

The song is basically autobiographical. It's not one of those songs where I've described someone who has a job to do in the world. I'm describing who that person is—the song is about me. I intend to lead people to the mountains. I intend to lead them back to the earth, back to the spirit. Songs like "Rhymes and Reasons" are a way of doing that for me.

Nearly 20 years ago John Denver wrote the words included on this poster. His song, "Rhymes and Reasons" nourished a change of consciousness during that decade of enchantment. We saw war, poverty, racism and environmental disasters. All recast for the first time into messages of hope and commitment to a better world. Contemporary visionaries—recognizing the prescience of these words—are discovering anew that the dream of the 1960s did not falter and die. Instead it became the conscience of a whole generation. Perhaps we needed two decades of gestation. Perhaps we are now beginning to see the search for a better way emerge as a way of life. A search for peace is a pledge to the children, the flowers, and all the living families of the Earth.

[illegible]

Samuel Smiles

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As we sail into the new year on the U.S.S. New Hope, I recently witnessed an incredible testimony to the reality of the WE ARE ONE theory. A gentleman on the Montel Williams show was demonstrating his mentalist powers by bending spoons. Then he proceeded to conduct a little experiment using one of the other guests and Montel's co-host for the day, psychic Sylvia Browne. He had the other guest stand on one side of him with her eyes closed. Sylvia was on the other side. He asked the other guest to let him know where he was touching her. But he didn't touch her anywhere. He touched Sylvia Browne instead, and each time he did, the other guest said she felt him touching HER in the exact same spot! She had no way of knowing that he was really touching Sylvia until after the experiment was concluded. To me that is scientific, physical proof that what happens to one person happens to ALL people. Included in this newsletter is a conversation I had with John about not doing enough. That conversation occurred two months before I saw this show, but it delivers basically the same message.

First of all, we have to be ready at ANYTIME to change our level of consciousness, whether it be through physical death or not. By surrendering all our attachments to the corporeal world, we CAN be ready. Yes, the tools we have are useful, but they are not US. Our SOULS are us.

In addition to that--in case you don't already know about it--if you visit <http://www.gogratitude.com/42-day-series.html> and/or [www.gogratitude.com/masterkey/](http://www.gogratitude.com/masterkey/), watch the little movie and download the Master Key e-book, you will receive a message that details something even more phenomenal for the human race. We CAN change the world. We CAN make a difference! Even a MAJOR one. Because sometimes the little things can be as powerful as the "big" things. John was one person who validated for me the truth in that statement. Which is precisely one reason why I have set up a Gratitude Ceremony for him there. If you would like to participate, just go to <http://www.GratitudeCeremony.com/ceremony.cfm?id=4688418A-1143-CDC1-2E59F4BAA7660448> and follow the instructions on how to personally thank him.

In the midst of asking MYSELF many of these questions, I received this message in a weekly Kabala email: "Find your weakest point, and you have found your greatest opportunity to reveal Light," which is almost identical to another one I also received during a meditation class, "Your greatest challenge is your greatest strength

becoming." Because our weakest points ARE our greatest challenges, and our greatest strengths ARE our greatest lights revealed! Now to bring it around full circle and apply it to the most questionable parts of my life! It's interesting that the more I find out about Kabala, the more I see that John was applying its ancient principles in his own life, possibly without realizing it.

For example, in his '95 Symposium speech he talks about acting vs. REACTING. Well I guess you could say this is the major lesson the Kabala teaches. When we can resist reacting when other people or outside circumstances push our buttons, we set off a chain reaction of bringing more light into our lives...in the form of money, love, fulfillment...you name it.

Also, in one of John's interviews he states that his life's goal is to become as God-like as possible while still being human. Well, the apple doesn't fall far from the tree, for we are ALL God's children and capable of just that. To see what I mean (oh John would've just LOVED this), check out [http://www.becominglikegod.com/?p=from\\_michael](http://www.becominglikegod.com/?p=from_michael). (On the tails of this you can find out how to gain further Kabbalistic wisdom at [www.kabbalah.com](http://www.kabbalah.com), <http://www.72.com/>, <http://www.meru.org/>, and <http://www.inner.org/hebleter/>.) And, as stated in the What's Up on Planet Earth December newsletter, the old world will begin unraveling quite rapidly now, as what has been created from fear, darkness, disconnect and "in the box" reality must begin the process of undoing itself. You can read the whole thing at <http://www.whatsuponplanetearth.com/latest.htm> (well, that link will give you the most current, but you can access the archives for Dec.) A friend also brought to my attention this website, which came to her mind when I mentioned the synchronicity workshops I will be conducting: <http://www.15minutemiracle.com/page/page/1658968.htm>. For even more inspiration, there is plenty to download for FREE from THIS website: <http://www.consciouslivingfoundation.org/ebooks-inspirational.htm>, not to mention a wonderful formula for spiritual growth that can be obtained here: <http://www.tonyasomers.com/formula.htm>

And, guess what? I read that there is a movement to celebrate December 31 as World Spirituality Day each year. I guess I don't need to convince any of you of the appropriateness of that date! Speaking of dates, here's something to ingest that shows each of us are no less important than what we came here to do: "In 2006 and 2007, dearest Lightworkers, you will be the Rainbow Bridge that will facilitate many millions of people shifting their consciousness into the Higher Dimensions as they prepare to ground themselves in the Crystalline Grids of the New Earth. You, as the First Wave and pioneers of Ascension, have prepared the way and you are holding the Light Bridge so that others may follow" (taken from "The Cosmic Sunrise," by Archangel Michael through Celia Finn, December, 2005).

