

CITIZENS INC
 Form 3
 October 11, 2005

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Â Galindo, Arias & Lopez (Last) (First) (Middle) SCOTIA PLAZA, 9TH FLOOR,Â FEDERICO BOYD AVENUE 18 AND 51 STREET (Street) PANAMA,Â R1Â 5 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 08/09/2005	3. Issuer Name and Ticker or Trading Symbol CITIZENS INC [CIA]	4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below)	5. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) <input type="checkbox"/> Form filed by One Reporting Person <input checked="" type="checkbox"/> Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Class A Common Stock, no par value	17,426,592	I	See Remarks (1)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Galindo, Arias & Lopez SCOTIA PLAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^ X	^	^
Gala Management Services, Inc. SCOTIA PLAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^ X	^	^
GAMASE Insureds Trust SCOTIA PLAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^ X	^	^
Regal Trust (BVI) Ltd. SCOTIA PLAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^ X	^	^
CICA Policyholders Trust SCOTIA PLAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^ X	^	^
GAMASE Agents Trust SCOTIA PAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^	^	See Remarks
CICA Associates Trust SCOTIA PAZA, 9TH FLOOR FEDERICO BOYD AVENUE 18 AND 51 STREET PANAMA, R1 5	^	^	^	See Remarks

Signatures

Tomas Herrera 10/06/2005

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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Remarks:

(1)Â TheseÂ sharesÂ mayÂ beÂ deemedÂ toÂ beÂ directlyÂ ownedÂ byÂ theÂ followingÂ entities:Â

A.Â GalaÂ ManagementÂ Services,Â Inc.,Â aÂ wholly-ownedÂ subsidiaryÂ ofÂ Galindo,Â AriasÂ &Â LopezÂ (theÂ "Rep
trusteeÂ forÂ GAMASEÂ InsuredsÂ TrustÂ andÂ GAMASEÂ AgentsÂ Trust,Â mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ t
heldÂ inÂ suchÂ trustsÂ (whichÂ constituteÂ moreÂ thanÂ 10%Â ofÂ theÂ issuer'sÂ outstandingÂ commonÂ stock).Â

B.Â GAMASEÂ InsuredsÂ TrustÂ mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ 10,309,097Â sharesÂ heldÂ inÂ suchÂ trustÂ
ofÂ theÂ issuer'sÂ outstandingÂ commonÂ stock).Â

C.Â GAMASEÂ AgentsÂ TrustÂ mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ 563,747Â sharesÂ heldÂ inÂ suchÂ trust.Â

D.Â RegalÂ TrustÂ (BVI)Â Ltd.,Â aÂ wholly-ownedÂ subsidiaryÂ ofÂ theÂ ReportingÂ Person,Â asÂ trusteeÂ forÂ CICA
CICAÂ AssociatesÂ Trust,Â mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ theÂ combinedÂ 6,553,748Â sharesÂ heldÂ inÂ such
moreÂ thanÂ 10%Â ofÂ theÂ issuer'sÂ outstandingÂ commonÂ stock).Â

E.Â CICAÂ PolicyholdersÂ TrustÂ mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ 5,834,804Â sharesÂ heldÂ inÂ suchÂ trustÂ (Â
10%Â ofÂ theÂ issuer'sÂ outstandingÂ commonÂ stock).Â

F.Â CICAÂ AssociatesÂ TrustÂ mayÂ beÂ deemedÂ toÂ directlyÂ ownÂ 718,944Â sharesÂ heldÂ inÂ suchÂ trust.Â

TheÂ reportingÂ personÂ isÂ aÂ memberÂ ofÂ aÂ SectionÂ 13(d)Â groupÂ thatÂ mayÂ beÂ deemedÂ toÂ ownÂ moreÂ t
commonÂ stock.Â ThereÂ areÂ sevenÂ membersÂ ofÂ suchÂ group.Â WithÂ theÂ exceptionÂ ofÂ theÂ ReportingÂ Perso
personsÂ areÂ jointÂ filers,Â asÂ permittedÂ underÂ RuleÂ 16(a)-3(j)Â ofÂ theÂ SecuritiesÂ ExchangeÂ ActÂ ofÂ 1934,Â
memberÂ ofÂ suchÂ groupÂ disclaimsÂ anyÂ beneficialÂ ownershipÂ orÂ pecuniaryÂ interestÂ inÂ anyÂ ofÂ theÂ shares
moreÂ thanÂ 74,000Â beneficiariesÂ ofÂ theÂ trusts,Â respectively,Â retainÂ allÂ suchÂ beneficialÂ ownershipÂ andÂ pec

ExhibitÂ ListÂ

ExhibitÂ 99Â -Â JointÂ FilerÂ Information

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.

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