

Summer, 2009

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The sun is slowly fading in the western sky
Sometime it takes forever the day to end
Sometimes it takes a lifetime
Sometimes I think I'll never see the sun again
The sun again
The sun again

In the east a shaded moon is hangin' lazily
I do believe I saw the old man smile
I do believe I did
I do believe that he's been laughing all the while

I think it's kind of interesting the way things get to be
The way the people work with their machines
Serenity's a long time comin' to me
In fact I don't believe that I know what it means

There's a heavy smog between me and my mountains
It's enough to make a grown man sit and cry
It's enough to make you wonder
It's enough to make the world roll up and die

I think it's kind of interesting the way things get to be
The way the people work with their machines
Serenity's a long time comin' to me
In fact I don't believe that I know what it means anymore

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The sun again
The sun again
John Denver

[illegible]

That means “Hello all my relatives.”

Well, it seems so far we've had a year parallel in deaths of celebrities to 1997: Farrah Fawcett, Michael

As we move closer to the seemingly pivotal year of 2012, there is no one magical date, really, for the shift of business is a gradual thing and cannot be predicted in any specific manner. What the Mayans have been able to are certain markers along the way, so to speak, to remind us of what we already know on a soul-level. Crop same kind of thing. Also, we are each allowed the reflection of our own inner position to serve as our gauge in n moment, no matter what appears to be happening out there to everyone else. At the same time we are all ed to one another more intricately than we can possibly understand. I like to compare the concept to a grove n trees: on the surface we appear to be separate and individual but underneath, the reality is, our roots are all ned.

Eileen, John, and Friends

Business card

My Dear "Friend" John - by David L. Miller

c. 2009

The Secret of Deliberate Creation is about learning how to give up the struggle. Struggle is trying to rearrange the world so that it aligns with the way you think it should be. It is the greatest source of unhappiness in our world today. It happens when you focus on what you perceive you don't have, instead of embracing what you do have. The need to struggle and effort to get what we want is an illusion and like all other illusions (or assumptions), by their very nature, they keep us from seeing the truth that is right before us.

We live in a time of striking contrasts. There is tremendous prosperity and at the same time there is also tremendous poverty. Why is this so? The reason is that we (meaning all of us on this planet) must change our paradigm and see abundance as a mindset. Abundance is waking up to the reality that you are already the person you yearn to become and that you already have everything you need.

The denial or more accurately the resistance to your true nature is what keeps you struggling. Abundance is about lovingly accepting WHO and WHERE you are IN THIS MOMENT. It is focusing on all that you have and not losing yourself in all that you don't have. In the end, it is this thought that allows us to live in the Flow of unstoppable riches in every area of our lives.

Today will bring you a new awareness, a lesson or a manifestation that you are making progress - IF YOU LOOK FOR IT! No matter how large or small, please record it. It will only take a few moments and will AUTOMATICALLY put you in the Flow.

Truly Caring for Your Success!

Dr. Robert Anthony

<http://www.theseecretofdeliberatecreation.com>

Making a Difference by Karen M. Black

I never owned the Farrah poster. I've never purchased a Michael Jackson CD. Yet I can't help but notice the outpouring of emotion that their respective deaths generated this month, and wonder about the bigger meaning of it all. I think there's more to all of it than media-blitz. Bear with me - remember Susan Boyle?

Susan Boyle was the plain-Jane singer on 'Britain's got talent' who reportedly has never been kissed by a man, and who has a voice that brings people to tears. I read somewhere in an astrological article that according to her chart, the purpose of her breaking-out at this time was to facilitate healing on the planet.

Sound far-fetched? Think about it - millions of people with their hearts open, putting fear and differences aside, even for a few minutes. Sounds pretty healing to me.

I had a lively conversation recently with a good friend. I told her that sometimes, I wonder if there's something wrong with me that I don't want to go to Africa and save the world, or immerse myself in volunteer-work (my dirty secret's out). Her reply stayed with me.

'Go to Africa. Work with the homeless. Or don't.' she shrugged. 'The most important thing is to choose what opens your heart and bring you joy.'

"The shoe that fits one person pinches another; there is no recipe for living that suits all cases." --Carl Jung

Performing for millions gives some people joy. Going to Africa and working with the poor gives others joy. Staying at home and gazing into the eyes of their child is as valuable as working with the poor (for example) - as long as both are heart-opening activities for the person doing them. For some, kids are out - animals are in.

For me, listening compassionately to a friend, making them dinner, making my home a nurturing place, or spending time on the water communing with the duckies makes my heart sing. I am also energized by sharing information about things that have helped me and I enjoy telling a fast-moving tale that entertains and dives deep.

And that's why I can buy that the deaths of Farrah and Michael serve us in an unexpected way. Through their deaths, millions of hearts were softened, infused, perhaps, with a greater capacity to adapt to a world that is changing fast, a greater capacity for grace and acceptance.

"Not only is another world possible, she is on her way. On a quiet day, I can hear her breathing." --Arundhati Roy

What opens your heart? What are the activities that you do just for the pure love of it? How often are you doing it? Perhaps even more telling: how much of your time do you spend doing things that weigh you down?

Not everyone is here to touch millions - or go to Africa to feed the poor. I'd argue that all of us, in each choice we make, every attitude we have, either contribute to or slow the healing of this planet.

"As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being." --Carl Jung

Whether we touch millions around the world, or the people we live with, it's my belief that the earth hears our whispers. That in itself - I think - is worthy of media-blitz.

Reflections on miraculously returned John Denver CDs!

The year before he was killed in a crash in an experimental plane, I went to John Denver's concert in Edinburgh Usher Hall, 1996. Along with the Joan Baez concert in Glasgow around the same time, it remains one of the most memorable live music experiences of my life. One singer, two guitars and the best part of three hours of song, conversation, laughter and by a process of emotional assimilation a shared love of humanity, our world and all the possibilities of a life enriched by compassion, humour and eyes open to the gift that life is. Being there was a privilege, and if he had been there for more than one evening I'd have gone for a repeat performance - because he was a consummate performer who respected, liked and connected with his audiences.