Well, all that said... (whew, it was a mouthful, wasn't it? That's what I get for not getting this issue out sooner and saving some of this stuff for next time!) ...Anyway, that being said, I'm outta here. Have a great year everybody... here's wishing you all the blessings of Peace, Joy, Abundance, Romance, and Pleasure that you can imagine...and MORE....

Eileen, Margit, and John

P.S. The messages from John in this newsletter may be few, but they are very powerful. They are full of his energy and as I read them over and over again, like he's right there with me, I find them to be so very helpful. He truly means what he says!

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"When we realize that our desire to receive for the self alone is detrimental to our true fulfillment, we can awaken to change. And only a person who realizes the tremendous Light within them can truly recognize how much he or she can accomplish in this world."

Yehuda Berg

~~~~~  
CONTRIBUTIONS

Goodbye John Denver - by Susan Hooper

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The spoiled specter of my lover  
pronouncing death with rattling bones.  
With shimmer- sheen of silky water,  
feet trenched in sand-low mottled moans.

And wispy ferns and starfish wonder,  
greet my journey traveling home.  
In the airless cool, the creatures ponder.  
Announce my death in thundering tones.  
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what if, john – by Eileen Stein

-----  
what if you said that if you could you'd go to heaven  
and collect all the sacred, godly love energy that was there and bring it back to us

so that we wouldn't have to die to experience heavenly bliss  
and that you would find out what it was really like there

and come back and tell us so we wouldn't be afraid  
when it was our time to go there  
and we would know it was okay when other people we loved  
went there, too  
and you'd be able to assure us that there IS a heaven  
and that we don't really DIE, we just leave our bodies  
and only our physical aspect ceases to exist

now we know you found a way to heaven  
and collect all the sacred, godly love energy that is there  
and bring it back to us so that we don't have to die  
to experience heavenly bliss  
but we didn't know you'd have to stay there

what if you said that if you could you'd go to earth  
and collect all the pain and rage and sorrow  
and bring it back to heaven to be healed and transformed  
by the sacred, godly love energy  
and it would become in and of itself sacred, godly love energy  
to replace what you just brought to earth

well now we know you've done these things  
your commitment to heal is beyond compare  
of heaven and earth your spirit is always a part  
you've replaced fear with love for all creation to share

what if I said I dreamed I went to heaven  
and met you there.....

Ignorance is a prison of the mind.  
It has been your desire to help set people free of that prison.  
Knowledge leads to understanding, and understanding leads to peace.  
Inner peace spreads like ripples outward and eventually results in world peace.  
In this way we create Heaven on Earth.

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"Promise Me..." - by Cynthia Helen Gullage (from the RMH August 2005 newsletter)

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Promise me...  
That you will not forget me,  
When newer songs and singers  
Captivate  
The whole, wide world today.  
Promise me...  
That in a special space  
Within your own heart,  
There will be a dwelling place  
Where I will ever stay

Promise me...  
That I will fill your senses,  
When you are down and out,  
Or growing old.  
Promise me...  
That you'll reach for  
The beauty of the rainbow,  
As Nature's wealth  
Is far more precious  
Than a chest of gold.

Promise me...

That when tomorrow  
Starts without me,  
You will work to make  
This planet green and free.  
Promise me...  
That in the beauty  
Of the night sky,  
You will find  
A never ending symphony

Promise me...  
That all the music  
Of the mountains  
Will lead you ever  
On to higher spheres.  
Promise me...  
That on whatever road  
You travel,  
You will search,  
And you will find that  
"Love Is Everywhere."

Copyright Cynthia Helen Gullage July 12, 2005

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Reclaimed

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Thirsting I rise, parched and dry,  
by transparent pools, patient and pure like ice.  
Unclaimed I kneel, to unleash, to feel  
God's ever clear, essence of cold.  
Awake, Alive, At Last.

Unknown

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Take Action Challenge from Cheryl Richardson

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Is there an area of your life that feels out of control or a situation that's not going according to your plan? This week, practice the art of surrender. Each time you find yourself worrying (or obsessing) about the circumstances, repeat the following: "I surrender, knowing that something far greater than I can imagine is on the way." Whether you believe it or not, use this phrase as a mantra, a powerful tool to bring you back into spiritual balance. Before you know it, you'll not only feel more at peace, you'll begin to \*see\* the power of grace operating in your life!

<http://www.cherylrichardson.com/newsletter/05-week48.html>

~~~~~  
"We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep on watering it. You've got to really look after it and nurture it."

