

A man in a military flight suit and sunglasses is standing next to a large aircraft engine. He is smiling and has his hand on the engine. The engine is a large, complex piece of machinery with various pipes and components. The man is wearing a dark flight suit with a pilot's emblem on the chest. The background is a bright, sunny day with a clear sky.

December, 2009

1. Contributions
2. In John's Memory
3. In John's Words
4. My Spirit Still Sings!
5. Earth and Galactic Rhythms
6. Heavenly Connections
7. Songs Of...
8. From He Who Sees the Eagle
9. Choices in Action/Events/For Sale

To hear the song with slides go to www.youtube.com/watchsss?v=IBckWoojGEU

Hello again, dear people,

I told you I'd be back soon! It's so weird, like I really have no part in the timing of these newsletters. It doesn't hinge so much on the TIME I have available, as it does on the FOCUS I have available. Which is how it is on the other side, as well! And, funny, I was thinking I hadn't turned out so many newsletters this year when, in reality, this will be the SIXTH one this year...maybe more than in any other year (no wonder I wasn't getting anything else done)! And there will be another one, even, to shortly follow this one. Our perception of time is definitely becoming more distorted as we continue our countdown to zero.

The song John chose for this issue only emphasizes the POWER that is in our hands right now. We are literally creating the next world...what follows the Mayan date of December 21, 2012. We've had access to this power in a major way since the summer solstice of this year, and this will continue to become more obvious as we head into 2010. There is no more sense in saying, "I'll set this goal and start [at some point in the 'future' that you determine]." What we need to do now is set an INTENT and begin THAT VERY MOMENT the intent is set!

I just found out that my son will be going to Afghanistan next June. And I thought it was my daughter's college loans that were my biggest concern. Not to mention my husband being laid off...AGAIN. Our perception of EVERYTHING is changing, on a personal level as well as a global level. But it is imperative that we focus on, not what once was, but what COULD be. And how we desire our world to be, and to make a conscious choice about that. Because as long as we are conscious, no one can take that away from us...our choices. David Wilcock is an interesting individual to follow; his latest "world updates" can be found at <http://divinecosmos.com/index.php/start-here/latest-news/518-coast-disclosure-announcement-updates>.

We are also vibrating in new spaces. Karen Bishop writes in a recent Wings post, "We are now vibrating above darkness, or the denser energies, and have been for quite some time. So what really occurred was not that we needed to purge and release again, but that the so called darkness was moving as well, and being that it was up and out, it triggered within us anything dense and dark that had since gone dormant. We never really 'heal' everything within us...we make a certain amount of progress and we get to a point where we reach a threshold and no longer require healing. This is why after a certain point, healing can prove detrimental as it only serves to put us to places where we no longer reside. So then, eventually the denser and darker energies within us simply go dormant, as we are vibrating much higher than they are, and they can no longer survive or thrive within us." So any periods of unrest nowadays can mostly be attributed to the distribution of these energies.

It is a necessary step as we are moving ever closer to experiencing the Heaven on Earth that John has been referring to what we're creating since he crossed over. Karen also mentions it: "Focus and visualization will be paramount now, as what we choose to fill our minds with and what we choose to believe will manifest for us like our own personal movie. Our focus and visualizations, or our dreams and desires, will come together to create a very new grid of the new reality. In this way, we can very easily come out of a "downer," simply by choosing to see that what we may believe is occurring, simply is not. Or even that we do not choose to have this particular experience, and are now able and willing to navigate ourselves elsewhere. Everything is in divine and perfect order for the creation and experience of a new beginning in the higher realms. Anything else is simply an illusion, fear, or even a belief that what has occurred for us before we finally arrived is still the norm."

So relax, have a good read and know, once again, that all is indeed well...because we have deemed it so.

Peace and Blessings,
Eileen, John, and Friends

P.S. I just received Allison Rae's new Cosmic Times which also reinforces all this. You can read HER blog at http://www.starpriestess.com/cosmic_time.html and <http://www.starpriestess.blogspot.com/>

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**"Never never never give up."**

Winston Churchill

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CONTRIBUTIONS

The 23rd Psalm Re-created by David Kelm from the Seeds of Harmony Project

Co-creator, my source!

I don't need a thing.

I am bedded down in lush meadows, I drink from quiet pools.

The care of my soul is provided for and I am guided in the right direction.

Even when it appears I am going through Death Valley,

I am not afraid because the source of all is with me allowing me to feel secure.

I have a banquet surrounding me that is also sitting right in front of those who choose to be a victim.

I am aware of the love that enfolds me and my cup brims with blessings.

Peace and harmony energize me in my every experience.

I appreciate now, forever and ever.

Let Us All Be Thankful

Be Thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be Thankful when you don't know something,
For it gives you the opportunity to learn.

Be Thankful for the difficult times.
During those times you grow.

Be Thankful for your limitations,
Because they give you opportunities for improvement.

Be Thankful for each new challenge,
Because it will build your strength and character.

Be Thankful for your mistakes,
They will teach you valuable lessons.

Be Thankful when you're tired and weary,
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a Way to be thankful for your troubles
and they can become your blessings.

Author Unknown

How do you know which spiritual leaders to trust? By Kristin and David Morelli

(Reflecting on the James Ray sweat lodge tragedy)

In our opinion, on your spiritual path, the only people to listen to are those who have the following practices:

- The person leads you back to discovering your OWN answers.
- The person invites your inner wisdom to be your guide.
- The person invites you to decide for yourself if what he/she is saying is true.
- The person celebrates your creativity, breakthroughs, and upliftment.
- You feel more like yourself when you're around them.
- The person takes responsibility for their actions.

Remember, all of your answers are within. The most skilled of masters will lead you back to those answers,
encouraging your self-discovery and unique expression of "YOU"!

The Wisdom of Tagatha - "Breathe and Be" - 24/8/08

Beloveds,

We say to you can you just Breathe and Be? Can you simply step into this? We invite you now. Rather than feeling into the potentials of the predictions of disaster, Breathe and Be. Can you release the searching, the relentless pursuit of what you feel is the truth evading you? Just Breathe and Be. Are you willing to drop all comparisons between yourself and others on every level? Just Breathe and Be. For in this moment you come fully into the Now and back to your true Self. Watching 'out there' whether it be astrological predictions, financial predictions, or your own direct comparison with what others are achieving or have achieved, all of these things generate expectations which your own creatorship sets to work on. What this means is that you are often captured by fear and experience that rather than what is happening for you in the Now. You are increasingly receptive to the prominence of fear in particular which comes from others, and as we have spoken before, fear begets fear. Of course, when predictions are 'sunny', your expectations rush to create such events. Again we say to you, Breathe and Be. Be steady in the rhythm of your breath. Always. For this is where you will find peace when there is chaos all around. Breathe and Be.

We invite you now to think of a prediction you have recently heard; one which caused you some feeling of concern or worry. Feel into this moment of receiving the prediction, and simply Breathe and Be. Allow the peace of the breath to

fully wash over and through you, bringing release of expectations. Actively choose to release expectations for they limit your creatorship in all dimensions. This tool we are giving you now is essential for the days and months to come. It will support you to resist the immense fear being unnecessarily fed on this planet right now. Try it also with simple things like the weather or where things may feel chaotic. Breathe and Be. Too often you try to restore order, when what is needed is a little chaos to get things moving. Things will no longer be the way they used to be, whether that is in your house or in world events, because the influx of the New Energy is so great that it will not be held by old forms.

By Breathing and Being you Allow. This also means you are open to receiving true inspiration for your own unique pathway. Do not compare yourself with others: each of you is unique, and to do so diminishes every one. Instead, Breathe and Be. It sounds so very simple and yet you will find it to be profound and life enhancing. It will liberate your own creatorship and enable greater manifestation of your potentials. You do not need to be swept up in the maelstrom of negativity. The more who 'Breathe and Be' in the face of the apparent adversity, the stronger this energy becomes in the world. By undertaking this you are part of creating a new wave of consciousness which will strengthen with the more who participate. Breathe and Be here in this Now moment. Old patterns and paradigms are dissolving away. Breathe and Be. Allow. Trust yourself this much. Breathe and Be. When the bills are piling up, when the weather looks gloomy, when Mars is retrograde, Breathe and Be. Share this with friends. Let the whisper become a united breath, a wave of breath so strong and pure that it's light capacity builds with every new breath taken.

Upon waking in the morning and upon retiring at night, Breathe and Be. When you feel out of harmony with yourself and with others, Breathe and Be. Do not try to analyze. The more and more you practice this, the more openings will occur in your life. When you feel under pressure, Breathe and Be. When you feel tired, Breathe and Be.

Breathe and Be creates space just for you.

Namaste

© Margaret Wild's Soul-Centered Energy - http://soulcentredenergy.com/inspired_wisdom.php

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### IN JOHN'S MEMORY

#### John Denver Videos

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Wordpress:

<http://pronkpieces.wordpress.com/2009/10/27/john-denver-videos/> (It's just a list now; the videos were all removed due to violation of terms and conditions. And now, the page doesn't even load correctly. Oh well....)

Here's a short interview about EST: <http://wernererhardandest.wordpress.com/2008/01/16/john-denver-talks-in-an-interview-about-the-est-training/>

YouTube:

John is interviewed by Oprah! <http://www.youtube.com/watch?v=8ohbyOY3Oa4> (Unfortunately, all the copies of this on the internet have been removed due to "copyright infringement".)

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Saluting John Denver – From the Sanford Herald, Nov. 25, 2009

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This past weekend, my wife, daughter and I headed to Greensboro for a concert that was a salute to the music of John Denver. Entertainer Jim Curry, who has a great voice and is a Denver look-a-like, along with his entourage (including Curry's wife, Anne, as well as several members of John Denver's band, Richie Garcia and Pete Huttlinger) did a masterful job and was beautifully backed by the Greensboro Symphony.

A large audience was on hand for the show, which for John Denver fans brought back memories of his concerts. Admittedly, the audience was generally of the Baby Boomer generation, who were the ones who grew up listening to John Denver and others of that generation.