Over the years I've patiently and heedlessly endured the raised eyebrows, knowing smirks, pitying shakes of the head and general dismissiveness of many who wondered about my idiosyncratic enthusiasm for a smiling bespectacled country singer with a page boy haircut and granny glasses. Don't care. John Denver's music has been a source of serious reflection, more or less innocent fun, and humanely conceived lyrics of political protest and articulate environmentalism since I was a teenager and his music was produced on that cutting edge technology called vinyl. And anyway, who else in the 1970's was singing about overharvesting the seas, the pollution of the oceans, (the track calypso is dedicated to Jacques Cousteau), the environmental impact of forest stripping, and the irreversible loss of birds, animals and flowers due to consummate consumer greed? Some others, but not many of them so persistently. Why tell you all this?

Just recovered three CD's that I was sure had simply vanished without trace into the CD warehouses of those who borrow on a permanent basis. One of them is my favourite album which I still have on vinyl - Windsong. Just spent an hour listening to it and thinking of music as an emotional holiday, a gift that takes us out of ourselves and yet can also take us deeper into ourselves. I suppose much of this album drew on early New Age imagery and discourse - but the wider application of lyrics about friendship as the gift that dispels loneliness, about the search for who we are and where in the world we fit in, and about that world as fragile, finite gift to be cherished. Denver was all but pantheist in his worldview; but much of what he sings calls us to a responsible cherishing of our earth, and an underlying optimism about the future that as a Christian I find more securely rooted in a doctrine of creation and a redemptive eschatology.

Denver was heavily involved in global humanitarian work, particularly on behalf of charities tackling world hunger; his song 'I want to live' became an anthem which expresses the human rights issues that underlie the economic imbalance between the developed world and the two thirds world. There isn't the hard edged rage of the prophet Amos, but there is passionate protest in the plea of the hungry as sung by Denver [in "I Want to Live."]

http://livingwittily.typepad.com/my_weblog/2009/07/reflections-on-miraculously-returned-john-denver-cds.html

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### IN JOHN'S WORDS

Here are two videos from when John hosted the Tonight Show with guests Carl Reiner and Valerie Harper (with Ed McMahon): <http://classieshowbiz.blogspot.com/2009/07/tonight-show-with-johnny-carson-with-24.html>

And when he interviewed Carl Sagan: <http://www.youtube.com/watch?v=qho15vV3Lz8>

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MY SPIRIT STILL SINGS!

Lizzy Star is a medium who channels John. Her My Space page:

<http://www.myspace.com/wwwmyspacecomStaar2344>

She can also be heard on Blog Talk Radio shows: <http://www.blogtalkradio.com/Steven-Raebel/2009/01/06/A-Night-Lizzy-Star-and-Michigan-Paranormal-Underground>

<http://www.blogtalkradio.com/search/Lizzy%20Star>

<http://www.blogtalkradio.com/Truth-Beyond-Reality/2008/12/16/Lizzy-Starr>

Almost Heaven by Margit Voell

On Sunday, June 28th, Eileen and I went to see the production of "Almost Heaven" at the Mt Gretna Theater in Pennsylvania. There we met up with our friend Ann Marie who told us about some JD synchronicities that happened on her way to the theatre. We had lunch before the show, and while we waited for the food to arrive, the waitress came to our table with a large salad, explaining that they prepared it by mistake and asked if we wanted it. We thought that was strange, but said yes, of course; and then we figured that John somehow 'ordered' his own lunch (there was a 4th chair at our table)...

After we entered the theater and settled in our first row seats, I felt John's presence very strongly, and I got a quick image of him sitting in the empty seat next to me. His energy was very strong/closer to Earth than he had been in a long time. I mentioned it to my friends during intermission, and then I traded seats with Ann Marie. She often said that usually she knows but doesn't *feel* when he's around, so I hoped that maybe this time she'd be able to feel him 'sitting' next to her. I still felt his energy just as clearly, no matter where I was sitting, and especially as one of the performers sang FOR YOU (that guy has a great voice!). At one point I felt a touch on my left arm, and then I 'saw' John having his arm around Ann Marie's shoulders - and what I felt was his hand brushing against my shoulder. Before I could mention it to Ann Marie, after the play was over, she told us she felt that John had his arm around her shoulders.

We enjoyed the play, and he did, too! The play ended with the cast giving a really great performance of YELLOWSTONE COMING HOME. We met some of them outside and learned that they had only six days to practice and prepare for the play. I applauded them for the good job they did in such a short time. And with John joining us, we had a wonderful day.

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## EARTH AND GALACTIC RHYTHMS

### Earth Rhythm Website!

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The Vision of Earth Rhythm is to honor the beauty and promote the survival of Native Americans and our Earth. Native Americans have an in-depth knowledge and understanding of the North American continent that goes back millennia, yet not only has the value and wisdom of Native Americans been greatly overlooked, they are struggling for their survival. Native Americans through their culture, traditions, and ceremonies have an understanding of the fundamental interconnectedness between people and all of creation - a key to the future survival of all life on Earth. Earth Rhythm's primary goal is to unite Native American tribal communities with concerned people, environmental and humanitarian organizations, fostering understanding and shared visions & projects. Earth Rhythm's projects are focused on preserving & enhancing Native American lives and culture as well as promoting ecological & sustainable awareness and living. It is only through our unity with respect to our diversity can humanity reach its full potential. Earth Rhythm's tools to accomplish these goals & projects are cultural & community gatherings, musical events, networking, conferences & workshops, the internet, and other forms of media.

Earth Rhythm is a network of inspired & committed individuals who work with Native American & Environmental organizations on common projects & issues. If you are interested in working with us on any of Earth Rhythm Goals & Projects, please contact us at [contact@earthrhythm.org](mailto:contact@earthrhythm.org) and visit our website at <http://earthrhythm.org/>.