John Lennon

~~~~~  
IN JOHN'S MEMORY

According to the book, The 72 Names of God, (<http://www.72.com/>), given John's birth date and time, John's 72 name is MEM BET HEY (#55) -- THOUGHT INTO ACTION. "Through the power of this Name you find courage and commitment to accomplish your goals and achieve your dreams."

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Follow this link to hear an audio interview with Bonnie Kreps, the director of the Mardy Murie film, "Arctic Dance," that features John singing "A Song for All Lovers":

<http://www.spiritualcinemacircle.com/Public/FilmmakerInterview/index.cfm>

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From the John Denver Live Community Board:

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I met John as a freshman at Texas Tech in 1963. He was a sophomore architecture major and lived next door to me in the dorm (Gaston Hall). Of course that was before he changed his name; we called him "Dutch" then, same nickname as his father had.

He had a cast on his leg from crotch to toes that year. He had worked in a logging camp in the Northwest the summer before. I think he said some logs came lose on a truck and one of them broke his leg - he also lost a couple of toes in the accident. Anyway, his roommate was driven nuts by John's sloppy habits! Clothes and junk everywhere... we piled everything in the middle of the room one night and told him we were going to set fire to it (not seriously). John got the hint.

I didn't have a car that year, and John was nice enough to let me use his - a really ugly brown and yellow Dodge. It was an older model, and the gearshift lever would come off in your hand. He didn't date much (the cast didn't help), but when he did he would come back after every date saying, "This is the one! I'm going to marry this girl!" Dutch was a romantic through and through - a gentle heart. He played Joan Baez records and could nail every song on his guitar. He was in a rock band that year also; they would play gigs at frat houses mostly. For Christmas that year his parents gave him a 12-string Goya classical guitar - his prize possession from then on.

There were four or five of us who ran together frequently. John could be moody at times, but I attribute that to his worry about his grades... wasn't doing too well. The architecture students would be given 'nine-hour sketch problems'; given the problem in morning class, then had to present a design nine hours later. John would spend most of his time in the lab playing his guitar, entertaining the other students. His singing wasn't too great then (I think he took singing lessons later in Cal.), but he was terrific on the guitar.

The next fall, he was involved in his classes less and less, and apparently his Dad was not happy about it. One night some of us were in his room lounging around, and he said, "You know, I would give anything in the world to stand up on a stage and have people applaud." Less than a month later, he dropped out and headed for California.

I didn't see him for a long while. I was an Army officer and happened to be in Washington, D.C. in the summer of 1970; I saw a notice that he was playing at the Cellar Door in Georgetown. I went to see him and had a nice visit during one of his breaks. Our paths didn't cross again, but it broke my heart when he was killed. I love his music and have everything he ever recorded.

He was as genuine as he appeared on stage or TV.. not a mean bone in the man's body.

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If you want to read about the Coors brewery buying the rights to Rocky Mountain High, go to

[http://www.rockymountainnews.com/drmn/other\\_business/article/o.2777,D](http://www.rockymountainnews.com/drmn/other_business/article/o.2777,D)

RMN\_23916\_4310317,00.html

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"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."

Albert Einstein

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IN JOHN'S WORDS

From the World Family of John Denver Gathering Page:

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Greetings everyone!

My name is Brian, and I am very new to this site. I contacted Pam Beasley recently to comment on how wonderful this site was and to tell her an experience that I had, had in my life concerning John Denver.

First may I say you all look like incredibly warm and loving people , and I would have liked to take part in the gathering that you had recently. Also the story about Elijah touched my heart. My two year old son also has the same name.

Well, now to my story. When I was a teenager, I was a member of an RCA club, and this was the first time I heard the music of John Denver. At that time in my life I was having difficulties in school and I was very lonely, and trying to find peace in my life. As I began to listen to John's music it started to change me and give me peace and direction I didn't have before.

Well during this time, myself not knowing my mother had written John a letter, speaking to him about the struggles in my life, and how much his music was changing my life. Then one day, I received a letter in the mail, and the envelope said JOHN DENVER in colorful bold letters. I couldn't figure out what it was, and to my surprise, it was a letter from John! This is what he said to me:

Dear Brian,

I recently learned from your mother the importance you have given to me and my music in your life. It pleases me to know whenever the music is working and it is wonderful to know it has opened up a space inside of you for looking at and experiencing what the music is about. I know life is perfect, Brian, although things are hard to accept in life. There is a word, compassion, which allows one to experience the difficult and painful, as well as the joyous and loving, in a place that does not require guilt or frustration. This is how I intend to experience living. Be yourself, look inside to find out what makes you unique in the universe and learn to share that completely, then knowing this, you

can make an incredible contribution to all of life around you. I am pleased to share my life with you. Have a good one.

Peace,  
John Denver

(Dated July 7, 1979)

These words will fill my heart forever. I would be very pleased and honored if you would write me an e-mail, I would like to know of your feelings on this letter.

I hope these words will fill your heart as much as they have mine. I am overjoyed to share this letter with you. My e-mail address is [brianynora2003@yahoo.com](mailto:brianynora2003@yahoo.com)

God's blessings to you all.

Peace,  
Brian

~~~~~

"I believe in everything until it's disproved. So I believe in fairies, the myths, dragons. It all exists, even if it's in your mind. Who's to say that dreams and nightmares aren't as real as the here and now? Reality leaves a lot to the imagination."

John Lennon

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HIS SPIRIT STILL SINGS!

It still does, that's for sure, but the nature of the contact has changed. Most people have noticed a significant decrease in the synchronicity and almost miraculous occurrences that were present almost non-stop for several years after John made his transition. It would appear that he has perhaps moved on to a higher level of existence.

I believe he has; however it's important to realize that all the dimensions are connected like branches on a tree and are accessible to us. In turn, we are also accessible to the higher dimensions. And the more spiritual Light we allow into our lives, the more available those other dimensions become for us.

