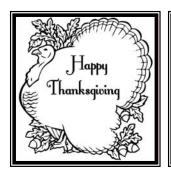
picture of his backside as he was walking away to go over the hill. This gives you an idea of what my brain is like after channeling sessions, it does not work until I get grounded. We also took a drive and saw some beautiful elk. One massive bull elk with 15-20 females on one side of the road and on the other side was a bull elk all by himself. We really felt for him, he looked so sad. In their kingdom they fight for the females and once they win they do not share. There is a picture of the massive bull elk in this issue.

Our friends, Cheryl and Steve are driving in from Washington State to spend Thanksgiving with us. We are really looking forward to great communication, laughter and full tummy's.

Christmas this year will be our quiet time to relax and kick back with the pellet stove going, a warm drink and our furry kids cuddling on the couch.

In closing, Jeffrey and I wish you and your family lots of heartfelt fun, love and memories to share for a lifetime!!!

Much Love to You and Yours **Diane**



Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse. ~Henry Van Dyke

If you are reading the black and white printed version of this newsletter, the color version is available at our website at:

www.serenitynews.com

There you will find the link to this newsletter, newsletter archives and to Diane's webpage.



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I'm not afraid of storms, for I'm learning to sail my ship. -- Louisa May Alcott

It is a time in your history like no other as the political houses amplify their manipulative agendas to calm the lion in the hearts of people. As personas engage with full velocity the mirror of cause and effect will simply rule the outcome. Analytical provocation and territorial assertion become the norm, while ambiguity reins over integrity. Balance is attained through arduous phases of the revolutionary process to eradicate supremacy.

Many are getting caught up in the unrestrained emotional chaos, which minimizes the intuitive clarity required to manifest a balanced and more peaceful way of life. Do you detect ambivalence when you define the truth by what you see and hear? There are a great number of naysayers who dictate outcomes with false predictions to create disharmony. There are others who are willing to give up their power to what they perceive as strength, which ultimately ends in anarchy. To stand independent during these times of radical hypocrisy is to rise above societal fear; as the truth unravels to the very core of its existence. Your participation is simple; be the advocate for what you believe in your heart not what is strewn out of naivety or hidden agendas.

This quaint analogy will give a simpler understanding of the evolutionary process:

As the meandering river encounters an obstacle it simply flows around it and continues the path of least resistance until this river begins to flounder due to increased turbulence from the undercurrents. Then it builds affluent pressure causing it to eventually pull away from the grips of control. Now traveling at an ever increasing velocity it runs into and is surrounded by a great wall. With utter patience and persistence it batters the wall until cracks form and expand rendering the wall unstable and it crumbles. Due to the river's unwavering strength, the momentum builds and picks up objects along the way to assist in the grand transformation until it comes to its final resting place of calm.

This is an example of what your world is experiencing on a much grander scale and know that all is in perfect harmony to who you are becoming.

We Wish You the Blessings of Grace on Your Meandering Path to Enlightenment Serione`



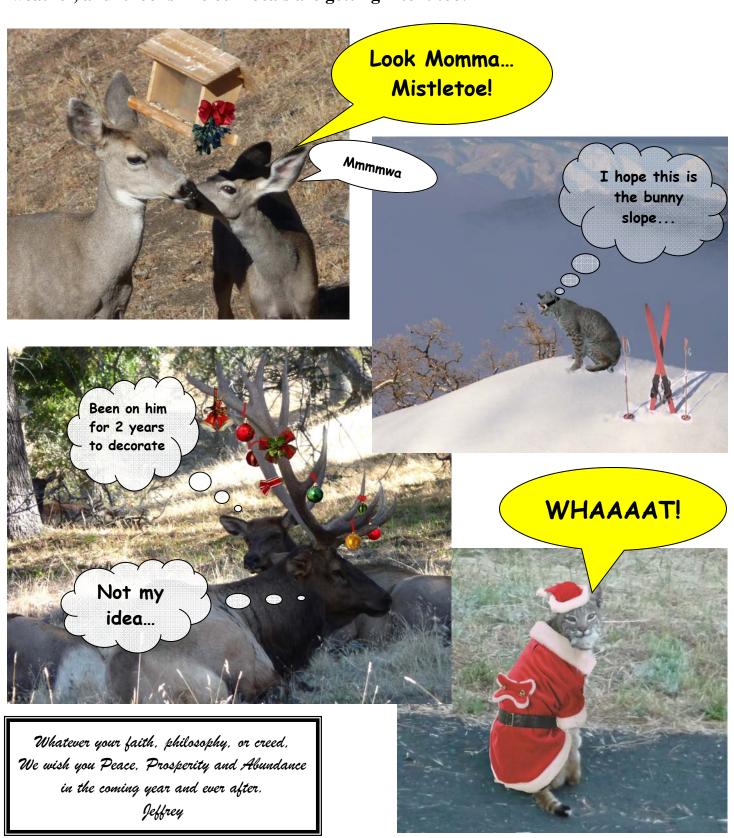
"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

~Steve Jobs

Jeffrey's 2 Cents

- Deep thoughts from a shallow mind.

My Favorite time of the year is upon us. I love the Holidays and the cooler weather, and it looks like our locals are getting into it too!



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"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

~Edith Lovejoy Pierce