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### A Message from the Whales

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*We have something new to say and we want to say it to and through you. You chose to come into our world and now we want to welcome you.*

*Our response to your wondering is this: We want to help humans. Of course we can see the predicament that humans have put themselves into and how it affects us. [They are referring to such things as pollution, military testing, etc.]*

*We would like it if you could develop some [methods] pertaining to becoming more in touch with our energies. We want humans everywhere to be able to connect with us. We bring the energy of unity consciousness to this planet, and have for billions of years. But for several hundred million years the energy of separation consciousness has been the dominant energy.*

*We are able to assist humans in the shift back to unity consciousness but we need the help of humans to do so.*

Read the article "Watching Whales Watching Us" at [http://www.nytimes.com/2009/07/12/magazine/12whales-t.html?\\_r=3&emc=eta1](http://www.nytimes.com/2009/07/12/magazine/12whales-t.html?_r=3&emc=eta1)

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### A Message from the Grandmothers

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On Feb, 13th I received a vision from the Grandmothers. This was 2 days prior to the teleconference. I am grateful for the vision and for the opportunity to share in on the phone with our wonderful leader, Sharon and with the group. I am grateful for all of you and all you do. Sincerely, Barbara Kelch

The Vision and the message:

As I stood outside, I looked up into the sky. I saw very high, jagged cliffs, barren, brown, void of the usual white snows, of the Himalayans. I heard their voices in unison, "Look up. We are coming. We are here".



As they spoke, I saw hundreds, and hundreds, of bald eagles, as far as the eyes could see. There were so many I couldn't see the end of them.. They were following close to the curves of the mountain range, along side it, a few hundred feet below the top of the mountain range. As they came into the foreground, I could hear the rush of the wind, from the shear power of their wings, traveling at light speed, they were leaving a blue-white trail of light behind. To see the grace and beauty they possess, like a jet airplane. It was a magnificent site. I swore I saw the lead eagles smile a comforting smile. The eyes were intent.

They said, "Pay attention to what you do, everyday. Your work is important, even if you think it is mundane. Be very focused. We need you to be focused. This will help you to be grounded and stay grounded.

However, don't be caught up into the pettiness of daily activities, and petty squabbles. It could lead to a dangerous situation you don't want. Besides, it is too distracting and a waste of your time, and ours. Don't waste your time. It can take you off center.

We need you all to be centered as much as possible. We need you on this earth. We can't do our work without *all* of you. We can only do what we do, through you. We do the things you cannot do. Times ahead will be difficult. Be of good cheer. The power of joy and love we will bring in, will be something unimaginable, like nothing ever seen before. The people of the earth will eventually come together and be comforted. They will also comfort each other. But that is not yet, not in these short days. You may think this turmoil will never end. Be assured. It will end.. In those days, you may feel forgotten. Your work will never be forgotten. We must go now. We must begin the next phase of our work. We must circle the earth as many time as it takes, from mountain range to mountain range, from seas to seas, to relieve the physical stresses put upon this planet, to hold it together, to keep it from splitting apart. Our work is with the planet now. your work is with it's people.. We need everyone. This message is to go out to every Grandmothers' group, to all who work as individuals with the Grandmothers, and to all "Light workers" whether they have heard of us or not. "Light workers" are those working with the light, to bring peace, harmony, joy, love and beauty to this planet. Honor them as well. We really must go now. We love you all.. Know you are blessed".

I watched as they continued to fly high above and out of site.

Namaste'

From a Grandmothers' member,  
Barbara Kelch

P.S. Sharon, You may use my name or not. Whatever you feel is appropriate. I leave that to you. I must leave to do a short errand. I will email the other visions I received early this morning, after I return. I was told you should have this information asap.

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More About 2012

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1. *Fractal Time* by Gregg Braden: In this compelling exploration of life, Gregg merges the modern discoveries of nature's patterns (fractals) with the ancient view of a cyclic universe. The result is a powerful model of time—*fractal time*—and a realistic window into what we can expect for the mysterious year 2012 . . . and beyond. You can watch a video clip of Gregg as he describes his ideas at <http://promos.hayhouse.com/fractaltime/media.php> .

2. *Mayan Majix*: Check out the Mayan Portal and Dr. Carl Calleman's latest articles on the 2012 timeline at <http://www.mayanmajix.com/>

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HEAVENLY CONNECTIONS

Grief and Belief

My name is Bob Olson. In approximately eight years of investigating the possibility of life after death, I have discovered convincing evidence that there really is an afterlife, that we really do continue to exist after death, and that our loved ones continue to watch over us and guide us in the spirit world. But this is just the beginning of my discoveries.

More recently, after sharing this evidence with thousands of people around the world through my books, websites and articles, I have recognized a direct connection between one's level of grief and one's level of belief in an afterlife. I call it *The Grief And Belief Connection* and it is the reason I created this website to help people who are grieving.

I didn't always believe in life after death. In the past, whenever I would lose a loved one to disease, tragedy or suicide, I would always wonder if an afterlife existed. But thinking about the possibility of life after death never eased my grief

because I was a skeptic. In fact, I was the worst kind of skeptic—a cynical one. This didn't mean my mind was closed to the idea of life after death, but I needed evidence. Yet the intangible and mystical quality of the evidence for an afterlife only instigated my cynical skepticism even more.

As a private investigator with a degree in Criminology, evidence was my world. When I investigated murders, the courts only cared about the evidence I uncovered that proved or disproved the accused's guilt. When I handled domestic investigations, clients hired me to obtain photographic and videographic evidence of their cheating spouses. And when I investigated personal injury cases, lawyers hired me to obtain witness statements, photographs and material evidence to present at trial. So it shouldn't come as a surprise that I was suspicious, to say the least, of the vague metaphysical evidence that exists for an afterlife. Read more at <http://www.griefandbelief.com/>.

From <http://www.extraordinarygriefexperiences.com/>

Vast numbers of people have experienced encounters with those no longer in the physical world. For a variety of reasons, many either refuse to acknowledge these occurrences or are reluctant to discuss them. However, the evidence shows that love is eternal and survives bodily death.