Jim Curry looked much like John Denver, sounded much like John Denver, but was himself. Yet, the influence of John Denver's music in his life was much in evidence and most appreciated by the audience.

It was a heavenly evening of beautiful music, a shining tribute to John Denver, one of which I believe Denver himself would salute.

To read the entire article, go to [http://sanfordherald.com/pages/full\\_story/push?article-Thanksgiving+is+nearly+here%20&id=4779263&instance=latest\\_articles](http://sanfordherald.com/pages/full_story/push?article-Thanksgiving+is+nearly+here%20&id=4779263&instance=latest_articles)

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Then and Now – From Country Standard Time: "Marley's Ghost returns in '10 with Jack Clement-produced CD"

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"Working with Jack is standing in the front door looking out into the world with the whole house of rock 'n' roll and country music behind you," said Marley's Ghost bassist and singer Dan Wheatman. Dan Wheatman is a veteran of

the '60s Simi Valley, Cal. teen rock group the Humane Society, and, as a member of '70s country-rockers Liberty, toured for years with John Denver and Steve Martin. Jon Wilcox, mandolinist and vocalist, had a solo career.

EDITOR'S NOTE: Jon Wilcox is now the owner of the Pinecreek Cookhouse near the Ashcroft Ghost Town outside of Aspen. In 2007 he hosted his first event for John Denver: "Rise to the Vision," a celebration of the release of the DVD "American Child."

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"You make a difference by what you do. You make a difference sometimes by what you don't do. And that the opportunity that is there for all of us is to make the difference that we consciously, willfully, wish to make. And that it can truly show up in every aspect of your life and that it can do so in a way that takes all the weight off. There's nothing that you have to do - just be yourself."

John Denver

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**IN JOHN'S WORDS**

ON LIVING LIBERTY - *by John Denver, Sept./Oct. 1993*

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A few months ago a wonderful program on public television discussed the Statue of Liberty. The whole notion of liberty awoke inside of me in new ways. I continue to think about it and want to share some of that exploration with you.

Liberty is more than freedom. It is typically interpreted to mean freedom from constraints, often political constraints. And yet it is much more.

Liberty begins with each of us. It starts with knowing ourselves. To express ourselves, which is a form of liberty, we have to know who we are. With the opportunity to be ourselves, self expression is a conscious choice.

Most of us spend most of our lives trying to find out who we are, looking for the courage to be the person we imagine. Being who we are is something absolutely connected to nature, the Earth and the spirit. In fact, we are part of nature itself. When I think of this in that way, I reflect on the notion that most of us would never consciously hurt or destroy a part of ourselves. In essence, to hurt or destroy any part of another, including the Earth itself, is to damage ourselves.

The cycle of seasons within the living world is an expression of natural liberty. Life diminishes in autumn and winter, yet that loss of vitality forms the basis for rebirth in spring and summer. It is the birthright of the planet to live in the liberty of natural transformation.

There is a deep longing to be connected with all the parts of ourselves so that we can keep whole and healthy. Yet all around us is frustration, anger, rage and negativity. It is a real part of the world that surrounds us. Strangely, it seems we don't know ourselves fully enough to remember that we are all one with each other and the Earth. If we can begin to sense within ourselves suppression of liberty, perhaps we can be more sensitive and understanding to those we push aside. This includes, for instance, the homeless, unemployed, and, in a broader sense, all the refugees of the world, human and otherwise.

I once asked the Dalai Lama "What is the purpose of life?" He said, "to be happy."

I believe that we each have to go through a lot in our lives in order to find the courage to be who we truly want to be. When we finally express that person, we can be truly happy.

Being who we are can be the fullest expression of our liberty. To the degree that we deny our liberty, succumbing to constraints, we are neither free to be who we are nor are we happy.

There is, however, another side to constraints. When they are self imposed, and are based in our responsibility to the larger community of which we are a part, this is not denial of our liberty. This protects and helps ensure liberty. The difference has to do with conscious choice. We make conscious choices, we are honoring our response ability. Whereas many constraints outside ourselves are theoretically a reflection of choices we each would make individually (laws and social norms) they tend to lose their inherent power when we defer responsibility for them. Too many people say, "We have to: It's the law." Or worse, some ignore the law. In fact, to the extent that we externalize responsibility for making conscious choice, we are again denying our liberty.

The incredible abuses of humanity and the Earth itself are reflections of hollowness. Because we allow these abuses, we are, in essence, abusing ourselves.

The first step toward liberty's light is to recognize our responsibility. It goes back to finding out who we are. To express ourselves as loving, generous, valuable, knowledgeable and purposeful requires that we not only see abuse but respond to correct it. It is a willful act to not acknowledge an abuse. I believe this "blindness" is actually a conscious act borne out of the fear of what could happen if we do, in fact, see and react to the abuses all around us. We are denying ourselves in the most grievous ways when we do see and do not respond. We are denying our response ability. In contrast, when we do see and do act, we are acting for the whole world, for every one and for the future. In the words of a traditional song: "It's in every one of us to be free."

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MY SPIRIT STILL SINGS!

A letter to Sylvia Brown by Rob, Thursday, February 26, 2009

Hi Sylvia,

You're the greatest and I want to say thank you. Anyway, I had this most incredible astral visit back when John Denver died, at the time of his death I was about 34 years old. I hadn't thought of him for years when one night in my sleep we both appeared in this pure white glowing room (very white and bright but it didn't hurt my eyes). John Denver was sitting in a chair playing a sad song on his guitar while I sat on the floor cross legged, listening and crying. It wasn't a very long dream, but I woke up thinking that was really weird. I started the coffee turned the TV on, and the first thing I see on the news was that John Denver had died in a plane crash just hours before my dream. To this day I wonder what it was all about, and I have been to that same white room one other time before. Can anyone tell me the meaning of this astral visit, and why me of all people, was there with him? Also, this absolutely beautiful white room, where was I and why?

God Bless you Sylvia, Rob from Minnesota

http://www.spiritnow.com/blog_post/psychics/astral_travel_and_the_world_of_dreams_331

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### EARTH AND GALACTIC RHYTHMS

The Language of the Star Beings (Dolphins and Whales)

<http://www.blueskywaters.com/alphabetstarbeings.pdf>

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Grandmothers Message: Old World and New World

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Two weeks ago while in Belgium, the Grandmothers told me I must speak to the women of America about leadership. I didn't understand what they were getting at, so when I returned home I asked them to explain. This is what they said:

"America as well as all of what is referred to as the "New World" is relatively free of historical conditioning," they said. "Wherever for long periods of time you find wars, invasions, conquests, and large populations of people, you will also find layers upon layers of psychic conditioning. This conditioning infuses everything and those who live in such places must contend with the vibrations of all that has gone before them. Coping with this on a daily basis can be difficult," they said with a meaningful look.

"These areas that we are speaking of comprise much of what you call the "Old World"— Europe, most of Asia, and a few other places. In contrast, the land comprising the "New World" is comparatively less burdened by these layers of conditioning than is the old and when you travel back and forth between the old world and the new, you can feel the difference.

"Before settlements of Europeans came to the new world, these lands were occupied by people with a strong connection to and understanding of the earth, people who lived in relative harmony with nature and one another. Their world was not a paradise, but neither was it marked by the excesses of yang energy that had begun to consume the old world. Those of you whose forebears came to settle in these new lands do not realize the blessing that was bequeathed you by these original peoples. Because of them, it is easier for you to connect with Mother Earth Herself, easier to access the world of spirit. Unfortunately many of you have not taken advantage of this gift.

"As the energies of yin and yang now shift, we are calling you to positions of leadership," the Grandmothers said. "And we ask you to lead, not specifically by your words or actions, but by your example. To stand tall, to live each moment in Beauty/Power, in Power/Beauty. Over the past few years we have given you many lessons on how to live like this, and as long as you are willing to learn what we have come to teach, we will give you more.

"There is work for you now. Many of you who live in the so-called old world now hold light steady, so steady that it is beginning to penetrate the heavy layers of conditioning that burden the earth there. As you consistently work with the Net of Light, the points of light you are forming and are actually becoming begin to glow more and more brightly. At this moment these points of light are breaking through the hard crusts that were formed earlier by the wars,



invasions, and rampant, renegade energy of yang. A few weeks ago in Holland and Belgium we worked with you to reclaim the sacred connection to the land there. This reconnecting is perhaps the most important work that needs to be done in the old world.

“Those of you in the new world have other tasks before you. You do not need to break through heavy conditioning in order to connect with the earth. You already have access to the earth, but *you need to use it!* Many people in the new world and especially in the United States have been lulled into a drugged state by a fog of materialism. For a long time this fog has deadened and distracted you and by this point you have lived in this state so long that you have forgotten who you are. You are half-asleep, dreaming, always dreaming of *more. More and more. I want...I need....Give me more....* “ We tell you, they said, "This fog that you are immersed in is dangerous! You must wake up! If you continue in this sleep state and keep pursuing the 'God of More' you will miss the reason you were born.

“Those of you who are living in the new world but who are waking up are being given the opportunity to set a strong example for others by living in Beauty/Power. This is the leadership we are speaking of, the Grandmothers said. "You can actually become a lighthouse, beaming to others and providing guidance to all who seek light. This is the work we are asking for now and we are asking you to do it because you CAN do it. Stand tall now, feel your connection to the Net of Light, and begin to express the Power/Beauty that you truly are. Granted, it is a simple thing that we are asking of you, but you must be willing to wake up to be able to do it.

“If, as you read these words, you find that what we are saying rings true to you, "they said, "call on us or any form of the Divine you love. Then gather together and read and share our messages or other good messages that help you to stay alert. Use this process as a discipline --to stay awake. Use it to keep your attention on your communion with the Divine.

