

Hello again!

I realize that I just sent out a newsletter but so many things have cropped up since then...some related to gratefulness and giving thanks...that I felt prompted to engage this special issue. In "Heavenly Connections" there is a timely message from Yehuda Berg that is meant to be applied especially this week. I only regret that I wasn't able to send it before now, but there are still some days left to take advantage of this special opportunity to be close to our loved ones on the other side and receive special assistance from them! Please see "The Grateful Dead." (No, I'm not telling you to go to a Dead show...although I like 'em...that's the name of the article!)

Regarding Thanksgiving in America, there are a few words from Shirley MacLain that really just take the words right out of my mouth:

"In the US we are hours away from experiencing one of our traditional holidays, Thanksgiving. Many of us are great givers; we lovingly and graciously give our time and our energy to others. But to fully understand the art of giving one must also be a great receiver. When you receive you are open and vulnerable to the wondrous bounty that blesses each of us every day. Granted, our world is not perfect, yet we chose to be here. We may stub our toes, but we learn to pick up our feet. We may feel pain, fear or anger, but we have the choice of how we participate with that energy. One way we can participate in a more complete experience is by being thankful for all you receive and knowing that even a stubbed toe has acted as your teacher.

"So wherever in the universe you are, whatever your heritage or culture may be, celebrate life, receive it and its gifts and be thankful for it. Thankfulness should be a habit that is celebrated throughout the world, by every person on a daily basis."

It continues with a reader's contribution that can be applied to ANY meal, not just "special" holiday ones:

"Once you start to prepare your meal, see each item of food you are preparing being filled with light. Imagine this light is the energy of the food giving you and all who will be eating this food perfect health, and the energy of peace, love, joy and abundance. Before you eat your meal that you have lovingly prepared say this simple prayer: 'Spirit I thank you for this wonderful meal, and for all the nourishment this food will give to my body, mind and Spirit. I am eternally grateful for this gift of food. I am blessed, and I thank you.'"

Now I would like to mention something that has been brought up in some earlier issues but keeps cropping back up, and that is the importance of focusing on LOVE AND GRATITUDE in our lives EVERY DAY OF THE YEAR—not just at Thanksgiving. I was led to a website, www.kidbykid, where a woman has written about her rice experiment based on the messages from water (www.beyondword.com), and she discovered that if she focused on the positive and expected it to happen, it would change the outcome. In her life this applied mostly to her relationship with children, but it applies to any situation. For example, instead of focusing on a lack of something, such as a job, money, etc., I would say something like, "How lucky and blessed I am to have such a high income working out of my home, choosing my own hours, and love my work so much!" (If that is what I truly desire, of course.) And, as suggested by Masaru Emoto, I have taped a sign that reads "Love and Gratitude" onto my computer so I see these words constantly and am less affected by the electrical frequencies it puts out. Since I put it there I can feel the difference.

I was also listening to Wayne Dyer's "The Power of Intention" speech on www.hayhouseradio.com the other day. He gave a woman who called in the following affirmation to help her overcome her issues that were blocking her way to success:

"I am a [insert what it is you want to be. For this lady, it was a DANCER]. The right [insert the conditions you desire] is on its way. All the right people, circumstances, events, etc. to make this happen for me are on their way to me."

And when things come up that are unpleasant, or you have "bad" luck, or whatever...you're supposed to just think, "Well, this must be a part of all the things I desire being on their way to me!" and then don't dwell on it anymore. That's how you change your reality.

And then John expounded on something that Margit and I have been exploring, regarding manifesting your dreams, which I thought some of the rest of you might like to try as well.

It also occurred to me after sending out the previous issue of this newsletter that I have been remiss in corresponding with many of you. And I am sorry about that...it's easy to get caught up in the drama of our lives and forget to reply to an email, or return a phone call,

or whatever. But we are always connected, and please know—whether I haven't been in touch with you for the past two hours or the past two years—you ARE in my thoughts and in my heart everyday, and I love you all.

Peace, my friends.

Eileen

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## CONTRIBUTIONS

This Isn't the Real America - By Jimmy Carter, from The Los Angeles Times, Nov. 14, 2005

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In recent years, I have become increasingly concerned by a host of radical government policies that now threaten many basic principles espoused by all previous administrations, Democratic and Republican.

These include the rudimentary American commitment to peace, economic and social justice, civil liberties, our environment and human rights.

Also endangered are our historic commitments to providing citizens with truthful information, treating dissenting voices and beliefs with respect, state and local autonomy and fiscal responsibility.

At the same time, our political leaders have declared independence from the restraints of international organizations and have disavowed long-standing global agreements - including agreements on nuclear arms, control of biological weapons and the international system of justice.