Dr. LaGrand's extensive work with the bereaved offers hope and strength to those who have suffered the loss of a loved one. You can cope with the death of your loved one by learning from the experiences of others who have managed similar losses. Millions of people grieving the death of a loved one often encounter an experience which helps them deal with change and reinvest in their life. However, it is commonly dismissed by family, friends, and some counselors as an artifact or a product of the disorganization and anxiety of the grief process. Yet the experiences contain much insight and wisdom for all.

This site is designed to normalize the extraordinary and recommend it be used to help the person who has the experience--as well as those who have yet to confront it--mourn in a healthy way. These powerful events benefit the bereaved and their caregivers by restoring hope, giving comfort, and opening up a whole new way of looking at life and death. The issue is not where do these experiences originate but the significant fact is they do happen for a purpose, and the focus should be on how we can benefit from them.

Love Lives On: Learning from the Extraordinary Encounters of the Bereaved will help you:

- *Become more aware of the ways others know they have received a sign or message from a deceased loved one or a divine being.

- *Choose to pray for a sign that your loved one is okay.

- *Discover how to use extraordinary experiences as a continuing bond to cope with your loss.

- *Find out how to help others cope with the death of a loved one.

- *Develop a strong inner life.

- *Realize you are loved forever, and it is necessary to develop a new but different relationship with your deceased loved one.

Responses from those who encountered an experience:

As a certified grief counselor, I have interviewed scores of people who are convinced they have had a sign or message from a deceased loved one. Most view the experience as a positive occurrence, and accept it as a gift for healing. In the 30 years I have studied the phenomena, what is clear is those who have an extraordinary experience know they have connected with another reality. It is as meaningful as the physical reality they live and grieve in each day. It is important to honor such a profound experience, examine the mystery surrounding it, and use it in adapting to loss and change.

A Message from Ocallah

Many of you have asked me how you might learn to connect to your loved ones in spirit, how you might burn away lifetimes of accumulated karma, how you might be of Service to those in need, how you might know whether or not you are on the right path, how you can become clear as to what your purpose in life is, how to find your twin soul or family of soul-mates, how you might effect change in the world from right where you are sitting.

It is my understanding that the reason we are here on this planet in physical form is to burn off karma, learn, grow and to return to Wholeness/Spirit. To do this, you need tools that will help put your consciousness/soul in direct communion with the Divine/Source/God part of who you are. The time is now. Make a commitment and make the effort today. The answer to all your spiritual questions, the remedy to all your lifetimes of karma begins with a step. *Please don't wait another moment.*

Below you will find links to some of the guidance I have been directed by Spirit to share with you as a reference for cultivating your inner garden and experiencing for yourself Conscious Contact with the Divine.

~ The Ultimate Guide is Within ~

I will be adding a link called "tools for you" to my website which will include this and more Light for the Journey. I hope this information blesses you and shines Illuminating Light onto your soul's path toward enlightenment! Namaste.

Follow the guidance of those who have found Spiritual Truth: Although every religion has seeds of Truth, and each religion (other than the fundamentalist religions) points in the same direction: Source/God/Spirit. We need to find a way to move beyond our human interpretations of Who/What/Where God/Spirit is. Conscious contact with the Divine/Spirit/Mother-Father of All that Is is the experience we need in order to reach our dreams and find the answers our soul craves. You can maintain whatever your current religious/spiritual/metaphysical beliefs are while seeking the Ultimate Guide Within. To learn how to make conscious contact, we need tools. Here are some of mine:

1. The most important thing you can do to begin cultivating an inner channel to Spirit: MEDITATION. Visit <http://www.yogananda-srf.org> and then scroll down and click on the link "SRF Home-Study Lessons". Click on the link in the explanation where it says "Undreamed of Possibilities" and then read through the information. At the bottom of that page there will be a line that says: "Or, we would be happy to send you a copy of Undreamed-of Possibilities and the application in print form". Click on the "print form" link and send in. Requesting this free information will provide you with further details on the home study lessons. The lessons will show you the proper way to meditate; such a way that accelerates your spiritual growth and experience.

2. Meet my guru, Yogaraj Gurunath Siddhanath. Visit <http://www.hamsa-yoga.org> and learn from this most enlightened Master. Explore the depths of this website. Then, order the book "Wings to Freedom" through the website store or through Amazon.com. Also, you can watch him on YouTube by following the "Media Gallery" link on the top of his website and clicking through the videos on YouTube. Begin learning Kriya Yoga Meditation by requesting more information from this website. Click on the link at the top entitled "Our Community" then, on the left side of the screen, click on "Teachers" and find a teacher of Kriya Yoga in or close to your area. Kriya Yoga (not the physical workout type of yoga) is a scientific method of meditation which provides you with a shortcut to your soul's enlightenment.

3. I work under the guidance, supervision and direction of the Ascended Masters. Visit <http://www.tsl.org> for more information. Ascended Masters are enlightened beings who once had physical lives, just like you and I, and then ascended in consciousness to their holy Christ/Higher Self consciousness and then merged with their individuated God Self/I AM presence. Beings such as Jesus, Buddha, St. Germain, Blessed Mother Mary, El Morya, Kuthumi, Kuan Yin and many, many more. These beings are actively working with us as we move toward what's known as "The Second Coming" ... this is a planetary shift in human consciousness, from ego/fear-based consciousness to that of Love/Spirit Consciousness ... from fear governing our perception to Love illuminating and restoring our Vision to a Whole-world/Holy/Whole-I Vision. Learn how to work with the "Violet Flame." Follow the link on the left of the website by clicking on "More" and then click on "Violet Flame" to learn what this is all about. This is another tool which will help you burn through the karmic debris of this lifetime and lifetimes past at an rapidly accelerated pace, whereby one's entire lifetime of accumulated karma can be dissolved within a period of nearly 6 months just by invoking this energy on a daily basis!

These are powerful spiritual tools. A new dawn in human consciousness is drawing near. We are all powerful spiritual beings. When enough of us reach conscious contact with our Spirit, something wonderful will happen!