“We promise that we will never fail you," the Grandmothers said. "We are waiting for your call. It is time.”  
2009 Gathering of the Grandmothers

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“Imagination is everything. It is the preview of life's coming attractions.”
Albert Einstein
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## HEAVENLY CONNECTIONS

A son's premonition and a final baseball game: <http://www.npr.org/templates/story/story.php?storyId=120580047>  
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### A Message from John Holland

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The holidays have a way of bringing us closer together, somehow making us feel hopeful, uplifted, grateful, and inspired to enjoy life. But amidst all the joy and celebrations during this special time, we can also be acutely aware of our friends and loved ones who have passed and are no longer physically able to share in these special moments. As always, I would like to remind you how much they *want* you to celebrate the holidays, birthdays, and anniversaries, and all the special times ahead that they would be here for – because in many ways they still are. I can assure you that over the years that I've been a practicing medium, the messages that I've received and passed on from the Other-Side have proven to me time after time that our loved ones are in fact – still with us, especially at [holiday] times...!

So as you celebrate with your family and friends, stop and think about those you've lost, toast them, celebrate their life, and include them in all your festivities. Believe me when I say: “Your friends and loved ones on the Other-Side NEVER miss a good party!”

For those of you, who have lost family or friends recently, I know it's really hard not to have them physically here with you. But they are right beside you in spirit and they'll often try to get your attention to validate their existence. It's just their way of showing you that they want to talk to you as much as you want to talk to them! They want to let you know that they love you, that they're fine and well on the Other-Side, and are *truly* ... just a thought away.

This week, if you're missing certain people in your life that have passed on, please don't remember them as they looked when they passed. They're no longer that sickly person, or the person in that accident. They're whole, healthy, complete and at peace, and happy.

During this holiday season, take out the happiest photos of them, look into to their eyes and see that sparkle. That's their soul shining through, and that's who they *really* are! Toast them, talk about them, think about them, and send out your loving thoughts to them. They want you to be happy as you have your holiday meals.

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From “Where Do Dead People Go?” As published in *Kajama*

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Early one morning as I was driving to Colorado Springs, I had the thought, "I should call my dad." Duh - that hurt. The physical side of me began to cry. I pulled off the highway to get something to eat and turned the John Denver CD down while between sniffs I gave my food order. When I pulled away from the window, I turned up the stereo, and John Denver was singing, "Lady, are you crying? Do the tears belong to me? Do you think our time together is all gone?..." In my mind's eye, I saw my dad and John Denver slapping each other on the back and doing that man bonding hand shake hug - very happy with themselves at sending me such a vivid, indisputable message! I had to laugh.

<http://www.soulkisses.com/commentaries/where.htm>

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#### Soul Proof

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For the first time on film, irrefutable evidence is presented that proves we each are infinite spiritual beings. 'Soul Proof' is a documentary film based upon the book by Mark Pitstick, M.A., D.C., and written and directed by Andy Lynn Lee, R.N., B.A. The film interviews many people who experienced one or more of the following:

1. after-death contacts
2. near-death and out-of-body experiences
3. miraculous events and divine revelations
4. scientific input
5. paranormal experiences
6. religious and spirituality teachings
7. peri-natal input
8. reincarnation evidence
9. firsthand experience and other ways of knowing

Stories include Rick who describes unexplainable events that he believes are visits from his daughter who died at age eight from brain cancer. John tells of miraculously escaping unscratched from inside a three-story barn that collapsed on top of him. Cynthia describes her near-death experience and noticing items on the ceiling that she couldn't have seen unless a nonphysical consciousness exists. Virginia describes being pinched on her butt while alone in her home and attributing it to her husband who had recently passed on. These and many more heart-warming stories in "Soul Proof" share the breadth and depth of after-life evidence.

In addition, esteemed experts in several fields share their research and conclusions that consciousness precedes birth and survives bodily death. These include Raymond Moody, M.D., Ph.D. (near-death experiences and after-death contacts), Ken Ring, Ph.D. (near-death experiences), Michael Newton, Ph.D. (life between lives research), David Chamberlain, Ph.D., (peri-natal experiences), and Bill Guggenheim (after-death contacts).

[http://www.youtube.com/watch?v=YcoXQ\\_lMhpc](http://www.youtube.com/watch?v=YcoXQ_lMhpc)

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From <http://www.matthewbooks.com> – Excerpt from the message of October 19, 2009

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"All who accompany Earth into the higher densities have absorbed the light—that is what enabled them to make the trip—and because they know that love bonds are as eternal as the soul itself, no longer will they grieve for their "loss" of beloved people who enter the spirit world. Furthermore, in the higher vibrations along the ascension pathway, telepathic connections will open and once again visits between souls on Earth and those in Nirvana will become commonplace."

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How Can We Communicate with Loved Ones in Spirit? <http://www.muse-net.com/dec1905.html>

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Dear Julia:

On Christmas Eve in 2003, my daughter (who was 25 years old) and my grandchildren (who were three and six years old) were murdered. I have been to Spiritualist churches and had my girls talk to me, so I know they have continued on in the afterlife. What I want to know is how I can do this myself. I talk to them all day and most of the night. I say my prayers and ask God to help me, but I never feel my girls around me. Please, do you think you could tell me what to do? Love to you!

- Elaine

Dear Elaine:

My heart goes out to you; I can't imagine how it felt to lose your loved ones in this way. I do understand your disappointment with your attempts at spirit communication, however. Like you, my desire for spirit contact was born when someone I loved dearly passed. In my case, it was my first love who died at a young age, and I wanted nothing more than to connect with him again. It was thus very upsetting to me when I started to interact with other spirits, but not with him.



While I believe that with the right approach, spirit communication is possible for everyone, please keep in mind that even established mediums can't always connect with particular spirits.

So why would the spirits we most desire to connect with elude us? There are a couple of reasons this often happens. First, in order to link with spirits, we must have a very high vibration, which means we must be in a state of great joy and peace. If someone we love more than life itself crosses over, it may be very hard to achieve that vibration when thinking of them. Grief is about as low in vibration as one can get, so to link with the people we love the most, we may have to spend a lot of time healing after their deaths before we're able to think of them with love and joy. This is why a medium may be able to bring them through when we cannot.

Another thing that often happens with those we've loved dearly is that they are so close we don't distinguish their energy as separate from our own. If they were a big "part of us" when they were alive, then this becomes even more true after they cross over. If a spouse is trying to communicate with us from beyond, it may seem like nothing more than our own thoughts coming through. If a stranger or an acquaintance reaches out from the other side, however, it may feel more like "someone else" is there.

This is similar to our ability to sense people's presence when they're living. Imagine you're in the kitchen and your daughter is in the living room. In the back of your mind you know she is there even if you haven't seen her there with your physical eyes. You may not be consciously thinking about where she is, but at an unconscious level, you can sense her presence. Now picture that a stranger is in your house, and you suddenly sense a change in the atmosphere. Even when a stranger is benevolent, our instincts will alert us when someone we don't know is nearby.

By way of another example, unless you printed this out, your computer is on right now, and it's making its normal electrical hum. Until I drew your attention to it, however, you were not conscious of this noise. It is there so often that you have learned to tune it out. If your computer started making a clinking noise - something you're not used to - it would get your attention immediately.

This is the difference between the presence of the spirit of a loved one we were close to and other spirits. The loved ones may be there all the time, but because they are so familiar to us, we don't take conscious note of it. We have to learn to listen with "new ears" to hear subtle sounds running in the background.

To complicate matters further, the non-physical is not accessed "out there somewhere," but rather from within. When we look for spirits in our outer physical world or expect to hear or perceive them with our physical senses, we may be disappointed. It's important for people who have never had conscious communication with spirits before to understand that this is a very subtle, internal experience. Have you ever been doing something and felt someone looking at you, then glanced up to find out you were right? This is how subtle this feeling is.

You described how you talk to your daughter and grandchildren all day. It sounds like you are very verbal/auditory, so you are probably trying to get answers clairaudiently. To me this is the hardest form of spirit communication because language is already a step removed from the heart of a message. It's not universal the way that images and feelings are.

It's my understanding that this is also the hardest way for spirits to communicate with us. The non-physical is a place of energy and mental telepathy, not spoken or written language. When we receive messages from spirits, we are the ones who usually translate the thought energy of the message into words; not the spirits. To get names and verbal answers is thus relatively very difficult.

It's easiest for spirits to communicate in the language of emotion, which is pure energy. This is why we may feel a wash of love when a spirit is reaching out to us - there are no words for that sort of feeling. So if you're just getting started with spirit communication, you might want to begin with basic instincts like those gut feelings that someone is there. Often people who are grieving do have these feelings tip them off to the presence of a loved one in Spirit, but they dismiss them as wishful thinking. The more you work with and trust those feelings, the more this form of awareness will grow.

If you're having trouble even sensing a presence like this, try doing something that puts you in a very high vibration (a feeling of peace and joy) first, and then open up and "feel" for your loved ones. This may be something you simply love, or if you can, you might journal about the best times with your daughter and grandchildren, and get yourself into a state of profound happiness and appreciation for the wonderful memories you have. Then when your heart is swelling with love and joy, stop and close your eyes and ask to feel their presence.

If it is too hard for you to think about them and remain joyful, you might have to begin by asking for them to meet you in your dreams. Many people only have contact with loved ones in their dreams because that is the only time their vibration is high enough and their minds are open enough for this sort of thing to happen. If you begin to work with

your dreams (and there are lots of books and articles on this subject) and you set a conscious intention every night of meeting up with them in your dreams, it will begin to happen.

Above all, you must both believe that you can do this and that the successes you achieve are REAL. Trust in your own experiences and be open to them taking whatever shape they want to take. You may be listening for a verbal answer, for example, when signs, feelings, mental images, or so-called "coincidences" are happening all around you. Don't expect a marching band to ring your doorbell with a singing telegram; instead, listen carefully for whispers in your mind or subtle feelings throughout all of your being and trust them. If you FEEL it's real, then it's real.

Lucky for us all, spirit communication seems to be getting easier and easier as the human race evolves and the vibration of the planet rises. So what may have been hard for you yesterday could happen easily tomorrow. I wish you deeply healing, comforting, and undeniably real interactions with your loved ones, Elaine.

Julia  
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#### MOURNING HAS BROKEN:

A Collection of Creative Writing about Grief and Healing - Mara Koven and Liz Pearl, KOPE Associates  
<http://at.yorku.ca/kope/mhb.htm>

#### SOUL SHIFT:FINDING WHERE THE DEAD GO - AUTHOR: Mark Ireland

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This dramatic story of a father's unbearable loss and his discovery of life after death offers hope to the bereaved and compelling evidence that death may not be the end.