Instead of our tradition of espousing peace as a national priority unless our security is directly threatened, we have proclaimed a policy of "preemptive war," an unabridged right to attack other nations unilaterally to change an unsavory regime or for other purposes. When there are serious differences with other nations, we brand them as international pariahs and refuse to permit direct discussions to resolve disputes.

Regardless of the costs, there are determined efforts by top US leaders to exert American imperial dominance throughout the world.

These revolutionary policies have been orchestrated by those who believe that our nation's tremendous power and influence should not be internationally constrained. Even with our troops involved in combat and America facing the threat of additional terrorist attacks, our declaration of "You are either with us or against us!" has replaced the forming of alliances based on a clear comprehension of mutual interests, including the threat of terrorism.

Another disturbing realization is that, unlike during other times of national crisis, the burden of conflict is now concentrated exclusively on the few heroic men and women sent back repeatedly to fight in the quagmire of Iraq. The rest of our nation has not been asked to make any sacrifice, and every effort has been made to conceal or minimize public awareness of casualties.

Instead of cherishing our role as the great champion of human rights, we now find civil liberties and personal privacy grossly violated under some extreme provisions of the Patriot Act.

Of even greater concern is that the US has repudiated the Geneva accords and espoused the use of torture in Iraq, Afghanistan and Guantanamo Bay, and secretly through proxy regimes elsewhere with the so-called extraordinary rendition program. It is embarrassing to see the president and vice president insisting that the CIA should be free to perpetrate "cruel, inhumane or degrading treatment or punishment" on people in US custody.

Instead of reducing America's reliance on nuclear weapons and their further proliferation, we have insisted on our right (and that of others) to retain our arsenals, expand them, and therefore abrogate or derogate almost all nuclear arms control agreements negotiated during the last 50 years. We have now become a prime culprit in global nuclear proliferation. America also has abandoned the prohibition of "first use" of nuclear weapons against non-nuclear nations, and is contemplating the previously condemned deployment of weapons in space.

Protection of the environment has fallen by the wayside because of government subservience to political pressure from the oil industry and other powerful lobbying groups. The last five years have brought continued lowering of pollution standards at home and almost universal condemnation of our nation's global environmental policies.

Our government has abandoned fiscal responsibility by unprecedented favors to the rich, while neglecting America's working families. Members of Congress have increased their own pay by \$30,000 per year since freezing the minimum wage at \$5.15 per hour (the lowest among industrialized nations).

I am extremely concerned by a fundamentalist shift in many houses of worship and in government, as church and state have become increasingly intertwined in ways previously thought unimaginable.

As the world's only superpower, America should be seen as the unswerving champion of peace, freedom and human rights. Our country should be the focal point around which other nations can gather to combat threats to international security and to enhance the quality of our common environment. We should be in the forefront of providing human assistance to people in need.

It is time for the deep and disturbing political divisions within our country to be substantially healed, with Americans united in a common commitment to revive and nourish the historic political and moral values that we have espoused during the last 230 years.

Jimmy Carter was the 39th president of the United States. His newest book is *Our Endangered Values: America's Moral Crisis*, published this month by Simon & Schuster.

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The Power of One (through Andre)

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11/17/05

Dear Friends of the Earth,

Important times have come and passed away, now we deal with what seem to be the end times, but still hasn't come to full realization as something that is \*not\* a movie. All movies about the end of the world will seem like child games compared with what we all will experience now - so to say, reality surpasses fiction on how it unfolds, and it's impact to our lives.

Getting dropped out of a movie about fantasies and futile desires, everyday seeking to climb further on a pyramid of social and financial illusions, to get into the movie of a world end scenario was never our best interest for you. It was you that chose to make it so.

New World Order's efforts to turn this "real" life into slave work that feels so important and unavoidable was only successful because of the world people's consent to live in a fairy tale. To even learn the truth sometimes, but take no action in changing it to something positive, is of little use, sometimes even worse than that—when truth seekers get scared of what they just found out and magnify the atmosphere of fear with their feelings.

Now you will see some real changes, farther than before into old prophecies. Some things will be less dramatic due to work taken on by some who chose to stride into the Light, instead of taking further grasp to the dark power to control this reality and it's people in an egoistical way.

Once again, the rehearsal never ends yet it remains important to understand that All are part of Creation, and meant to live in it's full Light. All of you who want to serve, to change your lives by letting go of what separates you from your true spiritual selves: step forth with confidence and know that you are welcomed with open arms by all of Us. To those who wish to become healed: we are open to provide full guidance and assistance, to take you as far as you want to go. Again - Know that the only thing able to hold one back is one's own will to stop

rising.