When I first knew that eventually John's soul would move on, I was very disheartened because I thought I would LOSE him...that we ALL would lose him. Since that time I have come to know that NOTHING or NO ONE can EVER be LOST...especially those we are so connected to.

I'm not sure if I've told this story before in an earlier edition, but I thought it befitting to include it here since I recently came upon this book full of "spirit feather" stories (see <http://www.sacredfeathers.com/>), and it reminded me of some of my own feather experiences.

From August, 1998

I went to start the grill for dinner and was feeling overwhelmed with my parental responsibilities since I really felt like I should be doing more to save the WORLD. I said quietly, "John, I'm sorry I'm not doing more." The answer came back, "You're doing just what you're supposed to be doing. You're doing fine!" [NOW things are different, however...just so you know!]

I went back into the house, and came out about five minutes later to check the food on the grill. As soon as I walked out the door I saw a feather sticking up out of the grass like a flag on the hilly part of our yard. It was not there when I was outside before-a beautiful black and white feather in perfect condition. It looked like it had been stuck there by somebody, but my daughter and I walked over to it, and when she went to pick it up, it was just balanced there on the tip of its quill-not stuck in the dirt at all! We couldn't believe how it was able to stand up like that. Gave me chills.

Just the day before I had purchased some Native American prayer feathers at the Indian Museum near my house, so I put this new feather with them. It truly felt and seemed like it was a "thumbs up" sign from our spirit friend. Actually, I know that it was. And I thanked him for it.

Ever since that day, most intensely for about the next 3-4 years, many times when I needed a sign from John that everything was OK, I would find a feather sticking up out of the ground (except if cement then it would be lying down), literally within minutes or seconds after expressing to him that I was upset or concerned about something.

Now I have a basket full of these "spirit" feathers, and many more wonderful stories around them!

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From Shelley - 1/11/99

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Sometimes I think John has played a definite role in some of the things that I have experienced at the time of his death. The Sunday after his death I went to a canal off the ocean in the Wildlife Reserve here in the Kennedy Space Center area, and from where I stood I could see birds--flamingos, mostly--water fowl of all kinds, fish jumping out of the water, and a lazy gator off to the side of the bank. I had a beautiful view of the dunes that block your view of the



actual ocean shore...yet I could hear the ocean roaring and the waves crashing.

Over to my left was a view of the launch pad where the shuttle takes off from...the space shuttle that John found so fascinating and longed to go on. I had gotten a single white rose and tied a white and red ribbon on it with a tag attached that said, "To John with love, from Shelley... I'll miss you." As I tossed it into the canal which had a direct path to the ocean, I looked up into the trees and there was a hawk flying overhead.

As I made my way back to the car, the sun was setting. I had tried to get there at about the same time that John had passed away. I got back in my car and was driving into the sunset and mysteriously, one of my John Denver tapes that I had been listening to started to play "Sunshine on My Shoulders." I had not known at what point the tape was at when I shut the car off, but to my recollection it was in the MIDDLE of a song. But this time it started right at the beginning of "Sunshine." It was very strange....

I still don't have any explanation for all of those things happening other than the fact that John had to have given me a "moment" with him. ..one that was all my own--no one else's. A recognition from him of my love and sorrow.

EDITOR'S NOTE: The first time I read this letter, it was 12:31. As I was typing it up for the newsletter, Margit said to me that John had just given each of us a white rose ("with a soft pink glow.") Right after I read that message from Margit was when I began typing the sentence Shelley wrote about giving a white rose to John!

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"The scarcest resource is not oil, metals, clean air, capital, labor, or technology. It is our willingness to listen to each other and learn from each other and to seek the truth rather than seek to be right "

Donella Meadows, environmental scientist, teacher, and writer(1941-2001)

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#### EARTH RHYTHMS

Benito Rael is a Native American of Tiwa and Southern Ute decent whose father was a Picuris holy man. He is a carrier of the teachings of his brother Beautiful Painted Arrow, Joseph Rael. The following interview was conducted before the Sun-moon dance held in Manchester during July 2000 at which Benito Rael was the dance Chief. To read the interview, please go to:

<http://www.sherrysherry.com/Events/2005/BenitoRael.html>

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Native American Winter Solstice Celebration - By Annie B. Bond, Executive Producer of the Care2 Healthy Living Channels (sent to me by Ginny)

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No matter what our spiritual beliefs, or what part of the world we live, we all share the turning of the sun on the solstices. Winter Solstice on December 21 is the shortest day of the year for those of us in the Northern Hemisphere. After the Winter Solstice, each day becomes longer until the longest day of the year arrives around June 21st.

Honoring the solstice is something lost to most of us, and it feels deeply meaningful, in a mystical sort of way, to choose to make a glimmer of connection. Here is a winter solstice rite observed by many Native American tribes. It is a ritual that honors your ancestors, belief system, and a way of offering prayer and gratitude:

Prayer sticks are made by everyone in a family for four days before the solstice. On the day named as the solstice, the prayer sticks are planted-at least one by each person-in small holes dug by the head of the household. Each prayer stick is named for an ancestor or deity.

Traditional prayer sticks are usually:

Made out of cedar and are forked;

Are equivalent to the measurement from the maker's elbow to the tips of their fingers; and are taken from a tree that the maker feels connected to.

Tobacco is offered to the largest tree of the same species in the area and permission is asked to take a part of its relative.