<http://www.amazon.com/gp/product/1583942513?ie=UTF8&tag=soushiboo-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1583942513>

Welcome Journeyers. This is Mark!

I told this channel we would give a galactic vision. We use galactic but, of course, it means many galaxies—many dimensions. We invite humans to become less human centric in your view of the world.

In a way, that opens up possibilities. We know your humanness needs to be human centric in order to accomplish what it needs to but your consciousness doesn't have to be. Your consciousness is unlimited by a species or kind of experience. So that's what is so much of what we are doing—is expanding your consciousness beyond that which is human. From a galactic point of view humanity and earth are becoming more integrated. As humans open (led by groups like you and people who are naturally cosmic), there is all wealth of possibilities, wisdom, data, power, strength, miracles that will pour into humanity. Once the doors are open, possibilities and growth is beyond exponential. There is a great deal of support in the galaxy for the human experiment. The human experiment is the spiritual unfolding of a species that sees itself as individual. Most other intelligent species operate as individuals that see themselves as collective. Humans operate and see themselves as individual and don't quite get the collective. The coming on board of human awareness of the collective, coming from an individual perspective, brings such a huge possibility to the entire galaxy where the galaxy can be individualized too. Because what you are then becomes available to all other sentient beings, and what the other sentient beings have mastered becomes part of your repertoire as the doors open. These vortices that we see now more than we have at any time in the past—these time warps to use a word you can understand—are going to facilitate the speed of energy, data, and wisdom exchange. Many more of you will find yourselves channeling but you might not be channeling the same sorts of guides you've channeled before, and you may not even know you're channeling. You're just tapping into different levels of wisdom and knowingness.

From a galactic perspective there's still much work that needs to be done reconnecting human consciousness to Earth consciousness. There's been a huge separation between you and your planet that is not healthy (as you know), and that reconnection is a priority in the next 20 years. As humans reconnect to the consciousness of your planet, more possibilities open up, more opportunities, more power, and more ease. Things for humans have become uneasy. One of the reasons is because you're out of kilter with your home planet, which of course, makes things uneasy. Ease and joy is what this Earth wants most for you and what you want most for yourselves. So your opportunity is to, in your own way, through your walks, through your enjoying flowers, the sunrise, eating nice vegetables, however it is, connect to your pets, connect to the consciousness of your planet. You do it by appreciation and awareness and by just asking to connect. You don't need rituals and power places in order to do it. The more the connection, the easier your transition will be. First, you must connect to your own body. That's why we're pleased that this channel is teaching *Soul Body Fusion®* because you cannot connect to your planet if you cannot even connect to your self. Connecting to yourself is primary, connecting to your planet is next, and through that without any other effort great quantum leaps occur, and will occur.

We've talked about fear being a parasite. Being a parasite it can be eradicated. It is not intrinsic to the human spirit. It is not innate to the human experience. Fear is a control mechanism that has worked very well. As any successful parasitic species knows, it replicates and replicates and eventually the parasite kills all hosts. We don't see that happening. The hosts need to become unavailable to the parasite. You do it by frequencies. You do it by illumination. You do it by knowing that you have other choices and that you can actually be in the human experience sans fear—without fear. Try it in small ways. Notice when you're operating out of fear. One of the attributes of fear is agitation. Another attribute of fear is intolerance. But you know your own. Fear has many faces, but keep remembering it's not yours. It's not innate. It isn't necessary. And can you eradicate it all at once? No. But be more conscious of it and choose otherwise.

From a galactic viewpoint 2012 is a major shift. It is not in a day. It is not in a moment. We might call it "Shift 2012" and move it away from Calendar Year 2012 because it isn't in a calendar year. It's not time-based, actually, at all but you can call it "Shift 2012," and that's what has been happening and will continue to happen. It is a basic updating of the Earth's and your operating system. Away from polarity, linearity, and greed into oneness, collectivity, and generosity. So as much as you can live in that world now, the more you will be a helper of the shift. Again, the shift is not time-based. It is a dimensional shift.

Many of the species of extraterrestrials have been shielding you. Yes, they've observed you. Yes, they interact but a large part is they've been shielding you from more complex galactic concerns. This has enabled you to be Earth focused and handle the things you need to handle on Earth. There is much talk of mass sightings and mass landings. We don't see that happening actually. There is no need for drama; and these star brothers have watched you enough to see how rapidly drama overtakes your logic, your systems, and your common sense. And so, perhaps if they hadn't studied you, they might have decided that an effective strategy was to actually communicate so you could see them but now they've decided that stealth approach to communication and to interaction is going to be better. Many, many, many people believe all of it but because it's still not quite mainstream, the people who like drama can say it's not real; and the people who say it's real don't really like drama that much or they wouldn't be saying it's real. So you can't believe what the movies say. There is continued, strong interaction with humanity and with those of you who have shown an inclination to be more transdimensional humans. You'll have more of an opportunity to connect with the Wise Ones of these extraterrestrial cultures.

We will take your questions now.

Discuss "World Soul."

MARK: Soul is a compartment of consciousness. The world is made up of consciousness that is movable. You might have general consciousness of the Earth, general consciousness of the Pleiades, general consciousness of the great Central Sun. The world being all universes has all consciousness but there are different organizations of it as the needs permit. So you think you have a soul. You think all dogs have a joint soul. You think a lot of things and for the purposes of interaction, that's true; but at any given time there are no firm limits between your soul and someone else's soul, the Earth's soul, the world's soul, the galactic soul. There is just consciousness and for the purposes of communication, there's demarcation called soul.

Discuss Earth's entrance into the Galactic Federation by 2012.

MARK: Galactic Federation is a union, a government, an overseer of this physical galaxy in this time. As you know, if you look across your galaxy, what you're seeing is millions of years old so time is important and relative, and your galaxy isn't really as you see it because it's changed since that light was sent out. So the 2012 date stamp is just as good as anything else. The Galactic Federation—the Earth has been a provisional member because Earth hasn't had the amount of consciousness that would allow it to be a helpful participant in votes or discussions that have anything to do beyond your solar system. So Earth has been an apprentice or a provisional member of this great Council; and there's been a lot of work to bring Earthlings along so that you can move into—well, we'll call it voting membership. It may not happen at 2012, but we expect enough shifts that there is much more participation—there is much more connection between humans and the rest of the galaxies than there has ever been before. Thank you. What kind of Earth changes will mankind see on December 23, 2012?

MARK: Snow in Colorado, sunshine and rain in the tropics, and some pretty good lightning storms in some places. We don't expect a massive shift at that day—but if humans worry enough, it will be created. The parasite of fear is intelligent, and it grows where it is fed. It becomes tenacious where it grows. The Earth has always changed, and it always will. Humans have sometimes been in the wrong place at the wrong time, and they always will. No humans are in the wrong place at the wrong time for their soul's journey ever. It is a waste to worry about any impending disease, catastrophe or accident, because your life is monitored by a much higher level of you. The obstacles you're given and the opportunities you're given are not predestined but they are orchestrated in the moment by a much higher aspect of you. There are never accidents (although from your perspective you feel more comfortable chalking things up to accidents or calamities) but from the higher perspective everything is rolling along. Chaos is the world's greatest doorway to change. In your own life uncertainty breeds change, and mastering change breeds strength. Fearing

change brings weakness and you are weak even before the change occurs. 2012 is a period, not a time. It's multidimensional, and it's very important that you who know better send a great deal of peaceful energy out because there's going to be a movie that upsets people. Although people know it's a movie, it will resonate to the fear chord and their I'm-out-of-control chords. It's important that all of you, who get the big picture, send out peace; and trust that whatever happens is perfect. Thank you.

You said fear was intelligent. Can you say more about that please?

MARK: We don't want you thinking that fear is like the devil or Satan—that it goes around and infects people; but the way it's intelligent is it knows where it's fed, and it knows it follows its resonance. So it can be like a leach but it's a leach that moves invisibly through the field of resonance. Where there is doubt, where there is lack of a sense of self-reliance, fear grows, and it acts intelligently because it takes on whatever mask you're most afraid of. If you're afraid of being abandoned, then that's the fear that comes. If you're afraid of Earth changes, then that's the fear that comes. It morphs and you tell it how to morph by what you're afraid of—by what buttons are still there. It's human to have fear so we just remind you that it's going to be an option that you don't have to choose. Just do it bit by bit, and don't be mad or afraid that it's not going away as fast as you would like. These old fears are coming up because, of course, it loves anger. Anger is its biggest mask. Thank you.

Scientists are realizing now that DNA—actually, the intelligence within DNA comes from an external source. It is not held within the DNA itself. Would you speak to that?

MARK: Yes, and Jonette is so pleased to hear that because about six years ago she channeled from us a whole segment on what DNA really is, and she was astonished when we said exactly that. The DNA is more like satellite dishes. It receives from cosmic sources and everything you think is programmed in DNA is not. What's programmed, however (but can be changed), is where the satellite dishes are focused, so what the body receives is where the satellite dishes are set. If you set your satellite dishes to high frequencies, you receive high wisdom from the cosmos. If you set it to fear and hatred, it picks up that from the cosmos. You're right, it is not programmed in the DNA nor has it been. Scientists make a lot of money mapping it and they will find that the maps—well, we'll just say they will find the maps map something quite extraordinary but not what they think. You all understand that. That is why you understand that you can activate your DNA. It doesn't hold the intelligence. It changes where the satellite dishes are pointing and then immediately changes your life experience—right then. Mutations are not caused by the DNA. They are caused by something else and the DNA responds.

Thank you.

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SONGS OF...

Northwest Airline Pilots (FUNNY!)

http://www.thefump.com/embedded_player.swf?fumpID=1236 (If you don't know the story behind it you can read it here: <http://www.startribune.com/local/65619367.html>)

Thank God I'm a Country Boy in Hebrew!