To all who wish to fully surrender in order to become Masters in Service of Creation and embrace the Highest Will - to drop ego, to drop self will and become again reunited with their highest spiritual aspect - the Father; the time is now.

Understand that it is unavoidable to lose the things you all presently possess. Even if there are no wars, your lives will change in so many ways... It is inevitable that your ephemeral desires, shallow feelings, and attachment to physical objects, people or situations lose their meaning before the new 5th dimensional paradigm.

There is no thing to regret, no thing to run away from. There is only the ground you will land into after this flick ends and the new one comes to play. How your landing zone is prepared, and how soon you begin to enjoy the new level is up to you. You have and all that you need, even when you are naked and alone. You need no baggage when you move to a higher dimension, and this won't be as much of a dream as this 3D life has been until now.

Remember that you received warnings, from so many different groups, and had time to prepare. You still can let this shift take place in a somehow more comfortable way, to you and your friends - by letting go of things that hold you in place (thoughts most of all), and doing what you know will ultimately improve the situation, not only yours but also of those that inhabit the Planet and of Planet Earth itself.

Remember the plans and signed contracts from before birth? Every Lightworker still has something to do from their schedule while they are here, and there is always work to be done. Make your decisions to help or sit, but know that unless this decision to get up is made now, the turmoil will get so bad what sitting will become impossible practice for anyone.

The power of your words, of any movement you make is of ever infinite proportions. The push of a button can open flood gates, or a few words begin a revolution. The idea that one has little power to change his situation and of those around him is the biggest lie ever told. Divinity is within and there is infinite Love, infinite Light and infinite possibility to it, which can be harnessed to whatever purpose you imagine. The Power of One is unlimited, it is infinite and Divine if the one has fully surrendered to the Highest Will - to work as a Master of Creation.

You can change the lives of others with your words. The simple gift of speech is source of power to the darkest beings that ever walked the planet, it is what gave and still gives them so much control over the minds of others. Transmission of ideas that turn people into slaves, but can be reverted.

The gift of speech is what you can use to let others know that there is another way, that everyone is to be free from this slavery, and that this illusion is really nothing but an illusion that men chooses to be attached to. When all let go of this illusion, it will fade. The trauma of it's removal will be smaller if it is soon removed.

A matter which is important but often denied or turned away from, is letting others suffer. The ones sick from chemtrails, bad food, water, and the even very medical treatment meant to heal those symptoms. The fathers, women and children who did get killed in war. The soldiers themselves, who left their families in order to attend college in a future that never existed, and their governors knew they would not have to pay for these new scholarships. This is not sentimental, this is the exploitation that is let to take place simply because of the choice to believe that "there is nothing I can do, nothing I can say or do that will change this and I have no power"...THIS IS A LIE!!!

The truth is that you do have the power, you have the tools, and you have the words, specially when you deny having them. All you need to do is work with them, and when you do, it won't hurt you - it will keep you and your loved ones from being hurt in the future. Start before you are forced to, before any scrambles.

So let go of the illusion of limitation. You are Infinite Beings when you let go of control in order to become free in your creativity. Controlling things according to self will is a type of power, but it is so limited. Do you choose to control yourselves and your situations - or would you prefer to relax and let go of this control so to become one with Creation while letting Infinite positive Creativity flow through you?

This is the choice between attachment... or Surrender - meaning zero attachment. Our entrance on battlefield cannot be forced, we are only able to act when called upon, and need the incarnated agents on Earth to serve as our vehicles to healing the Planet and it's people's situation. The help is here and it is you, with us providing you the ground information, protection and backup for you work.

Pure intent to serve will lead to equivalent company and results. Our guidance has always been and continues to be available at all times to those who seek the Highest level of Knowledge and Service - The Truth instead of more lies and illusions.

The Spiritual Hierarchy and The Galactic Federation  
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What if what you thought was wrong with you was really what was RIGHT with you???

<http://www.metagifted.org/>

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"The ones among you who will be really happy, are those who have sought and found how to serve."