The bark can be stripped.

The bark can be carved on the stick.

One feather should be added to the prayer stick; traditionally this is a wild turkey feather.

A bit of tobacco is placed in a red cloth and tied onto one of the forks.

Fur or bone from an animal that the maker wishes to honor is tied onto the stick.

Metal or stones should not be tied to the stick.

It is also customary to say prayers silently as one makes the prayer stick.



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## HADO Techniques from The True Power of Water:

### For emotional freedom:

1. Try saying an antonym of the unfavorable emotion that you are feeling. For example, if you are feeling stressed, say "Relaxed." If you are feeling irritable, say "Calm." If you are feeling angry, say "Compassion." If you are feeling confused, say "Clarity." If you are feeling fearful, say "Confident." etc. etc.
2. Now write the antonyms on paper and show them to water. You can tape the paper to the bottle or glass with the words facing in so the water can read them.
3. Then drink the water.

### For manifesting:

1. Write your wishes on paper in the past tense, as though they've already occurred. For example write "was cured," "made a lot of money," "was successful." etc. etc. If you can't think what to write, just the words "love and gratitude" are enough.
2. Attach the paper to the container with the words facing the water.
3. LOUDLY vocalize these intents to the water before you drink it. Talk to the water from time to time and occasionally shake the bottle.
4. Drink 5 glasses each day.

### Morning water exercise:

1. Take a container of water and, for 30 seconds, verbalize gratitude. Say something like, "I thank you and I ask you for a nice day today."
2. Drink half of the water.
3. Next, think about what you need to do that day. With the feeling of success that you imagine upon completing each task, say to the water, "Everything went well, and I thank you."
4. Then drink the remaining water.

### In the bathroom:

1. Say "Thank you" to the flushing toilet.
2. Tape "thank you" and "love and gratitude" onto the walls of your shower/ bathroom. In the shower you can use soap crayons to make it extra fun!

### In the kitchen:

1. Cook with love. (The first time I tried this my daughter remarked, "Wow, Mom, this is GOOD!" And, believe me, it was nothing fancy. She's a very picky eater and normally does not compliment my cooking.)
2. Chew your food well and with gratitude.
3. After eating, say "Thank you. I have enjoyed my meal very much."

### Outside:

1. Open your windows whenever possible to circulate fresh air.
2. Walk leisurely in the sunshine and think of positive things.
3. Recite The Great Declaration (first said at Lake Biwa, where John had performed!): "The infinite power of the universe congeals and congeals. The world became truly great and peaceful." You can read more about that event here: <http://hado.net/urgentmessage.html>

### Making music HADO water:

1. Place a bottle of (preferably distilled) water between two speakers.
2. Play a piece of music (do you need to ask who we recommend???) at the normal volume.
3. After the music is finished, tap the bottom of the bottle well to give it some vibration.
4. Leave the bottle overnight, then tap again.
5. It is now ready for use! You can use kinesiology to help you determine how many drops to take. If you don't know how to do kinesiology, visit either of the following websites:

[http://www.perelandra-ltd.com/AB1473/webpage.cfm?WebPage\\_ID=69&DID=8](http://www.perelandra-ltd.com/AB1473/webpage.cfm?WebPage_ID=69&DID=8) or [http://psychk.com/tyb/index\\_tyb.php](http://psychk.com/tyb/index_tyb.php)

### Interview with Masaru Emoto on Gratitude:

REIKO: Have you come across a particular word or phrase in your research that you have found to be most helpful in cleaning up the natural waters of the world?

DR. EMOTO: Yes. There is a special combination that seems to be perfect for this, which is love PLUS the combination of thanks and appreciation reflected in the English word gratitude. Just one of these is not enough. Love needs to be based in gratitude, and gratitude needs to be based in love. THESE TWO WORDS TOGETHER CREATE THE MOST IMPORTANT VIBRATION. And it is even more important that we understand the value of these words.

For example, we know that water is described as H<sub>2</sub>O. If we were to look at love and gratitude as a pair, gratitude is

the H and love is the O. Water is the basis that not only supports but also allows the existence of life. In my understanding of the concept of yin and yang, in the same way that there is one O and two Hs, we also need one part yang/love to two parts yin/gratitude, in order to come to a place of balance in the equation.

For more information or to purchase any of Masaru Emoto's products, visit the following sites:

<http://www.hado.net/index2.html>,

<http://www.thank-water.net/>,

<http://www.masaru-emoto.net/>,

[www.beyondword.com](http://www.beyondword.com).

To apply these powerful techniques in a special way (as mentioned in the greeting) visit

[www.gogratitude.com/masterkey](http://www.gogratitude.com/masterkey). Another

gratitude website: <http://www.gratefulness.org/>

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## Wavellite

Wavellite is a mineral that assists in making decisions. I don't mean the decisions on what to have for breakfast or what to wear to work today. I mean the deeper decisions that your quality of life may hinge on. Career path and love relationships are but two of these examples. There are many stones that help in the decision making process. Wavellite is the only one that I know of that works at your root level. It helps you journey within yourself to discover your uniqueness. When making decisions we logically gather our facts and weigh them carefully. With Wavellite I find that my focus is distracted from this pinpoint of facts and replaced with a much larger picture to examine. Wavellite shows me a much broader landscape of myself concerning the decision to be made. It shows me how this decision fits into who I really am down deep, not just my surface image. Important decisions that may change your life must fit who you really are, not just the circumstances of the day. For example, if you are considering a career change because what you are currently doing is causing too much stress in your life, Wavellite will help you identify what field you would be happier in. With the use of Wavellite during meditation, you may discover, as an example, that your "calling" is to help other find comfort in their present condition. Then you may count out the path of office clerk and look more to social work. If Wavellite shows you that you are here to raise the vibration of Mother Earth to the next level, you will probably not seek employment as a used car salesman. You would look for something that would put you in daily contact with other like-minded people.