<http://trueslant.com/nealungerleider/2009/11/24/frank-sinatra-and-john-denver-middle-east-style/>

The Senses...Blending the Senses - An energy exercise by Adamus, recorded in Grants Pass, Oregon in February 2008

The Song and the Colors

We're going to start with something very simple. We're going to start with the song of a bird. There might be a whole planet around you and thousands and thousands of things going on, but we are going to start with that bird. Somewhere on Earth a bird sings. It hasn't acquired its song; it hasn't been taught. It just does it. It just comes out. You are **looking** at that bird with your human eyes, but I'm going to invite you now to collapse your senses and we are going to do that together.

You are **looking** at the bird and you are **hearing** its song. You **smell** the grass and the meadow that you are standing on. You are **feeling** the wind and the sun and because this is a good place to be in, all of these senses work together. There is no distraction. This is what humans call happiness; when there is harmony in all their senses, complete harmony in one moment. Now imagine what would happen if you could bring all of these senses together.

I could let you know right now that the song of the bird, the bird itself, the **feeling** of the sun and everything else around you is all frequency and vibration, but that is not going to do you any good at the moment so we are going to keep it on the metaphorical level, on the level of imagination. I invite you to pick the sense that touches you the most and in this case that will be the singing of the bird, **hearing** it sing. Take whatever you are **hearing** and **feeling**

down into your thymus, into your chest. Just take it down. Take a moment.

What does it **feel** like on the inside, the simplicity of this bird singing? Do you **feel** that it is actually coming out of you? The song is you. The bird sings because you are there. Take that down into your heart. Take a deep breath and **own** the singing.

Let's move to the eyes now. You are **seeing** the bird and you are seeing its colors and the green that surrounds it. Wherever you are, take the energy of those colors from your eyes straight into your Akene, into your heart center. Let all those colors flow into you and realize that you are the painter; you have painted the colors onto the landscape. You are also the musician because you have created the song. The colors and the song are inside of you.

You are the Artist and the Art

Let's **smell** the grass now. **Smell** the warm breeze that is around you and all that it brings with it. Take that **smell**; take its energy right into your chest. Again you'll see that you are the artist of that **smell** and all that comes with it because you have created it.

It's time to focus on **taste** now. This is a very subtle one, you'll agree, but as you are standing there in that meadow you can **taste** things, don't you? You can **taste** the air that goes in through your nose and the grass that is so fresh; it still has the morning dew on it. You can **taste** this as you **smell** it. It's so delicate and delicious. Take that **taste** into your chest.

Can you **feel** all of it as well? You might be standing there barefoot so you can **feel** the grass. You can **feel** the sun on your skin, your face and your body. Maybe the bird has flown to you in the meantime and you can **feel** it sitting on your finger. Whatever sensation you **feel**, whatever may **touch** you, take that right in to you. Pull it in to your chest. Even though you are standing there now **listening** to that bird, something is happening on the inside of you in your chest. Everything is coming together right there.

Do you feel how all these things, these sounds and these colors, all these sensations are merging as one in your chest? It *becomes one* and as it does, it's difficult to say 'I am hearing this bird; I am hearing this song' because all these sensations have come together. *Touch, hear, smell, taste, and see.* What does it feel like to taste the song, to smell the song, to see the song? What does the grass sound like? All of that is there now, blended together in the center of your chest.

And from this moment on, we expand...

You are still standing there in the meadow, but you expand. A minute ago you believed you were standing there, just listening to the song of this bird. Now, as you have all this blending going on inside, you might start to realize that you are the meadow. You are the bird. You are the grass. You are the song. You are the breeze. You are the sun.

Unlocking the State of your Creation

Do you realize why the sunshine is there, why the bird is there? The only reason is that *you wanted it there*. You chose it into creation. You were in harmony so you created a moment of inner harmony. And that is exactly what we are now going to expand. Only, we are not going to expand this inner creation; what I want you to expand on is that *you are doing this all the time*.

You know it on a theoretical level, the fact that you are all things, but often it is so hard to accept. When you think of external or 'outer' harmony then you think of a planet without war, pain, guilt, hunger, suffering and death. You say these things cannot be yours but they are. *Accepting this fact is reclaiming your complete creation.* There are no coincidences in the universe. Accepting all things as they are will again bring you into your power to change and create.

So, I am going to ask you to stay with this feeling of perfectly blended senses and stay very closely connected to it because now we are going to look for things that maybe don't feel harmonious at all.

Expand and become the country that you are in. You might feel fighting or you might feel war or pain, but don't worry about these things. They don't matter. Not really. Yes, you have created them but you need to understand that *love is the key by which you unlock all that has ever come out of you as a part of your creation.* Using *self-love and compassion*, you can unlock the state of your creation by blending your senses and allowing yourself to see that all was love to begin with.

No matter what your senses are telling you in separation, that the world that you see around you might be in pain, when you blend all of the input together in the exact same way as you did with the bird, the sunshine and the meadow, you will find that even that which—in separation—resembles pain, will feel like love in your blended heart.

The output, the outpouring of your soul, will be love once more, evermore.

It is at this point that you'll begin to realize you can literally do the whole thing all over again. Do this, and you'll once again unlock your full potential as a creator of choice and beauty.

Can I do this ?

I, Adamus, your friend, am here to let you know the answer is YES. You can stand there while people are fighting, shouting and screaming. This only seems ugly when you look at it from a point of separation and your senses are creating that division because you have five of them in your biological husk. It's because you have gotten used to seeing and hearing these things that you keep yourself locked in a repetitive cycle of creation in which you constantly create more of the same. You have so much power as a creator, even when you have forgotten it!

Now, back to the fighting in your country or surroundings, no matter how small or big it may manifest itself: from a perspective of neutrality you can take that in to your senses as well and blend it as one. *Neutrality means that you let you of emotion but not of compassion.* As you take in the negativity around you through your senses, you blend it the same way you did with the bird.

You can choose to allow the basic feeling of inner harmony in any situation and permit the outer experience to mold itself into harmony as well. If you accept that you are the creator of the external circumstances and that YOU are emitting them, and if you go into the state of inner harmony which could be called *the infinite sense of Akene*, of the heart space, then you will allow the fighting or discord to change. You have changed the energy around it and it will flow into every particle of your outside world. That, my friends, is *Free Energy in action*.

We are going to expand again and we are going to become the whole planet. I am not just using words now. I am doing this as I am saying it and *I am taking you with me*. I invite you to come with me. *Ride my energy*. Let me be your horse for a while and let us soar all over the Earth. Together, we become this beautiful pearl and you remain in harmony even though you feel that many, many things are going on all over Earth.

All these different thoughts, all these different feelings that people have: just let them be. Just harmonize it as one. Blend it all together. For all the hatred, the pain and the sadness you might feel there is at least an equal amount of love and joy and freedom. Once you blend it all together *love is all that remains*.

Hold on to my manes

We are going deeper now but the trip is going to intensify, so take a deep breath and hold on to my manes. As I am galloping out of the boundaries of Earth, before you know it we touch the sun and that is when it all starts to change because this is an Akeneic creature right there. Feel the expansion that the sun portal brings you. It quickly takes you through the entire star systems surrounding it and it is taking you all through this universe until you feel that the boundaries of the universe are not big enough to hold you. Expanding from there, you touch other universes and you reach for other life and it goes far beyond anything you know... and before you know it you can't remember how many lives and stars and galaxies you touched.

It is difficult now to see this little planet called Earth, because from this angle it is one with everything else around it. *As you leave the mind behind, you realize that it is all one anyway*. From your perspective on Earth, maybe you could see things as separate, but not from the space that we now occupy together. *This is an infinity angle*. Now you are the entire cosmos while you are still standing there, on that meadow hearing that bird sing, right where we began our journey.

This time I am *not* going to ask you to take all of that and make it smaller and put it back in your heart. No, I am going to ask you to *focus on the scope* that you are, but also focus on the person standing there in the meadow and that is we are going to make bigger.

You are growing now, for a second time, rising to extreme proportion; bigger than the trees you are, bigger than the sky. Before you know it you are seeing the stars and you are seeing the planets and you are seeing the sun and you are getting bigger and bigger as a physical body... until you are so big that that whole universe that you just felt, that whole cosmos, fits right there in your heart space, in your thymus. Now you realize: *if all that is all of creation right there in my chest, then I am god*. And you are the beating pulse of life. You are the beating heart of all things. You are the center of all things. *You are that you are that I am*. Now stay in that moment for as long as you want.

I will go now, but I will be back, as always. I love you. Namaste.
And so it is.

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FROM HE WHO SEES THE EAGLE



## Things That I Believe In by Jan Hunneybell

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Extracts from my channeled book, *Things That I Believe In*, followed by the transcript of a talk I gave recently, explaining how I 'met' John [Denver], received his message and struggled to publish it. It gives an overview of the book and includes extensive quotes.

**PREFACE** - In 2002 I felt a strong urge to make a commitment to write for two hours a day. I knew it was to write a book but not what the subject would be. When I write I have no plan and the subject emerges as I progress. After the first few days, John spoke. He continued to do so at the appointed time each week day for four weeks, starting from where he had stopped the day before. As he spoke, I typed.

What follow are John's words...

**INTRODUCTION** - What I want everyone to know and understand (is) not just that I live on, but that every soul who ever walked this Earth lives on... There is no eternal damnation. The final destination for every soul that ever lived is in the light.

**1 PASSING OVER** - 'Passing over' is a much better, more accurate expression than 'dying' or 'eternal rest' or any of those other expressions. I think 'going home' is even better... The review is a crucial part of the process of returning to the light, a sort of purification... one is aware of being perfectly loved and accepted.

**2 LIFE IN SPIRIT** - I can vouch for the fact that when you think strong thoughts of your departed loved ones, they know it. They will often be with you at these times and are aware of your thoughts (and) your love. How could anyone possibly believe that life on Earth is all there is? This is a place of infinite possibilities...

**3 LIFE ON EARTH** - We were created from a spark of the universal energy, fashioned from the elements and given a framework within which to exist... We were given 'free will' within that framework... to find out how being in a material world would affect our ability to live by the spiritual laws.