Dr. Albert Schweitzer

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IN JOHN'S MEMORY

Good Works On Earth - <http://www.goodworksonearth.org/>

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Our names and words carry more power than we have ever been led to believe or allowed to imagine. Eighteen years of researching the Lexigram, based on the original work in Linda Goodman's Star Signs, reveals our words and names affect our lives more than previously known. A beautiful lexigram of John Denver has been published at

<http://www.goodworksonearth.org/johndenver.html> . And to follow up on our last issue's

links for peace, here's another one: <http://www.goodworksonearth.org/peace-on-earth.html>

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A WONDERFUL article on John can be found here:

[http://www.toddeklof.info/Todd F. Eklof/John Denver.html](http://www.toddeklof.info/Todd_F_Eklof/John_Denver.html)

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A Review of "An Evening With John Denver" by Christina McKenzie

(see <http://www.epinions.com/musc-review-1951-5A1102-391086C6-prod2> )

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When I listen to John Denver these days, I can't help but get a lump in my throat and tears in my eyes. His death was such a tragedy, and his music brings back so many pleasant, happy memories. For John Denver projected a simplicity and an innocence that was desperately needed back in the late 60's and early 70's, when the whole world seemed to be in turmoil. The most unique thing about his music, to me, is that it wasn't just for parents or teenagers or little kids; it spoke to everyone. My whole family loved to listen to John Denver and we spent many an evening listening to "An Evening With John Denver." It's hard to find songs that a couple in their late thirties and five children ranging in age from 8 to 17 will sit and listen to together, but John Denver's music had an almost magical quality. When "Annie's Song" hit #1, we were all riding in the car on one of our Sunday afternoon jaunts, listening to the top 40, and a cheer went up from seven throats. That says something. It says a lot.

There's not a song on this CD that I don't like; and I will admit that the quality of CD sound beats that scratchy old album any day. Most of the tracks are irresistibly singable, in particular "Grandma's Feather Bed" and "Country Roads." (Yes, we were a corny family - we SANG on long car trips!) Nature lovers will appreciate " Sweet Surrender" , "The Eagle and the Hawk" and, of course, "Rocky Mountain High." In my opinion, "Annie's Song" is one of the sweetest

love songs ever written, and "Rhymes and Reasons" has lyrics that are beautiful and meaningful. "And the song that I am singing is a prayer to nonbelievers/ Come and stand beside us, we can find a better way." John Denver has come under fire from religious groups for his "anti-Christian" songs. That's ridiculous! Though not specifically Christian, some of Denver's early work expressed quite powerfully a belief in something greater than ourselves, and Denver, who spent much of his life exploring some of the most majestic and wondrous places on Earth, acknowledged the Creator with the sheer loveliness of his music.

"An Evening With John Denver" runs the gamut from the thought-provoking to the tender to the laugh-out-loud funny. Denver was quiet and unassuming, but he was a performer and was certainly not without a sense of humor. His renditions of "Toledo, Ohio" and "Forest Lawn" show this side of the man, while the very gentle lyrics and melodies of "This Old Guitar" and "Matthew" show another side - a side that wondered, and hoped, and loved. Perhaps he was so beloved for the simple reason that he was one of us. He made us feel happy and even understood. The common bond was his humanity, and, with his talent, he reached out to at least two generations of people who thought of him as a friend - a friend who we will miss for a long time to come.

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Arlington Heights Class of '61 - "Well, Well, Well...Ol' Four-Eyes Is Back!" - by [Gay Boston](#)

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That quote is from the first John Denver TV special...the one he dedicated to Sandy Barnes, remember? It was attributed to Gaines Stovall, who supposedly said it after a Fort Worth performance, when he went backstage where John was trying to act cool. John said it blew his act completely. Whether it's a true story, or the writers made it up, it's certainly believable to those of us who know Gaines!

At our "[Rocky Mountain High Reunion](#)" (thanks, Susan, for the great name), we spent Friday evening on the patio at a barbeque place that was owned by another AHHS alum, Larry Kardaras. I was on the planning committee for that reunion, too, and as the evening got started, many people kept asking, "Didn't anybody bring an annual?" Finally, I said I'd go get mine, as I didn't live very far away. Walking to my car, I saw John coming across the parking lot. I said, "Read my nametag and then give me a hug!" He said, "Gay, you're not leaving already are you?" I explained my mission, and he said to be sure to let him see the annual when I got back. I agreed, if he'd promise to sign it again where he had 30 years before. He did.

When I returned, John led me over to a semi-quiet spot, and sat down with the annual. He flipped through it, pointing out people and asking where they were, or if we'd contacted them during the planning. Some of the people were there that night, and I pointed them out to him. Others were not there, but I told him which ones were supposed to be coming to the dinner the next night, or which ones we'd heard from who couldn't make it. Several people he asked about were "Air Force brats" like John, and they're still on the missing list. (Remember, the only reason he was in our class is that his AF dad was sent to Carswell.) So for those who may have wondered if he remembered us, let me assure you that he did, and that he was genuinely interested in hearing about everyone.