Wavellite doesn't give you just one answer, one path. It will help to reveal several alternate paths. For any deep question, there are several ways to achieve the same goal. Wavellite assist us in bringing these paths out of our inner knowledge. This is an example of Wavellite assisting in the flow of consciousness. It also helps with other flows of the body, flow of energy and flow of blood. For me, it is interesting to note that the green color of Wavellite is produced by the mineral vanadium, which also is an aid to the mental process.

I encourage you to experiment with a sample of Wavellite. Your results will amaze you. More information is available at <http://mineral.galleries.com/minerals/phosphat/wavellit/wavellit.htm>

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"To make a wish come true, whisper it to a Butterfly. Upon these wings it will be taken to heaven and granted, for they are the messengers of the Great Spirit."

Native American legend

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## HEAVENLY CONNECTIONS

From Yehuda Berg's Weekly Consciousness Tune-Up. December 4th – December 10th, 2005

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A helpful practice for this week is when you are lying in bed, waiting for sleep to come, start talking. It can be a whisper out loud or inside your head. Many people write into a journal. The point is to begin an honest, truthful dialogue with your soul. Address the issues that are weighing on your mind. Ask your soul to guide you through the night into a place of clarity. Ask questions – but be willing to receive the answer. Most of the time, if we don't get an answer, it means we are not willing to hear it.

Another beautiful lesson revealed by the Zohar is that our dreams are a result of our merit. The acts of sharing and transformation we do during the day, or lack thereof, determine how pure or impure are dreams are. Let's not forget the Opponent has many tricks and giving us the wrong messages in our dreams is one of them.

And remember, if you are in a mode of sharing during the day, you can expect message-filled dreams at night.

Editor's Note: Working with the Hebrew letters and the Kabbalah can raise your consciousness and improve your life in miraculous ways. And there isn't really much you have to do, that's the irony of it. But WHAT you have to do doesn't necessarily compare with the degree of difficulty it takes to master something so simple. Here's something to

try: The next time someone pushes your buttons and you want to REACT, realize it's a TEST and don't fall for it. PUT THE GUN DOWN. What's amazing to me is that John himself spoke of this concept in his '95 symposium speech. That and the monk story he told both represent Kabalistic principles, that once you start incorporating into your daily life, you can notice a difference almost immediately. I was raised Catholic but from what I've studied of the Kabbalah it seems to be more metaphysics than religion, even though it has been passed down by only one religion.

The Energies for January 2006 - 2006: The Year of the "Flow" and Creating Miracles - Archangel Michael through Celia Fenn

Dearest Lightworkers, after the turbulent energies that you have experienced in the last few months, you will be glad to know that you are entering a relatively quieter period in which you can relax a little and begin exploring your new Inner Landscape.

The New Earth or Paradise Grids that were activated in March of 2005 are now fully ready to support the Creation and Manifestation of the New Earth. The challenge for you is to begin this process of Manifestation, and to create the Abundance and Peace that will be the dominant energy of the New Earth.

You will find, dear ones, that 2006 will be challenging in many ways. The Old Earth grids and the New Earth grids will no longer "overlap" as they have in the past. Now, you will not be able to live with a foot in each world, so to speak. Now is the time when you will have to make a firm commitment to this new way of life.

The Old Earth grids will continue to crumble and disintegrate, and as this happens, people will become more and more angry and frustrated. There will be unrest and continued economic instability. In some places, it will seem as though complete chaos has taken over. In fact, chaos will be a key factor in the disintegration of the Old Earth energies. Wherever Old Earth energy predominates, you will find chaos. The New Earth energies will be characterized by Peace, Calm and innate Order or Flow. Where you find yourself will be your choice in the next year.

Making the Choice

Many people say to us, "...but we have made that choice, and yet we still cannot create abundance and love in our lives." And we would say, yes, dearest souls, you have made that choice, but you have made it with your Head and not fully with your Heart. Part of you is still aligned with and clinging to the Old Earth grids.

This can usually be seen in your expectations. You are still expecting that the economic system will provide your abundance and peace, and you have not yet moved fully into the "flow" of Divine Prosperity. For the Old Earth was based on a rigid third-dimensional structure that controlled resources and abundance according to rules and regulations. You gave your power and trust to this system and followed the rules, and you expected that system to care for you. The New Earth energies move through a free-flowing fifth-dimensional grid in which the "flow" of Divine Prosperity is available to all. It is your birthright to be personally connected to that flow and to be able to manifest what you need and desire from it through your personal power. And the joy of the New Earth is that you can help each other to achieve Manifestation. You can create Miracles together. For Divine Intelligence loves to bring together beings who desire to create miracles and "play" in the abundant flow of this energy.