Yours in the Spirit of Love and Enlightenment,
Ocallah, Professional Spiritual Medium

Web site: www.ocallah.com, Email: ocallah@aol.com, Office: (231) 526-0716 Eastern

From Lisa William's website

Things that may help you to connect with your loved ones before a reading:

1. Look for signs throughout the day from your loved ones as they will often show you that they are around.
2. Talk to them. Ask them to come and see the reader and talk to him/her. This [if it's a large group that only a fraction of will be read] is not a time for shy spirits so they need to be pushy!
3. You may want to bring something with you that belonged to them or a photo of them.
4. Create some energy—play their favorite music or talk about them with friends and family. This will help.
5. Come with reasonable expectations so you're not disappointed.

More about our deceased loved ones can be read at <http://www.spiritualbridges.com/deceasedlovedones.htm>

The Spirituality of Elvis Presley (finally!)

Elvis - 7/13/06 <http://elvislightedcan.free-forums.org/elvislightedcan-about671.html>

When I was a little boy, sometimes I would go off by myself to the creek. My mama told me not to do this, but when she was working or busy with something at home, I would sometimes go to the creek. One day, after it had been raining and the creek was still full and rushing fast, I fell in. It was a narrow creek and not over my head, but the currents were strong because of the rain, and it pulled me under. I thought I was dying and I felt very peaceful. I saw this beautiful man and he smiled at me. I asked him in my mind if he were Jesus, and he said no, but "Jesus sent him to watch over me." I was suddenly kind of spit out of the stream. Don't know how I got out, really. I came to think of that man as my guardian angel. I saw other "Shining Ones" later, but I saw him again also several times, and I knew he was special to me. He met me when I crossed to the other side.

From that experience in the creek, I knew then that there was no real death and I felt a peace in my soul about it. I longed to be there -- where "my friend" lived, but he told me he was not time yet and that I still had "much to do" in this lifetime.

We all have our "friends" on the Other Side who watch over us and are always there for us. I want you all to know that. IT IS REAL. I make this promise to you. I WILL BE THERE FOR YOU, whomever calls upon me, when you are ready to come through the Light into the Eternal Realm. But you also have other friends there you will never meet in this life. Some have never incarnated into a physical body and others you have known in past lives, but they are your dear family. You do not have to wait until the end of your current incarnation to feel their presence and comfort.

IN FACT, WE ARE ALL YOUR FAMILY IN THE LIGHT! This I have learned since I have been here (where I am now): Don't ever feel lonely. It is such a waste of time. YOU ARE NEVER ALONE!

El'vis/Rhama Azul: <http://elvislightedcan.free-forums.org/elvislightedcan-about1282.html>

Imagine loving everyone as deeply as you do those you currently cherish in your life...and yet knowing you will never have to be parted from them...even when they are on the Other Side. That is what it is like here (where my soul now abides). No more worrying over them, or wondering if they love you as much as you love them. The TRUE experience of love is so far beyond those feelings...the feelings I had as "Elvis" - the human incarnation. We place so many attachments to love when we are in the flesh. The body does that to us - it makes us think that is who we are. But we are not the body or the mind. We are only inhabiting those frequencies for a short time, then we returned to the expanded being. Yes, we can come back again and again -- of our own choice, but ultimately we never really leave the ALL, we just send little tendrils out to tap and grow for awhile elsewhere, so that our beings can evolve.

Some more neat pages to explore:

http://www.elvislightedcandle.org/mystory/maia_story.htm

<http://www.elvislightedcandle.org/signsymbwonders/signsymbwdrs.htm>

<http://www.elvislightedcandle.org/inthegarden.htm>

<http://elviscandlelight.ning.com/>

<http://www.elvislightedcandle.org/links/esoteric.html>

<http://www.pihanakalani.spiritmythos.org/>

<http://www.elvislightedcandle.org/links/human.html>

From Patrick and Kathy Mathews

We have started a blog that we're experimenting with...calling it "The Other Sides." What is *The Other Sides* about you might ask?

Well just like you, we have our own opinions and thoughts about things that we see in pop culture dealing with spirituality, the paranormal and the afterlife. We are often asked about our views on such subjects and thought a blog might be one of the best ways to share them with you!

The Other Sides will give you a true perspective from us, people who live and work in this field everyday. We invite you to be the first ones to take a look at this new blog at www.TheOtherSides.com and gives us YOUR opinions! Some things we would like to know is...

-Do you like Blogs in general?

-Do you like what you see with *The Other Sides*?

-What else would you like to see in *The Other Sides*?

-Would you like *Ask Patrick* to continue to be sent through newsletter or just on Blog?

Either send us an email at epatrickmathews@aol.com or a note directly from the blog itself. We are looking forward to hearing your thoughts!

* * *

Do you have a question for Patrick Mathews? We would love to hear from you!

Please make sure your questions are more of a general nature so that everyone can learn from them. The questions should pertain with something you've been wondering about or some type of an experience you have had.

Example question "NOT to ask" would be: *"Do you have a message from my loved one in spirit?"*

Example question "TO ask" would be: *"I love to garden, do our loved ones in spirit visit us there?"*

Please send your question, name and city to: AskPatrick@PatrickMathews.com. All questions sent will be considered for publication but all questions sent will not be answered. Any communication or material sent to Patrick Mathews becomes the property of Patrick Mathews and his affiliates and may be used for any purpose, including, but not limited to, reproduction, disclosure, transmission, publication, broadcast and posting.

Questions (interesting that this first one about grieving celebrities is from someone in Colorado!):

Patrick,

Within the last year, two celebrities died who affected me personally. Although I never met either one, I loved their work, grieved their death and miss them now. Do these former famous people know how they affect an "average Jane" like me? Do they know how much their music or talent was loved and now missed?

Thanks, I have always wanted to ask that question.

Christina from Colorado

Hi Christina,

Great question!

This is one (of countless) amazing thing about being in spirit, you do hear and receive the thoughts, prayers and feelings of anyone that is thinking about you. It doesn't matter if that person knew you here, they will still receive your message. But remember, you're just as important as anyone who is famous, so never think of yourself as just an "average Jane". If you are kind and help people here on earth, to the spirit world, you too are famous!