One of our classmates, Keith Kelly, and his wife walked around taking pictures all evening. The next evening, at Ridglea Country Club, I was helping pass out the nametags (badges with our senior pictures on them), and the Kellys came up to me with an envelope crammed with pictures. They said they were duplicates from Friday evening, and they wanted to give them to the people who were in them. I thought that was the nicest gesture, before I looked at the pictures. When I saw all those shots of John and me, I was really thrilled! I know that everyone else who got pictures really appreciated it, too. (*Thanks again, Keith!*)

On Saturday morning, a group of us "girls" were at the country club decorating for the party. John had asked Mike Smith and Gibby Wooten to arrange a golf game there. We went out and did one of the old Heights football cheers as the guys headed to the first tee. Later, they told us that John kept disappearing when it wasn't his turn to shoot. He was off picking up litter! Pretty good proof that he was serious about each of us doing our part to protect the

environment, huh?

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IN JOHN'S WORDS

From "Communication, Commitment, Direction" - the Windstar Journal, Winter 1988-89

The greatest experience that I have of cooperation in an on-going way is through music. Every time I sit down with my band and work out the arrangement to a song—and each time we go into the studio—there is a great experience of gifted people coming from different areas, whose talents are expressed on different musical instruments, who come together with their own ideas, following the vision of one individual (the producer and/or the writer). There is a commitment to the project—which is to make a good record. Everyone works on this together, lending the very best of themselves to the project.

At times, we go too far. There are things which aren't working that need to be cut out. Nonetheless—with communication, commitment, and direction—there is a great, great experience of cooperation. Pretty soon, we've got a record.

It occurred to me...that really all of the things that we most enjoy in our relationships with one another are examples of cooperation—whether in friendship, business, education, the arts, or sports. Think of the football teams that some of us watch every Saturday and Sunday, and the different individuals involved coming together to make a team effort. This is an expression of cooperation.

It seems to me that we *want* to cooperate, actually, and we look for opportunities to do this. I think of what great opportunities there are now in the world for cooperation at a level that is unprecedented.

The saving of the two whales this past fall off the coast of Alaska was a media circus as far as I am concerned. Two things did come out of the rescue. We actually saved the whales, but more importantly—and, in fact, I think this was ultimately the purpose of the whole exercise—we demonstrated that it took both the Soviet Union and the United States working together to accomplish what neither one of us by ourselves could do.

I look at the incredible outpouring of sympathy and support for the people of Armenia in the aftermath of the recent earthquake. It is wonderful to see people from all over the world helping the Soviet Union in ways that I think are unprecedented. What this starts to demonstrate again for me is that it is going to take all of us working together to deal with this kind of tragedy, whenever and wherever it occurs.

At the same time, it disturbs me that we are not looking at an ongoing crisis like hunger on this planet—that sees the loss of 35,000 individuals every single day, days without end—and responding in the same kind of way. We need communication and a worldwide commitment to the end of hunger. Then, under the direction of the experts already in place who are working to accomplish this end, we can feasibly and cooperatively put an end to hunger on this planet. Hunger. No more.

We are facing a future where these types of problems are going to get worse. The way to deal with these problems is only through cooperation. Consequently, rules and regulations—or laws if necessary—need to be set, communicated, and agreed to by people who are committed to living up to working together.

Take, for example, a city like Los Angeles, where individuals are going to have to begin thinking together regionally. Approximately 157 individual city governments operate in the Los Angeles basin with a singular lack of cooperation—in a way that has sewage from Glendale ending up in Santa Monica Bay. South Bay industrial emission throwing a pall over the San Gabriel Mountains; and a freeway system that has outgrown itself. If the current trends in Los Angeles do not change, commuter trip hours will increase by 300%, with people spending five times as much time in traffic jams as they do now. We have to start thinking in a way that creates new jobs in areas where there are enough resources and housing to handle this additional workforce—instead of continuing to add to an already imbalanced situation like we find in the greater Los Angeles area.

We also have to think cooperatively beyond our own national boundaries. Industrial pollution from the United States is creating acid rain—not only in our forests, but in Canada as well. What does this say about our country's integrity? Is the Environmental Protection Agency cooperating with our desire for a safe and healthy planet? What does it take for us to learn to listen to one another and work collectively to remedy the problems we currently face?

There is a great opportunity, as we begin to move into the last ten years of the twentieth century, to express our desire for cooperation. Secretary General Gorbachev, in a speech at the United Nations, gave an articulate perspective of a world view. What he described—in regard to the environment, economics, space, and the military—was an invitation for all of us to begin working together and cooperating to deal with these global issues.

It is going to take the same kind of effort that is demonstrated by any football team making a touchdown or any business completing a successful campaign. Cooperation is the concerted, strategic effort that was displayed in freeing the whales from the polar ice—and it is the same kind of effort that is now occurring globally to help the people of Armenia. Cooperation is communication, commitment, and direction. These are the ingredients that will take us peacefully and progressively into the 21st century.