And so, as you begin this year, we will ask you, dear ones, to see how in the last several months you have had to "give up" everything that was not in alignment with who you truly are. Friends, partners, relationships, jobs.....yes indeed, many changes and shifts, some heart-breaking in themselves. But now, you are in alignment with your Inner Integrity. Now you are ready to create from an alignment of Head and Heart, fully choosing the New Earth flow of Abundance and Love!

What is the "Flow"

Dearest ones, this is a key concept for you in this coming year as you step into the New Earth of Prosperity and Peace! You will need to be ever mindful of the "Flow" and your connection to it as you work with the new grids. After a while, it will become easier for you, once you have found the Flow and "mastered" the techniques of "Flow management".

We would define the "Flow" as the DIVINE CREATIVE INTELLIGENCE that moves through all things. It is loving, supportive and beneficent, and it seeks your Highest Good in Love and Joy. The Ancients knew this energy, before the third-dimensional grids were locked into place. They called it "The Way"! They knew that to follow the "way" was the path to Prosperity and Wisdom.

The "Flow" is, however, not just something that is "out there", an external source that must be found. It is within every cell in your body, and every atom of your being. You are Divine Creative Intelligence. And so, aligning with the "Flow" means aligning with the Divine Creative Intelligence within yourself.

Can you see, dearest Lightworkers, how all the deep work that you have done in the last few years has had the purpose

of disconnecting you from dependence on the artificial third-dimensional systems and grids, and returning you to the Natural Flow of Abundance!

Aligning with the Flow

Learning to align with the Flow cannot be done with the mind alone. It is a choice that is made at levels far deeper than the ego or mind. It is a choice where the ego or mind aligns with the Higher Aspect as it works with the Flow Of Divine Creative Intelligence.

The only way to find this path forward is to go within and listen to the Inner Voice of the Heart. For it is the Heart and the Feelings and the Intuition (not the emotions), that will show you the "way" to the Flow of Divine Creative Intelligence. This is because the Intuitive Wisdom of the Heart is far wiser and more ancient than the mind and the emotions. There is room for mind and emotions in life, but they should not lead, but be the followers of the True Voice of the Heart!

Following this path will often lead you to make choices that will not seem "rational" or "logical". They will be choices of the Heart and the Creative Energies. And out of these seemingly "irrational" choices, miracles of Love and radiant Blessings can arise! For the Flow of Divine Creative Intelligence loves to provide miracles that emerge from a Magical World of Love and Trust that has no basis in sequential logic.

You will know when you are aligned with the Flow. Miracles will happen. When you are not, then you will encounter obstacles and chaos, and nothing will "come together". Then you will have moved out of alignment with your Heart and into your Head of Ego space. But know, dearest ones, that your Higher Aspect is always aligned with the Flow of Divine Creative Intelligence. It is simply a matter of realigning with your Higher Aspect through your Heart.

Creating the Miracles

Dearest Lightworkers, once you have aligned with the Flow it's a simple matter to create miracles with the New Earth grids. The path to Manifestation is well known to you! Simply create an Intention and Focus your energy. This is the "Masculine" side of manifestation. Then be accepting, patient and grateful. This is the "Feminine" aspect of manifestation.

Know that your miracle will arrive. You have begun the process. As your Manifestation Skills improve through practice with the new grids, you will find that the time required to wait for Manifestation will become less.

So, beloved ones, let 2006 be the year in which you Manifest Miracles!

Important Energy Aspects in January 2006

Pluto is still transiting the Galactic Center, so you can expect the powerful energies of transformation to continue, bringing tensions and chaos to Old Earth economics and politics. This will continue for most of the year and into next year, and will bring significant social changes in many parts of the Planet. This will enable the creation of new groups and structures more aligned with the flows of New Earth energy. Many Lightworkers will be involved in the creation of these new Group structures that will emphasize personal and group empowerment rather than systemic control and compliance.

The first major energetic events in 2006 will be in March, when there will be Lunar and Solar eclipses, and the Equinox. But we will speak more of these shifts at a later stage.

The Full Moon will be on the 14th of January. This will be a Cancer/Capricorn moon. It will be an ideal time for balancing the Inner Male and Female energies represented by Cancer (the mother) and Capricorn (the father). Equally, it is a good time to work with the Water element (Cancer) and the Earth element (Capricorn), bringing them into balance. Call on the Cetaceans and the Mer elementals, and the Fairies and the Devas, to bring Earth and Oceans into balance and harmony.

The New Moon will be on the 29th of January. The New Moon will be in Aquarius, an Air sign. Allow the "winds of change" and the Sylphs to work with you to usher in the New Energies of New Earth!

It is indeed a Blessed Time to be on Planet Earth!

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**"It is very important to pray for others, because when you pray for someone, an angel goes and sits on the shoulder of that person."**

The Virgin Mary, to the children at Medjugorje

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FROM HE WHO SEES THE EAGLE

12/2/05 – On Doing the RIGHT THING

You are always wondering if you are doing the right thing. You pray, "Please let me do the right thing," and worry that you will NOT do the right thing. I would like to say something about that now.

There is not necessarily a RIGHT or a WRONG thing to do. For every decision you make there are consequences. What you CAN ask and hope for is to do whatever is for the HIGHEST GOOD OF ALL in each and every moment of your life. To make your decisions consciously, try to see the bigger picture...as you say.