Hello Patrick,

I never knew my father's father & a few other relatives. Will I finally be able to know them when I get to heaven?

I hope so. I have many questions.

Thanks,

Debbie

Hi Debbie,

I'm sorry to hear that you never got to know your father and other relatives. Yes, you will get to know them when you go to Heaven and get to ask all the questions you would like. But keep in mind that just because you didn't know your father does not mean he doesn't know you. He's been a part of your life everyday and has helped you in ways you could never imagine. Keep making him proud so he can keep bragging about you to your other relatives in spirit!

Hi Patrick,

I read once that it is "disrespectful" to call your loved ones who have passed to be with you or close to you, because we are a such a lower vibration than they are. Is this true or do they enjoy when we call them to us?

Thank you,

Summer Las Vegas, NV

Hi Summer,

There is absolutely no truth to that, in fact it is quite the opposite. Your loved ones in spirit are still going to be a part of your life, even if you never talk with them or even acknowledge them. The fact of the matter is, this is one of the things that spirits do in Heaven...they help us here! Never feel that you are bothering them or pulling them away from something else, as you speaking to them and noticing their signs could not make them any happier! So go ahead and chat away with your loved ones...their listening!

Hi Patrick,

When my husband went to be with the Lord in 1989, I kept noticing that when I would be sad or just thinking about him, a little red cardinal would appear. Wherever I would go, there was a little red bird. This has been going on now for 20 years. I was just in Williamsburg with my daughters and grand-daughter, and you guessed it. We looked up in a nearby tree and there was the most gorgeous Cardinal that you could imagine. Do our loved ones come to us in animal form? My house is decorated with cardinals, and they bring me much peace.

Thanks,

Judith Parady Greensboro, NC

Hi Judith,

Yes and no to your question. Loved ones in spirit do not come back to you in animal form as a sign BUT they DO however have a way to have animals give you signs! Your wonderful husband knows that you connect Cardinals with him and is able to give you signs through them. Animals are very connected with spirits and your husband has a way to "ask" them to be at a certain place at a certain time. Also keep in mind your husband may also see that you are near a Cardinal and gets YOU to look up at them just at the right time. So keep noticing!

Submissions Wanted: "End of Life Stories"

Creative Nonfiction is again working with the good folks at SMU Press, this time on a collection tentatively titled "End of Life Stories." For the collection, we are seeking essays that explore death, dying, and end of life care. *We're looking for stories from physicians, nurses, hospice workers, counselors, clergy, family members, and others.* Narratives should highlight current features, flaws, and advances in the healthcare system. Essays must be vivid and dramatic; they should combine a strong and compelling narrative with a significant element of research or information. There is a \$20 reading fee--\$25 covers the reading fee AND gets you a 4-issue subscription to CNF. We're offering \$2500 in prizes and the *deadline for submissions is December 31, 2009.*

Please forward this call to anyone who may be interested. For more information and complete guidelines, visit us online or email us at information@creativenonfiction.org. And if you're interested in healthcare stories, check out our past collaborations with SMU Press, [Silence Kills: Speaking Out and Saving Lives](#) and [Rage and Reconciliation: Inspiring a Health Care Revolution](#).

And, last but not least, something about Michael Jackson: <http://www.erinpavlina.com/blog/2009/06/the-passing-of-michael-jackson/>

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### SONGS OF...

John's from videos you may have never seen (thanks, Margit!)

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A post: *"John Denver is my hero in so many ways, I don't see him as being "dead" but as very much alive in spirit and in his music he gave to our world. A man of great devotion to his music, beliefs, family and friends, and humanity and the world. Very caring and loving soul. :) Yes, celebrate his life in every moment, celebrate living."*

This comment is on the page "John Denver - Interviewed by Derryn Hinch (1994) in Australia." In his own words - talking about his autobiography Take Me Home: *"...And the quest to take me home, I think, is something that we all aspire to - home being a real knowledge of who and what we are and why we're here, and what all of this is about."* <http://www.youtube.com/watch?v=ojmLvyFcrIg> (unfortunately as of this writing it was removed due to terms of use violation).

It's About Time in Russia: [http://www.youtube.com/watch?v=2rPW6oM\\_7dI](http://www.youtube.com/watch?v=2rPW6oM_7dI)

Fly Fishing the World: <http://www.youtube.com/watch?v=gyNEhhBfeZE> (the quality is not so good)

This video has a very touching -and rare, I think- tribute by the Hunger Project:  
<http://www.youtube.com/watch?v=5cgU6qWp6qc>

From The program "Love Is All We Need" (A promotional clip for The United Way) (1986)[Ultra rare!!] [John](http://www.youtube.com/watch?v=zqbNCJsHiVs) Denver sings "Hey There, Mr. Lonely Heart": <http://www.youtube.com/watch?v=zqbNCJsHiVs>

And So It Goes 1988: <http://www.youtube.com/watch?v=w6Sto1SvL2E>

The Unicef Festival 1983 - I Want To Live / Heart To Heart: <http://www.youtube.com/watch?v=xWcFtOerY1s>:

African Sunrise 1985: [http://www.youtube.com/watch?v=qe7N\\_Audq-g](http://www.youtube.com/watch?v=qe7N_Audq-g)

The Good Morning Britain Show 1991: <http://www.youtube.com/watch?v=m6f76-X2l1k>

And last but not least - THIS!!!!.....[http://www.youtube.com/watch?v=kb\\_Kps6QRiY](http://www.youtube.com/watch?v=kb_Kps6QRiY)

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FROM HE WHO SEES THE EAGLE

3/11/09

My dear, dear people,

Not so long ago there was a story in the news about how my music, and music like mine, is good for the heart and the emotions. I was very touched by that exposure. I would add that it is also good for the soul, the spirit. But what I'm getting at here is that in these difficult times on Earth it helps to know that there are things to turn to like music to help buffer the pain a bit. That's your touch of heaven to remind you that this is just a creativity challenge that you can learn and grow from, because that's why you're on Earth to begin with! If you didn't have the challenges it wouldn't be to your benefit, overall. Now that I've completed the John Denver Earthly existence I can clearly see why those things happened to me the way they did, and I wouldn't be able to change much in order to do the growing that I did.