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HIS SPIRIT STILL SINGS!

DREAMS:

Kim - 4/24/98 (I was planning on saving this for the book but due to copyright laws I may not be able to publish it.)  
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John was doing some promotional work at a bookstore for his autobiography, and I was waiting in line. I, strangely enough, didn't have my copy of the book with me. He was signing people's books and posing for photos with them, and when I got to him I held out my hand to shake his. When he grasped my hand I felt a tingle of recognition, and asked him, "Do I seem familiar to you?"

He looked at me with a question in his eyes, as if to say "What the hell are you talking about?"

I bent forward and whispered in his ear, "Bare with me, please, and give me a couple of minutes; then you will understand, I promise." He nodded when I said, "This won't take long."

I asked him to find his center, close his eyes, and take a deep, calming, relaxing breath. While he did that I gently reached out with my mind and tried to brush his. "Whoa, John," I said, "Thorns! I can't feel you!"

I then asked him to visualize warm, buttercup yellow to coat his thorny, protective barricade, and as he did so I was able to slip in-between the thorns that were coated with this lovely color, and finally touch his mind. He was worried about this "weird" thing, so I tried to put him at ease with a whispered, "You'll understand in a moment" thought. I told him, "John, here's a little rose pink light of friendship with a little gold for depth," and as those colors went through us I could feel him start to really relax and get into this. The colors were swirling through our brains and our bodies, and we both kind of sighed and went limp, really enjoying the closeness and harmony between our two spirits.

In a few moments I asked him, "Do you know me now?"

With a whispered sigh he said, "Yes, we are one; we are two."

"Okay, Dear," I said, "Hang on to your hat," and I gathered up deep, azure blue energy and bolted it deep into the base of his brain.

It swirled down his spine, clear through to his feet, and he shuddered and groaned. "Oh God."

I asked him, "Feel good?" When he gently nodded I said, "Me, too." At this point I could barely stand up; my knees were really weak. I was pretty much leaning against him, with my forehead pressed against his cheek. He put his arm around me and squeezed a huge hug. I told him, "There, John, we just made love!" and brushed his cheek with a tender kiss, turned, and started walking away.

I looked back over my shoulder and he looked very dazed. He raised his arm up and said, "Wait, wait, how...?"

I said, "Don't worry, Love, I'll find you," and kept walking.

That's when I woke up with my heart pounding, my mouth very dry, and this memory so incredibly vivid it took a moment to realize just exactly where I was!

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Shirlee  
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In my dream, John was standing right near me, facing me, singing. I went up to him and put my arms around his neck to hug him, because I knew I'd regret it if I failed to hug him while I was with him. I tried to tell him of the pain that I and so many others experienced upon losing him, but he didn't seem to listen, and just went on singing.

Both in the dream and after I awoke, I was unsettled and disappointed that he didn't seem to listen or to care about my/our pain. But as I thought more about the dream I realized that he was just trying to show me that his songs and his messages are the things that are important. He was in essence saying, "Listen to me, listen to these words. Put the pain behind you and do something." He wasn't ignoring me, he was speaking to me in his special way of very important things.

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Sally - 11/28/99

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In my dream my father, who had passed away suddenly two months to the day after John, came to me and told me he had someone for me to meet. I was to be at a meeting of our Friends of John Denver group that day and he said he would send the person there to meet with us. Our group was meeting on a hillside this time ...in my dream we were working on a building project for some needy children in the backwoods of the Appalachian Mountains.

My husband dropped me off at the base of the hill and I began to climb up to where everyone was working on top. I could see John walking with the others in our group. He was dressed in dark maroon--almost black. When I got to the top, I walked into one of the buildings and noticed that children's furniture had been placed inside. Then John entered the room. He helped build some things with us. After awhile we took a break and began to talk, and then John asked me to ride in a carriage with him. I don't remember the carriage having any horses to pull it, however. He told me, with tears in his eyes and yet a smile on his face, that it was amazing to him how folks had come together on his behalf...that things we were doing for the earth and its people are so very important. And that it pleased him so, and to please continue with what we have begun--not only on his behalf, but on behalf of all who are living, and those who will follow. We rode back up to where everyone was working, he embraced us all, and then was gone.

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EARTH RHYTHMS

First Nation's Environmental Network: <http://www.fnen.org/>

Find your birth tree: <http://astrologybkup.homestead.com/birthtree.html>

From July 26, 2004

It is now 23:00 hours British Summer Time and in this profound moment, Peoples from all Nations around the World are standing together in alliance to The First, "Peoples Covenant with the Living Earth".