Many people were very upset with me when I divorced Annie. But it wasn't a right OR wrong thing to do! It MAY or MAY NOT have been for the highest good of all involved. If we'd stayed together things might have gotten worse for her AND the kids, all in all. So perhaps it was for the highest good of all of us at that time. And considering some other issues that came into play further on down the road, I'd say it WAS the highest choice we made together.

I let you down terribly in that first post-Atlantean relationship, and the results of my actions were not to be evident until my life as JD. Neither one of us were able to live out the consequences, as our lives--ALL our lives--were ended so abruptly. And I was regretful about that for a very, very long time after I crossed over (as you know). I knew I wouldn't be ready to choose a life where these consequences would have to be allowed until at this point in the time cycle. We had some other relatively uncomplicated and unfettered lives together, especially the native American ones. Those were some fond garments to recall.

So PLEASE do not stress yourself so much over whether you are doing the "right" thing. Just choose what LOVE would do in each and every moment, rather than react from fear--even in your thoughts. I promise that if you do that, you'll look back on your life and say, "It was ALL right." And it will be...all right.

On Doing ENOUGH

You always worry that you are not doing enough! [He says with exasperation]. What about the hospice work you just accepted? Remember the AMAZON PHILOSOPHY: One person is ALL people, one tree is ALL forests, one dream is ALL dreams, etc. It doesn't matter how MANY people, how MANY trees, etc. because helping ONE helps them ALL. If you help one person, that is enough. If you plant or care for one tree, that is enough.

[At this point I remarked to John that I therefore wanted to go above and beyond ENOUGH.] He said, "Ah...that is true mysticism."

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**"You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand, for all that is life."**

J. Krishnamurti

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SONGS OF...

I don't really have anything new for this section this time, except to tell you that many people have related back to either myself or Margit about the experiences they had when they did the song exercise from one of our earlier issues. At the time I got my song I was very distraught over my job situation, but I heard/felt him say, "Everything will be OK, you know. Just let it flow from your heart...." Here, he showed me how my heart and what I have to offer from it expands and becomes like wings that draw to me what I need and desire. **And he said, "The gifts of your heart will draw your life support systems to you."**

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**"This is our purpose: to make as meaningful as possible this life that has been bestowed up on us, ...to live in such a way that we may be proud of ourselves, to act in such a way that some part of us lives on."**

Oswald Spangler

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CHOICES IN ACTION

Women's Call for Peace: An Urgent Appeal

We, the women of the United States, Iraq and women worldwide, have had enough of the senseless war in Iraq and the cruel attacks on civilians around the world. We've buried too many of our loved ones. We've seen too many lives crippled forever by physical and mental wounds. We've watched in horror as our precious resources are poured into war while our families' basic needs of food, shelter, education and healthcare go unmet. We've had enough of living in constant fear of violence and seeing the growing cancer of hatred and intolerance seep into our homes and communities.

This is not the world we want for ourselves or our children. With fire in our bellies and love in our hearts, we women are rising up - across borders - to unite and demand an end to the bloodshed and the destruction.

We have seen how the foreign occupation of Iraq has fueled an armed movement against it, perpetuating an endless

cycle of violence. We are convinced that it is time to shift from a military model to a conflict-resolution model that includes the following elements:

- The withdrawal of all foreign troops and foreign fighters from Iraq;
 - Negotiations to reincorporate disenfranchised Iraqis into all aspects of Iraqi society;
 - The full representation of women in the peacemaking process and a commitment to women's full equality in the post-war Iraq;
 - A commitment to discard plans for any foreign bases in Iraq;
 - Iraqi control of its oil and other resources;
 - The nullification of privatization and deregulation laws imposed under occupation, allowing Iraqis to shape the trajectory of the post-war economy;
 - A massive reconstruction effort that prioritizes Iraqi contractors, and draws upon financial resources of the countries responsible for the invasion and occupation of Iraq;
 - Consideration of a temporary international peacekeeping force that is truly multilateral and is not composed of any troops from countries that participated in the occupation.
- To move this peace process forward, we are creating a massive movement of women - crossing generations, races, ethnicities, religions, borders and political persuasions. Together, we will pressure our governments, the United Nations, the Arab League, Nobel Peace Prize winners, religious leaders and others in the international community to step forward to help negotiate a political settlement. And in this era of divisive fundamentalisms, we call upon world leaders to join us in spreading the fundamental values of love for the human family and for our precious planet.

Go to <http://www.womensaynotowar.org> to learn more

Everything you buy helps cancer care and research at <http://www.commerceforcancer.com/>
Here is another great way to GIVE and MAKE A DIFFERENCE that doesn't cost you a CENT:
<http://www.allgive.com/?t=2003&c=676719>

Love is only letting go of fear...

There was some mention of "peak oil" in an earlier issue. Another perspective can be found in this newsletter:

http://www.awakening-healing.com/A-HNewsLetters/2005/Matthew_Messages_Governmentakl_Changes_110105.htm

Working with nature for healing (i.e. from Hurricane Katrina and other natural disasters):

http://www.selfhealingexpressions.com/prayers_for_hurricane_katrina_victims.shtml

Let's take back America!!!

One of Thom Hartmann's latest books, *We the People: A Call to Take Back America*, shows how: <http://www.we-the-people-book.com/>

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**"We are, each of us angels with only one wing; and we can only fly by embracing one another."**

Luciano de Crescenzo

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[illegible]

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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