**4 THE BIGGER PICTURE** - When you come into consciousness, you want to understand this bigger picture. For some people that comes about by becoming more socially active or environmentally aware, or maybe taking a traditional spiritual pathway... Others take a more cosmic viewpoint and start to look at life in other forms, wanting to connect with spirit, seeing the eternity of life, exploring esoteric literature and the various gifts of the spirit.

**5 SPIRITUAL GROWTH** - You have all heard the phrase that you are not humans having a spiritual experience but spirit having a human experience; this is very true... Life is a spiritual lesson and an opportunity for spiritual growth.

**6 ENLIGHTENMENT** - What is enlightenment? To be enlightened is to reach full understanding, not just intellectually but on all levels, emotionally, mentally, spiritually and physically, of the reason for and the perfection of existence and the natural laws that govern it. It is the reaching of the highest, purest vibration possible.

**7 DETACHMENT** - If you ask people to describe detached, most would have the concept wrong. They would state that it means someone cold, distant, aloof, who seems uncaring, lacking in warmth, unloving. That would describe someone who is psychologically detached... Detachment is not about never loving. It is about having the ability and strength to love and then to let go.

**8 PAST LIVES** - Why would it matter if we have lived in the past or will live in the future? In some ways it doesn't, because we have to live the life we have now to its fullest degree... It is so helpful to be open to the possibility of reincarnation as an explanation of why things happen in this life, as then you can understand that life is not just a lottery of unrelated events.

**9 EVIDENCE OF SURVIVAL** - What is evidence of survival? Well, I'm hoping this book is! Evidence is the transmission from spirit of pertinent information, which could lead to the belief by those for whom the message has some meaning that life continues on after the death of the physical body... My plea to all people is to have an open mind and an open heart...

**10 FORGIVENESS** - Forgiveness is a prime factor in being able to live in a clear and balanced way. I'd like to ask you this: can you say with your hand on your heart that you have nothing and nobody to forgive? Can you say with equal sincerity that there is not one person from whom you need forgiveness? If you can, well done! I wish I was able to say the same thing.

11 FEAR - Fear always stems from feelings of lack - lack of love, food, shelter, trust, money, security... Many people live in a permanent state of fear. They have alarms not just on their cars and homes and in their handbags, but also wired into their hearts and minds - and fear just like a cancer grows... With knowledge comes freedom from fear. This is what I am hoping the outcome of this book may be for some people; freedom from the fear of death.

12 GRATITUDE - We need to spread the love around. If I do something kind for you and you in turn do something for the next person who needs some help, the goodwill will spread, first like a ripple and then like a tidal wave. It does not have to be something big and grand... It can be something small and quiet, as simple as a smile and a hug or a kind word. Then you pass it on.

13 MANIFESTATION - To make something manifest is to bring it into being and it is an active thing. What you choose to create must be positive, responsible, and not deprive any other person of what is rightfully theirs. Use your powers of manifestation wisely and well. Never wish harm upon another. Every powerful negative thought or action aimed at another creates karma... What we give out always rebounds at some point, whether now or in the future.

14 THE ENVIRONMENT - One of the things I have learned since being in spirit is the strong interaction between the Earth and her people and the damage that lack of reverence for the environment has caused. The Indians would say that we need to tread softly upon the land, which to me means that we should try to leave as little damage as possible. I believe... that everything starts with YOU.

15 THE PHYSICAL BODY - People in the Western world fill themselves up with a vast array of junk. They have the malnutrition of opulence while others starve through lack of resources... Yearnings that we cannot put a name to are a hunger, but they are not usually for any of those physical things. In the final analysis, what most people have is spiritual hunger. When you finally accept yourself, you are on the way to easing your hunger.

16 SOME FINAL THOUGHTS - My purpose (for communicating) was two fold. Firstly... If people understand... that there is a beautiful world of love and light waiting for them when they finally complete the journey home, then they can let go of their fear. My second purpose is a more selfish one. I hope that through these pages, those who knew me will recognise my voice and know that it is indeed me who speaks to them. Whether I succeed or not in my two-fold plan, I have had a blessed time both on Earth and here in spirit.

#### THINGS THAT I BELIEVE IN

(Abridged version of a talk given at Tumbetin in May 2009. This version was given at Lilydale Spiritualist Church, Montrose, June 2009)

This talk *Things That I Believe In*, is the title of my book, One of the things that I believe in and which is so important for all mankind is freedom of thought and conscience. The need for that freedom has led many of us to a spiritual path outside of the traditional churches where we were told what we should believe and taught to fear abilities and experiences which are a natural part of our birthright. It's good to share thoughts and ideas with people who listen with open minds and hearts.

If my or anyone's ideas or experiences challenge your way of thinking, try not to reject them but put them on the back burner. I remember laughing aloud at the idea of people having North American Indian spirit guides. I thought, 'What a load of rubbish!' and was suitably ashamed when I later realised and perceived that people do have them, including me! Fortunately White Cloud, who is a guide to many, isn't easily offended, as shown by the 3 pages of messages included at the back of the book! The guides just wait patiently until the day we become a little bit wiser...

Spirit guides and teachers communicate in various ways. How we perceive them is different for everyone. Unlike many mediums, I've not been aware of spirit all my life. I was over 40 before I began consciously developing my awareness. I do recall some early incidents and always somehow 'knew' things, but never saw colours around anyone nor did I see dead people and I think 'Thank goodness for that!'

I mostly hear spirit as an inner voice, like an extension of my own thoughts. Neale Walsh, who wrote *Conversations with God*, calls it the 'voiceless voice' and that's a great description. I also occasionally hear the actual voice of individuals in spirit, but usually only when I'm deliberately tuned in to do so. Evolved spirits respect our free will. Unremitting, tormenting voices that can't be stopped are a different matter, where professional help may be needed, but here I'm talking of developed and controlled spirit communication.

People often ask how I connected with John, whose message is the subject of my book. In October 1997, I had sat twice weekly in a development group for about a year, mainly doing inspired writing and light trance. My teacher organised a channelling afternoon. As I waited for my turn I felt the widest grin on my face and an exuberant male energy, but when I stood to speak, after a few words he stopped. I went blank, but then I became aware of another

guide who apologised for the previous visitor who was new to the spirit world and had been overcome with emotion. Immediately I realised it was John Denver, who died in a plane crash just six days earlier.

Later that afternoon he spoke through my teacher, which confirmed my feelings. At our Monday meeting he was with me again. His big smile was unmistakable. Having got the hang of communicating, there was no stopping him. He was so full of life and exuberance that I thought, 'Wow, if this is being dead, he's got more life in him than most living people!' He said to call him JD. It was a joy to be the medium for his visits and to experience his energy. He spoke of life in spirit and the lessons he learned during his life on earth. In the following months John spoke at most of our meetings and was an able teaching spirit with a great sense of humour and compassion.

That November, I started writing songs. One morning lyrics started pouring into my mind. As I realised it was a song and not my usual poetry I wondered, 'If this is a song, what's the tune?' Straight away it came into my mind with the words, like it was already written. I just had to take dictation, tidy the words and sing the melody onto tape as I can't read or write music. That first song is a little bit country and western. It wouldn't win any awards but is a real, singable song. Within a few months I wrote 20 songs of various styles. Some I didn't get onto tape, so I have the words but the tunes are lost somewhere in the depths of my mind.

After a few years JD wasn't around much and the group finished. I continued communicating with spirit, developing in other groups, writing and giving talks and my busy family life kept me well grounded. Some of what I'm telling you may seem otherworldly or flaky, but to get good quality communication you really do have to be well earthed.

I somehow knew that in early 2002 I'd be writing a book. JD once said we would write a book called *I Want to Live*, the title of one of his songs, but as he wasn't around much and I was very aware that in this work it's possible to blur the line between true communication and imagination or wishful thinking, I didn't take much notice. In January 2002 I decided to sit and write for 2 hours a day, 5 days a week at the computer as spirit had asked for a regular commitment. In the first days I wrote some stuff which I knew wasn't for the book itself but seemed to be practice for it, and Spirit asked me to make it freely available. (*It's on the Healing page - Heal Yourself and Heal Your World.*)

On my next writing day I meditated and became aware of a guide who said it was time for the real work to begin. He said I'd be working with JD and to write without worrying about publishing. Then JD was there and I typed as he talked. We wrote the introduction and we did initially call the book *I Want to Live*. Each morning I'd read the end of the previous day's writing, then I'd hear John's voice and he'd continue from where we left off. I didn't work out chapters. Each one was given to me as we wrote, having been planned by better minds than mine. After 4 weeks I had a 48,000 word manuscript. There was still work to do and I've spent hundreds of hours on it, but don't regret a moment.

I forgot I was told not to worry about publication, and proceeded to worry about it greatly! I wrote to John's family, hoping someone who knew him might read my manuscript and recognise him, as that was one of his objectives. I got nowhere and eventually decided to remove his full name and references to his songs, including the title, in order to avoid copyright issues. Later I watched a DVD someone lent me, where JD mentioned that he had always stood up for the things that he believed in. One of the songs I'd written with his inspiration was titled *Things That I Believe In* so it seemed a great replacement title and the lyrics would be a great way to finish the book. They follow the final chapter.

I contacted some spiritual publishers and got some very kind rejection letters! They said it was well written but not quite right for their list. I let go and decided to wait for a publisher to hopefully somehow materialise. It's happened for others. I reasoned that as spirit gave me the book they might send a publisher! I realised I could wait a very long time. Once when worrying about it I got a message. 'We give you a gift and you turn it into a problem.' They also said, 'You think time is of the essence, but it is *timing* that is of the essence.'

After a couple of years I decided the manuscript had sat on my desk long enough and wasn't doing anyone any good just sitting there. The only option within my means and skill was to make an A4 booklet. The positive feedback I received made me determined to self publish. People said, 'I love it but I'd like a real book for my shelf'. My booklets were passed between friends and I had calls from people who wanted their own copy, which confirmed the book's merit. It was like market research. As calls came from people I didn't know, I realised that the great feedback wasn't just my friends being kind!