Like us, they all have joined together in Circle around this Sacred Planet demonstrating that we Remember. We remember that we are the Children of one Mother, Earth, and thus no one is above or below anyone else. We stand together now, prepared not only to give thanks but also to radiate Hope. Today, we make a lifelong commitment to the Living Earth and an eternal commitment to all Life, here and everywhere.

For the very first time, a Covenant is being invoked and sworn to simultaneously by the People around the World - on behalf of the World.

Today we are Many Voices, One Heart and One Spirit. We bear witness that Life will not forget its Earthen cradle. Let our voices sweeten the air with our Promise as we speak the words of this Covenant together. Let our heartbeats synchronize with the Heartbeat of the Mother and let our Spirits radiate the Light of Sacred Law.

We pray that Father Sky and Mother Earth forgive us and help us heal the damage that we've done to them and, thereby, to all that Lives.

Great Spirit of All That Is, hear us Pray and witness our Covenant.

We give thanks and blessings to the Ancestors and Peoples upon whose land we are gathering.

We stand together, heads held high, acknowledging that we too are a Force of Life and in acceptance of our direct connection to All That Is.

To this end, we give thanks to the Winged Ones and the teachings and gifts you give us. In your honor we pledge our allegiance to the Living Air. We will protect the atmosphere from all that does not abide by Natural Law. We, the People, no longer Stand with those who contaminate the Air, create acid rain, support ozone-depleting and other destructive technologies or show disrespect for its inhabitants. We invoke our Powers of Life and Union, in this moment, to bless our Air with the healing powers we possess. Let the healing begin.

We give thanks to the Swimmers and the teachings and gifts you give us. In your honor we pledge our allegiance to the Living Waters. We will protect the wells, lakes, rivers and oceans from all that does not abide by Natural Law. We the People, no longer Stand with those who contaminate the Waters, conduct underwater procedures that damage in any way the Life that lives there or show disrespect for its inhabitants. We invoke our Powers of Life and Union, in this moment, to bless our Waters with the healing powers we possess. Let the healing begin.

We give thanks to the Four Leggeds and the teachings and gifts you give us. In your honor we pledge our allegiance to the Living Earth. We will protect all Life by protecting the soil, minerals, forests, medicinal herbs, vegetation, and waterways from all that does not abide by Natural Law. We the People, no longer Stand with those who contaminate the Earth, pillage its resources, outlaw her gifts, wish to own or conquer her or show disrespect for her inhabitants. We remember that 'disposable' is just a word and does not exist in Sacred Law. We invoke our Powers of Life and Union, in this moment, to bless our Earth with the healing powers we possess. Let the healing begin.

We honor the Two-Leggeds that join us today for we all are the Caretakers of this Earth and all Life dependent upon her. We are one of the many triumphs of Earth's great labors and help to prepare the future that history has foretold. We pledge to respect the gift of this Living Earth as we walk the Road of Life together. And during our brilliant but brief lives we promise to Do No Harm.

At the setting of each day and in the dawn of every new morning we will remember that,

What we do to the Woman
We do to the Earth.
And what we do to the Earth,
We do to our Children

And so, from this day forward, we no longer 'stand' with those who make decisions and pass laws without considering the children for seven generations.

Blessed Earth, you have heard our Prayers and witnessed the Covenant of the Ages. Great Mother, know you are loved and we ask that you accept this Love in aid of the deep healing that we have invoked and is now underway.

And finally, as we look around our Circles we realize that we too are loved. Each of us, united in this moment, have Love for each other and hope for the future.

Great Spirit of All that Lives, this is our Song ~ this is our Covenant.

An intelligent question has been asked - Do we begin with - It is now 23:00 hours British Summer Time and ... or do we begin with - Great Spirit of All That Is, hear us Pray.... We envision us all beginning at the first line. The first portion of the Covenant is an Invoking of "That Which Is" and the rest is our Prayer and Covenant with the Living Earth.

For those joining from a distance:
Envision this wonderful blue planet against the background of the stars. Envision a flight through space passing by all the outer planets, see them in their specific colour and in a wonderful swing-by maneuver we take some of the spiritual energy of each planet with us while we are getting stronger and stronger until we see the Earth approaching.

Then, hover above the planet and then create/realize a band of positive energy one time around the planet by connecting with all the participants everywhere. Envision all of the sites that have joined us surrounding you, Mt. Sinia, the Grand Tetons, 7 pipes being raised by the Midewiwin Lodge, Wounded Knee etc. Include all the sites that have been mentioned by all who wrote to us ending with a connection to the dolphins and whales and all water on earth and create a strong bridge to them. In this moment, everything everywhere is included into our circle.