Now I'm going to give you some homework! Try to come up with your own way to help other people get through these tough times. Take on your own "creativity challenge." You're going to find that, once you get started, you will begin to receive answers to your own questions about your own challenges. I *challenge* you on that! Well, you can at least try it and see what happens. Don't forget to breathe first: like four breaths in, hold four, four out. What do they call it, balanced breathing? Anyway, I would be curious to see what comes out of this. Thanks, folks! Peace,

John

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**"Follow your bliss and the universe will open doors where there were only walls."**

Joseph Campbell

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CHOICES IN ACTION
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**A Light Shines Brighter in Darkness – Free E-books!**

Marc Lerner has lived with Multiple Sclerosis for decades. He faces that challenge using the Wisdom of the Body, which contains powerful inner resources, to respond to his challenge without the interference of an anxious mind. That is why he says, *A Light Shines Brighter in Darkness*. The light is your deepest inner wisdom and the darkness comes from your limiting thoughts. The purpose of these e-books is to develop a habit that changes the way you approach your challenge.

Marc, blind and in a wheelchair, says;

*"The greatest lesson I learned from 28 years of dealing with a chronic illness is: The quality of your life doesn't depend on the health of your body; it depends on your focus. What if you learned how to develop a habit that freed you from your mind? Of course, that isn't a place you have to live in all of the time; it is just a place to rest your consciousness when you face a challenge you cannot control.*

*When we go beyond our thinking mind, we find what I call the 'Wisdom of the Body'. That is not a difficult place to find; kids play there and athletes find it in the zone. We touch it in passionate moments and at the depth of sincere prayers. So why can't it become a natural place for shelter when we face difficult challenges?*

*My illness forced me to that depth. In my e-book, I share a simple technique that becomes an incredible habit. I feel within every person is the 'Wisdom of the Body'. This habit consciously conditions your mind to touch that beyond thought reality as simply as breathing. This reality is within you always and when we ignore it...that is real ignorance. In that inner wisdom are powerful inner resources needed to face difficult times. This e-book had to meet 3 requirements when I wrote it for people in a health challenge; 1) it had to be profound 2) it had to be easy to understand and 3) it had to be below \$10."*

You can get your free mini books, *A Healthy Way to Be Sick* and *A Light Shines Brighter in Darkness* at <http://ahealthywaytobesick.org/bookpromo.html> .

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In Oprah's Money Zine you can be reminded about 8 ways to save money this summer:  
[http://www.oprah.com/slideshow/money/realestate/slideshow1\\_ss\\_action\\_energy\\_350](http://www.oprah.com/slideshow/money/realestate/slideshow1_ss_action_energy_350)

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**Concert for the Living Water**

Sorry I didn't get the newsletter out in time to announce this year's event. But you can read about it and prepare for next year's concert at <http://www.liveh2o.org/>

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Archbishop Tutu receives spiritual leadership award from Humanity's Team:  
<http://www.youtube.com/watch?v=gVHbSx69X7s>

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**The Orion Project**  
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The Orion Project is a not-for-profit corporation created to transform the current energy, environmental and social crisis into a world of sustainability and enlightened abundance. Solutions for the economic, energy and environmental crises do exist, but the solutions have been ignored by Washington. As early as 1902, energy systems were demonstrated to Congress that used the energy from the Quantum Vacuum of the space for power. Since then, these advanced concepts in energy generation have been ignored or actively suppressed by fossil-fuel based economic and industrial interests. These solutions would provide clean, reliable energy throughout the world. They would be free standing and eliminate the need for the aging power grid. For both environmental and national security reasons the United States needs to take the lead in this energy future. The Orion Project has identified the solutions.

<http://www.theorionproject.org/en/index.html>

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*What can we as individuals do at this time to make the greatest difference?*

Remain steadfast in your light; focus on what you want, not what you don't want; forgive self and others; be kind; keep your mind and heart open; heed messages from your soul; do not judge or wish punishment on those who harm others. We could enumerate the many other ways of godliness, but simply living the Golden Rule with unconditional love is being the greatest difference in your world!

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Find safe, healthy and green products at <http://www.goodguide.com>

Prepare for a pandemic, a long-term power outage, or any unexpected disaster:

<http://www.cidrap.umn.edu/cidrap/content/influenza/panflu/resources/personpanprep.html>

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EVENTS/FOR SALE

The Living Universe by Duane Elgin

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Duane's new book, *The Living Universe*, explores a new paradigm that is vital for building a sustainable future; namely, a shift from regarding the universe as fragmented and dead to seeing it as unified and alive. *The Living Universe*, is 27 years in the making. It unlocks the code of the nature of the cosmos in which we live, and empowers us to participate in this universe as living expressions of the universe itself. Learn more about Duane and his informative book by going to <http://www.awakeningearth.org>.

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From Sandy, author of *Love Never Dies*

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Jonathan Louis, a Psychic Medium mentored by and recommended by John Edward, is POSSIBLY going to be in Denver on 8/7, Salt Lake City on 8/8, and in Las Vegas on 8/9. My husband and I have had a reading by Jonathan and he was simply amazing. If you are interested in being a part of a small group session (around 20 people) with Jonathan in any of these cities, let me know ASAP. Tickets would be \$150 and the session would run about 3 hrs.

I believe that Jonathan will soon have a waiting list that will make it nearly impossible to see him in this small of a group which is why I wanted to "leak" the event info to all of you first. Please email Sandy at [sandy@loveneverdies.net](mailto:sandy@loveneverdies.net). You can "meet" Jonathan at <http://www.jonathan-louis.com/>.

John Edward's websites: <http://www.infinitequest.com/> and <http://www.johnedward.net/>

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Rosemary Altea, author, healer, world-renowned medium

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Message for July:

So many people are going through terrible times. People are experiencing small traumas...big traumas. People are losing their jobs, their homes; their lifestyle. The word trauma means change and the word change indicates opportunities.