In 2007, I discussed publishing with someone who said if I prepared it a certain way, organised a cover and an ISBN, she would take it to China and get it printed. This took many more hours work. At some point while she was away I knew it wouldn't happen. It didn't. I'd felt uneasy so I was relieved but also a little disappointed. Once more I decided to let it go, but last July I was overwhelmed by a strong 'Now or never,' feeling. Appropriately, it was Independence Day!

'Just find someone,' I thought. In the Yellow Pages, a small ad intrigued me. I rang, had a chat, got a quote. I didn't use an editor, but my publishing adviser, Besharl, was a gem. The finished product was the better for her input. It was I who opened the Yellow Pages on that day, but I'm sure Spirit guided me to her. In October, finished book in hand with my own photography on the cover, I got tingles down my spine as I realised that my book launch was on the 11th anniversary of the first day that I first felt that big smile.

When people hear I've written a book, they ask, 'What's it about?' I mumble that it's about what happens when we die, what we're here to learn and stuff like gratitude and forgiveness. Their eyes glaze over, because it sounds dry and boring, but it isn't. I think it has energy and attitude. I know that people read and re-read it. I was told this again only last week. Some open it at random each day to read a paragraph or two. Even my sister, who didn't seem too impressed at first, said recently that she's reading it for the third time, which is quite a compliment. She said it sort of low key, probably to make sure I don't start getting up myself, but I thought 'Ah, so you *do* like it!'

Two years before I wrote the book, JD said, '*Never be afraid of dying. If you can give that message to people, you will do the world its greatest service.*' One person at my book launch had seen the flier and told me she just knew she had to attend. While at the launch she bought the book. This lovely lady found it so helpful and enjoyable to read that she rang to tell me and to get a copy for a friend, passing her own copy around among her friends and family. We clicked immediately and I was sad to learn that she was fighting cancer. She passed on recently. I am blessed to have met her and been a friend for even such a brief time. It is an honour it is to know that John's message helped and gave comfort and a sense of peace as she faced her greatest challenge. I realised that if this book has helped one person pass peacefully, it was worth every minute I spent on it during these past years.

I'm sure JD was thinking of people like L, and people like all of us, when he said, '*I have some insights to offer which can give hope and help to many people.*' He said, '*I believe many people spend their whole life being scared of death and feeling confused about what the purpose of life really is. If people can understand and truly believe that there is a beautiful world of love and light waiting for them when they finally complete the journey home, then they can let go of their fear. They can live joyfully, knowing that living joyfully is a basic requirement of life. It is right to be happy.*'

He tells us, '*Every soul has the opportunity to evolve and grow through service and love.*' I truly believe that the more you give the more you get. Our hearts have to be open to receive. Most of us walk round with hearts tight shut and it's only when something of great magnitude happens that our hearts open. During the bushfire tragedy we experienced an incredible outpouring of care and support. Later the negatives started creeping in, as they do, but while it was happening the love and compassion in the atmosphere was very moving.

Another line says '*The final destination for every soul that ever lived is in the light.*' Yes, hard as it is to get our minds around, even Pol Pot, even Charles Manson. We all have a chance to redeem ourselves. We're on a journey to this outpost in the universe, trying to find our way back home. Like those little puzzles where there are several paths to choose, we must work out the right one to take. Think of the freeway signs, 'Wrong way, go back.' Sometimes there is no going back, but we may be able to find a side road or climb a mountain or cross a river and take a new direction home.

JD states, '*No-one is excluded from heaven,*' and, '*Every single person has a right to go to the light once they can perceive that light.*' He says, '*It doesn't matter whether they worshipped Allah or Buddha or Jesus or flowers or nature or trees. What does matter is how they lived and what they believe about themselves. If you know yourself to be worthy from the depths of your being and you have lived a life where your intentions have been to create good, even if you didn't always achieve that, the light is yours.*' I find that comforting and a much nicer concept than heaven and hell.

I believe many people's lives here on earth are the epitome of hell. No-one could think up anything worse than they already endure. It's sobering to realise that most hellish situations are man made. Soon after John passed there was a bombing in Ireland. Just as we send emergency services to areas of disaster, so do spirit and John was in the rescue team. Distressed at what he witnessed and at man's inhumanity to man he said, 'People ask why does God let these things happen, but God didn't do it, *people* did!'

In the chapter *Life In Spirit*, John comments that '*a life is a life lived. Whether it was ten minutes, ten hours, ten years or 100 years (it was) a life completed. My life was not cut short even though I was only 53; it ended when it was meant to. It was a contract my higher self had with my guides; maybe that was (why) I would get so emotional when I talked or sang of getting old. My soul knew I was not to have that experience this time around. I wouldn't sit in the old rocking chair with my grandchildren on my knee. I didn't know this in my head, but knew it in my heart and in my soul.*'

He said, 'we're put on this Earth to learn things like compassion, trust and forgiveness. We have debts to pay and scores to settle, to balance our karma. The most simplistic (definition of karma) is, what goes around comes around or what you give out you get back. Everything we do has an impact on our world and environment. Every breath changes the air around us and every exhalation puts something different back into the world. Every time you breathe, several billion other people breathe too! The atmosphere is therefore changing moment to moment. If a simple thing like one breath changes the world in some way, any bigger action will correspondingly change it even more. Every thought you think, every action you take, affects your world. That is an incredible responsibility and a very humbling thought, if you take some time to reflect on this notion. Given that you have such an impact on the world, it behoves you to use that power wisely.'

'Life is a spiritual lesson and an opportunity for spiritual growth.' We often believe we have to make pilgrimages or go into retreat or something to live a life embracing spirituality and so we delay stepping onto the path. 'I'll do it when the children grow up,' we think, or 'I'll have time when I retire,' yet each moment we live contains the potential for spiritual growth and practice. Lessons of patience, gratitude, strength of character and self control are not learned on retreat but in the nitty gritty of everyday life.

We can learn from anything and everything; what we did and didn't do, what went right and mostly, what went wrong. Foresight is good but most of us learn, especially at first, through hindsight. This next line was probably specifically for me, but if the cap fits, I dare you to wear it. *'Moaning is the resort of the powerless.'* Ouch! Can you imagine what it's like typing this stuff, knowing that spirit may be saying, in a subtle way, 'This means YOU, Jan!' When JD first used to talk with me he wasn't always subtle. I remember in a family situation I wasn't too tactful, and I later felt him around me. When I tuned in it was to hear him saying something like, 'Oh, well done, Motormouth!'

When it comes to *Enlightenment* he jokes, *'If a spoiled old sinner like me managed to get to the light, just understand the leeway we have! You don't need to be perfect; you don't need to never have made a mistake, so just relax. Light can't permeate tense cells and muscles...'* When it comes to fear, JD tells us that it's illusionary, but concedes that it feels pretty real when we're in it. He says *'love is the only truth'* and suggests that we replace fear with awareness, saying, *'our greatest fears should not be about other people but of not reaching our full potential or uncovering our greatest gifts.'* One of my favourite lines in the book is, *'Gratitude is a song of the heart,'* but I do keep changing my mind.

The chapter on *The Physical Body* says in part: *'Your body is the temple of your soul and temples are places in which to pray. Your body is to your spirit and soul what a cathedral is to the people who go there to pray. (It) is your own meeting place of sacred significance and should be regarded and treated with due respect and love. It is appropriate to have reverence for your own self, for you have God within. That pure light, the sacred fire that burns within, needs a container worthy of its greatness. You are that light; your body is the container. Make it the best container it can be.'*

*Don't be hard on yourself. Clean and nurture it with reverence, love and admiration. Concentrate on what it does well. Choose to love it exactly as it is.'* We are reminded, *'True beauty shines from within. When you are in the presence of a truly beautiful soul, any superficial ideas of what beauty is just fade away.'*

John asks, 'What is evidence of survival?' and answers, 'Well, I'm hoping this book is! (It) is the transmission from Spirit of pertinent information which could lead to the belief, by those for whom the evidence has some meaning, that life continues after the death of the physical body. Denial of communication between those who have passed and those sensitive enough to receive transmissions was a masterpiece of manipulation.'

He says, *'It is my belief that there was a time when everyone had a clear understanding of and communication with their guardian angels and ancestors. Spirit communication was an accepted part of existence. Church authorities decided it was dangerous and a threat to their power and control if people knew they had direct access to their own guidance and thence to God. They realised they had to stamp this knowledge out and instil fear (so) people would perpetuate a belief that spirit contact was evil. Those with influence chose a clever way of doing this. They accused the most talented seers and healers of witchcraft and dealing with the devil (and) thought up many and varied ways of disposing of them. The fear this created became so instilled within the race memory that the persecution perpetuated itself. Most of us know the phrase, "talking to your self is the first sign of madness." This was a lie spread by members of the Inquisition and used to persecute people. It would have been commonplace in times past for people to openly converse with the spirit guides that they could hear, see or sense around them.'*

He tells us, *'I have spoken now to many people since I have been here, for one of my jobs is to impress people with positive thoughts and ideas. Some are impervious to my presence, (but) there are far more who are aware of something (and) sense that I'm around. They may get a shiver down the back or feel a presence. Some hear what I'm saying as a kind of whisper in the mind, yet they deny it. Others might get a line for a song. I have visited old friends and helped with a line here and there. They'll think, "Where did that come from? Gee, I'm clever!" I'm*

thinking "Hey, it's John! Can't you see it's me? Can't you sense it's me?" Other times I'll visit a gathering and someone will say, "I keep thinking about John," or "it almost feels as if he's here." Yes I was there! They are feeling my energy.

*My body is gone but my essence lives on and this is my big message to you. If a talented medium can give you a message that has meaning for you, that should be a comfort to you. For those of you who have said, "I didn't get a chance to say goodbye, I didn't have the opportunity to tell them I'm sorry," this information should be a great help. Your loved one knows. They know you wanted to say goodbye and they know how sorry you are if the last words you had together were angry or unhappy. I believe that the knowledge that life goes on should give hope and comfort to all people.'*

There is a much scepticism about mediumship as it's so nebulous and often imprecise, depending on the conditions, the skill of the medium in passing on impressions and descriptions of what they are seeing, hearing or feeling as well as the skill of the communicator. There are also frauds. John acknowledges, 'Yes, there are charlatans but mediumship and clairvoyance are not their only province. Charlatans are found in many walks of life. There will always be people who live by deceiving others. There are also frauds in spirit, but they generally can only deceive people operating on a low vibration who are not working for the highest good. These beings soon move on if the medium surrounds their self with light and calls for the help of their highest guides. Does that mean that all well meaning and talented people on both sides of the divide who do such good work should be painted with the same brush? I hope not.'

As you can see from these selections, while the book isn't big and is an easy read, it covers a wide range of subjects. Not everyone will agree with all that is in it and they don't have to. It's food for thought. Some won't believe the source of the message but that doesn't matter either. The content stands on its own merits. In the introduction John states, 'I am not asking anyone to believe in me or to believe in God for that matter. It makes no difference to me or God or whatever you choose to name the Divine Intelligence. Your belief or otherwise will not affect our pathway and it will not affect the fact of our existence, only in your own mind.'

The last paragraph is also the end of this talk. John says: 'I could go on forever, but I have to stop somewhere and I choose to stop here. I wish you such love and peace upon your journey. Do what you can to make a positive difference to your world. Start with yourself. Know it is ok to love the self. Believe in the greatness of the eternal being you are, then stretch your wings and fly'.

©Jan Hunneybell, 14 May 2009

[You can order the book here: http://www.aninspiredthought.net/page9.htm](http://www.aninspiredthought.net/page9.htm)

#### Love For No Reason

I received Marci Shimoff's November newsletter where she talks about her new book, *Love For No Reason*. She gives her readers a little exercise to do—as follows: "As you move through your daily activities during the next couple of weeks, try a little experiment. Challenge yourself to look beyond the secondary differences between you and the people in your life, and look instead for the primary essence that connects you. As you find this common ground—with loved ones, family members, friends, and colleagues—you'll get a taste of the magical experiences that await you when you allow yourself to Love for No Reason."

These words reminded me of (and validated) something that John said early in 2008, which I'll repost here: "When you feel conflict with another person, try to focus on what you have in COMMON with that person, not your differences. Trying to work them out is like trying to mix oil with water, it just isn't going to happen. Go to them in your mind and state your intention. They will get the message on a soul level and there will be a shift in the relationship."

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"True ambition is the profound desire to live usefully and walk humbly under the grace of God."

Bill, co-founder of Alcoholics Anonymous

CHOICES IN ACTION

A New Global Option

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This is a two-part documentary filmed in 1989 in Australia with an introduction by John Denver! Still very timely for today (for now). You can watch and/or download it from You Tube:

<http://www.youtube.com/watch?v=kq3HRGPNLHw&NR=1> (Part 1) and  
[http://www.youtube.com/watch?v=oH6ZDWV\\_grQ&feature=related](http://www.youtube.com/watch?v=oH6ZDWV_grQ&feature=related) (Part 2).

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## Ending Hunger

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For over 60 years, Heifer International has worked worldwide, with projects in over 128 different countries, including the U.S., Canada, South America, Africa, and more...They are not simply focused on trying to "feed the hungry." There is an important distinction between an organization focused on long-term solutions instead of short-term problems. Heifer's message is one of self-sustainability and "paying it forward" in order to build and expand the prosperity of entire communities. They are not focused on simply "giving." Their mission is "to train others to pass on the gift, so they can give back too." Their message clearly focuses on perpetuating abundance. You can learn more about Heifer International and their innovative "pay it forward" approach and long-term solutions at <http://www.heifer.org/#> .  
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## Infinity: the Ultimate Trip—Journey Beyond Death

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What happens after we pass from this world? Is there a life after this one? Or, do we just disappear forever? Are there worlds or realities parallel or intermingled with ours that we can perceive and access? Or, is this life, our flesh and blood body, our physical reality all that we possess? In this powerful and poignant feature-length documentary, the perspective of many ancient cultures, religions and traditions help us understand and no longer fear the powerful and transformative experience of death. Featuring interviews with some of the world's most renowned thought leaders on death and dying, the film takes viewers on a journey into the rich and compelling notion that we are all part of an intricately connected greater existence. Infinity: The Ultimate Trip brings a message of hope and optimism concerning the most mysterious act in a human life: the end of this life and journey to the beyond.

Using vital and beautiful imagery, along with personal accounts of near-death experiences, reincarnation and more, Infinity brings forth the story of our own infinite nature, what to expect after death and the magic and beauty that awaits us on the other side. Here we learn of the energetic landscape of the world that we enter after we die, the angels, or beings of light, who assist us in the passing and the promise of a new life. Infinity: The Ultimate Trip is an honest and hopeful assessment of the greatest journey that any of us will ever take. It changes our view from that of dread and pessimism to one of hope, joy and light. Truly, a must see for people of all ages! Watch the trailer at <http://www.sacredmysteries.com/public/266.cfm#trailer>  
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## Rats Prefer Organic Food!

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The next time you find yourself in a debate about which tastes better (organic or non organic foods - if it's still debatable), you can mention that even rats prefer organic food. In a study involving organic wheat production, researchers gave lab rats the choice between organic and non organic wheat. The rats preferred the former. Because of similar chemical compositions between the wheat, the researchers found it remarkable that the rats could tell the difference. Furthermore the rodents were much more apt at telling the difference than humans were. Assuming the rats did not over-hear which meal they were getting, how did they know the difference? The answer appears to be phytochemicals.

These are chemicals made naturally by plants to defend themselves against attack from insects. Most of the aromas and many flavors from vegetables, spices and herbs come from these chemicals which smell and taste pleasant to us but not to insects. And the theory goes: less pesticides for organic plants means more phytochemicals, which equals tastier food. Or so say the rats.

Read the entire article at <http://blogs.healthfreedomalliance.org/blog/2009/11/23/even-rats-prefer-organic-food/>  
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## It's About Time Cyber Cookbook Giveaway

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In 1998 and 1999, IAT created Cyber Cookbooks as part of fundraising efforts. We are making these cookbooks available again to you if you can help your neighbors! If you make a donation to a local food pantry or other charity that helps feed the hungry in your community we'll send you a cookbook. If you don't know where there is a food pantry, check with a local church or community center. Most do food baskets this time of year. You can also search online for food pantries in your community. We're sure all of our JD friends out there can find creative ways to help!

Once you donate please let us know! You can do this via the IAT Facebook group page (please post a note on the wall or the discussion area with the details) or send an e-mail to Sandy ([tybrenn@yahoo.com](mailto:tybrenn@yahoo.com)) with the details of your donation. Either way, please also make sure you contact Sandy to request either the 1998 or the 1999 cookbook! The PDF formatted cookbook will be e-mailed directly to you. That's it!

To help you decide which book looks the tastiest, a list of the recipes can be found on the IAT website here: [http://www.facebook.com/1/39522:home.comcast.net/~tybrenn/iat/recipes\\_toc.html](http://www.facebook.com/1/39522:home.comcast.net/~tybrenn/iat/recipes_toc.html).  
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Global TeleClass is an international speaking platform for renowned speakers, trainers and authors, provided at no charge to you by Hilton Johnson Productions, Inc. You will be trained, motivated and inspired by these speakers and authors, many of whom command top dollar for a single keynote speech. What does it cost you to attend and learn from these experts live at Global TeleClass...NOTHING! To sign up go to <http://www.globalteleclass.com> .  
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For those in the U.S.: Where to buy gasoline (EDITOR'S ALERT: I don't know how "dated" these facts are)  
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The following gas companies import Middle Eastern oil:

|                        |                     |
|------------------------|---------------------|
| Shell.....             | 205,742,000 barrels |
| Chevron/Texaco.....    | 144,332,000 barrels |
| Exxon /Mobil.....      | 130,082,000 barrels |
| Marathon/Speedway..... | 117,740,000 barrels |
| Amoco.....             | 62,231,000 barrels  |

And CITGO oil is imported from Venezuela by Dictator Hugo Chavez who hates America and openly avows our economic destruction! (*We pay Chavez's regime nearly \$10 Billion per year in oil revenues!*)

The U.S. currently imports 5,517,000 barrels of crude oil per day from OPEC. If you do the math at \$100 per barrel, that's over \$550 million PER DAY (\$200 BILLION per year!) handed over to OPEC, many of whose members are our confirmed enemies!!!! It won't stop here - oil prices could go to \$200 a barrel or higher if we keep buying their product.

The following companies do not import Middle Eastern oil (0 barrels): Sunoco, Conoco, Sinclair, BP/Phillips, Hess, ARCO, Maverick, Flying J, Valero, Murphy Oil USA—sold at Wal-Mart. Gas is from South Arkansas and fully USA owned and produced. Not only that but they give scholarships to all children in their town who finish high school and are legal US citizens.

All of this information is available from the U.S. Department of Energy and each company is required to state where they get their oil and how much they are importing.  
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Body-Field Sound Healing is a first-of-its-kind audio experience in which music is encoded with information to enhance your well-being. "The Living Matrix - The New Science of Healing" is the feature length documentary that transforms your understanding of how to get well and stay well. The Living Matrix showcases the brilliant work of Marilyn Schlitz, Ph.D., President of IONS (Institute of Noetic Sciences), who researches and tests phenomenon not followed by the mainstream such as consciousness, energy, and intention. Dan Brown's break-away success novel, The Lost Symbol, catapulted the frontier science of Noetics into the global spotlight, introducing readers to IONS. Not only that, the main character of the book is rumored to be based on Marilyn. Both of these videos can be purchased from <http://www.livingmatrixstore.com/>  
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PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH
WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE
ONLY LOVE IS REAL – ONLY LOVE IS REAL – ONLY LOVE IS REAL – ONLY LOVE IS REAL
PRACTICE RANDOM ACTS OF KINDNESS – PRACTICE RANDOM ACTS OF KINDNESS
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**"I'm with you in singing skies and dancing waters,  
Laughing children, growing old  
And in the heart and in the spirit,  
And in the truth when it is told."**

John Denver  
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