Sometimes before the best things can happen we have to experience trauma, we have to experience change. Sometimes everything as we know it has to be in ashes before we can begin to rebuild and appreciate all that life has to give us.

This month's lesson requires us to look back on our lives, maybe even from the times of childhood:

- 1) Make a list of some of the most major traumas/changes that have happened to you in your life
- 2) Take a moment to reflect on each one and work out what was the most painful experience in each traumatic event.
- 3) Now ask yourself about that pain:
  - Why was it caused?
  - How long did it last?
  - How did you use it?



4) The most important question of the above three is: HOW DID YOU USE YOUR PAIN?

- Did you ignore it?
- Pretend it wasn't there hoping it would go away?
- Did you indulge in it to the point of becoming blind to everything around you?
- Did you use your pain as a stepping stone to finding a better life, a better way of living, a more positive attitude?

5) We can use our pain, we can use our traumas/changes as a tool. We can measure our happiness, our contentment, our comfort and ease from the experiences which gave us none of these things.

6) Evaluate where you have been in your life with where you are now. Evaluate where you are now, with where you would like to be in the future.

7) Think of one goal, something small and easily achievable, or something bigger that requires work and patience and use your past experiences to help you to achieve this goal.

The way to spiritual growth is through spiritual freedom. Freeing ourselves of the burdens which pain brings to us means understanding that each tear, each sob, each moment of grief is a gift. All we have to do is learn how to appreciate and to use it.

For the next several months save \$200.00 on a consultation/reading. Rosemary usually charges \$500.00 for her consultations (via the phone, or in person), but she's been so touched by those of you who are desperate to see her, but unable because of the cost, that she's reduced her rate to \$300.00 for the next several months in order to be more attainable. Book NOW while appointments and this SPECIAL OFFER lasts.

Don't forget that Rosemary is also taking group consultations in order to reach more of you at a better price point. Rosemary truly hopes that these specials will be of help to many of you in these tough times and looks forward to being able to do just that when she speaks to you and your loved ones in the spirit during your consultations!

To book call 802 867 4070 Alternatively you can E-mail with your queries by selecting "consultations" Office only open Monday-Thursday 10am-4pm (EST). Rosemary's tour schedule can be found on her website at [www.rosemaryvaltea.com](http://www.rosemaryvaltea.com)

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Back Home Again featured on new Fogerty album to be released September 1

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Bruce Springsteen will make a guest appearance on John Fogerty's upcoming album, "The Blue Ridge Rangers Rides Again" (yes, that's "Rides," not "Ride"). The two will duet on the Everly Brothers hit "When Will I Be Loved." The album, consisting mostly of covers, is due to be released in late summer or early fall. It is designed as a tribute to Fogerty's musical roots, and is a sequel to his 1973 album, "The Blue Ridge Rangers." The album will also feature Don Henley and Timothy B. Schmit of the Eagles, on Rick Nelson's "Garden Party." Other songs Fogerty will perform include John Prine's "Paradise," John Denver's "Back Home Again," Buck Owens' "I Don't Care (Just As Long As You Love Me)" and his own "Change in the Weather," originally recorded for his 1986 album, "Eye of the Zombie."

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"John Denver – Around the World Live" to be released on October 12!

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Hi Gang ... we'll here it is the news we've been waiting for! Pass this along to anyone else you can think of. Also call Target and your local record stores. Mary Ledford

If we can make this release a success, there will be interest for more John Denver releases. The box set will be released in Europe on October 12th and in North America on October 13th. Australia, Japan & Spain release dates are not announced yet – but will be close or on these dates. The releases will be region coded. We need a John Denver Army to start requesting this box set from their local Wal-Mart's, Kmart's and Best Buys. Please ask for by name, "John Denver – Around the World Live" being released by Eagle Vision.... So start calling!!!!

The box set will feature:

Disk 1 – Rocky Mountain High, Live in Japan

This is the 1981 show recorded at the NHK Hall. This show was beautifully restored from the master broadcast tapes and will feature stereo & 5.1 Surround sound.

Disk 2 - Country Roads, Live in England

This is the 1986 show recorded in Birmingham. This show was fully restored from the master broadcast tapes and will feature a completely new stereo & 5.1 Surround Mixes.

Disk 3 – Thank God I'm a Country Boy, Live in Australia

This is the December 1977 show recorded at the Sydney Sports Ground. It was restored from the original master broadcast tapes and will feature stereo & 5.1 Surround sound.

Disk 4 – Bonus Material:

Japan 84 acoustic concert.

This is the Lake Biwa Concert recorded in August 1984. It was restored from the original master broadcast tape and will feature stereo & 5.1 Surround sound.

Farm Aid Footage

This will feature the 8 songs that John performed at the annual Farm Aid concerts in the United States. It will feature 3 songs with the Nitty Gritty Dirt Band from 1985, 2 songs from 1987, and 3 songs from 1990. All songs will have stereo & 5.1 Surround Mixes.

Disk 5:

This disk will feature 2 documentaries, Earth Day 1990 (In Preservation of Earth), and Bighorn. Both previously released. Picture and sound has been improved.

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The Christmas Gift DVD

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You can order by calling 1-888-569-0846 to order it. They will take credit cards. If you go to Georgetown, the visitor center only takes cash and it's \$20.25/DVD with tax.

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Compassion Books is having a sale at <http://www.compassionbooks.com/store/>. Through July 31, 2009 the following Compassion Press Publications will be on sale for half price:

Healing and Growing Through Grief

Helping Children Grieve and Grow

Facing Change

Aarvy Aardvark Finds Hope

Stories of Lead, Stories of Gold

Panda Bear's journey

No Time For Goodbyes

Spiritually Sensitive Caregiving

I'll Never Forget Those Words

Love Never Dies

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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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You can now donate to this newsletter through PayPal <https://www.paypal.com/>.

Send donations to egal677@yahoo.com. THANK YOU! ☺