With this connection complete, invoke the Covenant with us all.

<http://earthcovenant.homestead.com/covenant.html>

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#### HEAVENLY CONNECTIONS

Read about how to get your prayers answered at

[http://www.aish.com/spirituality/prayer/How\\_To\\_Get\\_Your\\_Prayers\\_Answered.asp](http://www.aish.com/spirituality/prayer/How_To_Get_Your_Prayers_Answered.asp)

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Weekly Consciousness Tune-Up, November 20th – November 26th, 2005

#### The Grateful Dead

We all have moments when we don't know if we can go on. Whether it's a personal crisis or simply worrying in bed during the wee hours of the morning, we feel as if we've reached the end of the line. It is during these moments we need to call out to the souls of those who have passed before us. Specifically, to the souls of the righteous.

I am sitting in a hotel in Warsaw, Poland, as I write this tune-up. My parents and I are living out one of our lifelong dreams of speaking to Kabbalah students throughout Europe. Europe is like Disneyland for a kabbalist, as many of our ancestors studied and revealed their greatest secrets in this land. In the short time here, we've visited the burial sites of the Baal Shem Tov, Rav Elimelech of Lizhensk and a dozen other tzadiks (righteous people) I've referenced in my books and previous tune-ups. Now, you might be wondering why we're visiting graveyards.

What happens when a person dies? *The Zohar* explains that metaphorically they reach the other side of a glass door where they realize that death is not the big deal we make it out to be. During its lifetime, the soul feels trapped within the confines of the body, and it longs to travel freely again. Death is its liberation.

When we speak of the soul of a righteous person, we are talking about a person who mastered their negativity and completely devoted themselves to helping others. When they die, they realize that there is no better place to help people, as they are no longer limited to helping people only in their immediate surroundings. They can be everywhere at once.

My family and I need the assistance of these souls now more than ever. Though we have a lot to be thankful for, we also have a long list of things yet to accomplish. I know I have so much left to do in this world, and I can use all the help I can get. I think we all can. We can get this help from the kabbalists who have come before us.

But change doesn't take place in this world without desire. So we satisfy the desire by traveling a great distance to visit burial sites, which *The Zohar* explains is the closest we can get to a soul. And we contact the righteous by using the Hebrew letters, or lighting a candle, or quietly saying their name and asking for their support.

In this week's *Zohar* portion, Abraham's wife Sarah dies, and he purchases burial land. This location ultimately goes on to be known as the Cave of the Machpalah. *The Zohar* tells us that this cave is the portal between this world and the next, through which souls travel after leaving their bodies.

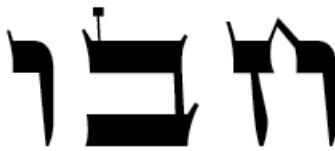
This is an indication to us that during this week we are able to establish a stronger connection to those other souls who have already passed on. So, if you are having trouble beating an addiction, or you are looking everywhere for your soul mate - or whatever it is that is weighing down on you - know that the righteous want to help you. Just as it gives a parent pleasure to nurture their children, it pleases the righteous to nurture us.

You can contact departed souls by scanning *The Zohar* or looking at the 72 Name below and talking directly (in your mind or out loud) to Rebbe Shimon or any kabbalist. And you should know that you are not limited only to the righteous. You can reach out to anybody on the other side that is close to you. Practice this dialogue every day for the next seven days, and you will open the channels for the rest of the year. But don't expect to hear and see lightning. Just quiet your doubt, open your heart and allow the souls to come back to life. Remember, your eyes don't perceive everything around you. Departed souls are standing right there in front of you, now, waiting for you. Go to them...

All the Best,  
Yehuda Berg

72 Name of the Week (If you do not see a set of Hebrew letters below this, please email me):

VAV BET CHET



← Scan from right to left

68. CONTACTING DEPARTED SOULS

I evoke the memories of loved ones who have passed on.  
I see them surrounded with the Light of this Name.  
I meditate to elevate their souls to ever higher levels in the spiritual worlds.  
I am open to receive their guidance and support.

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More validation that our loved ones live on in spirit after their physical aspect has discontinued may be found at <http://www.loveneverdies.net/> . This book and website will be expounded on in a future issue!

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FROM HE WHO SEES THE EAGLE

Manifesting Your Dreams – 11/21/05

I recommend you lay down because it's easier to feel and connect with the energy flowing through the body.

Take a few deep breaths and focus on whatever it is you wish to create/manifest in the 3D reality. What does it FEEL like? How do you feel, living your dream? Having all the money you want? Just BE in this Now moment, you and your dream, project, money, etc., etc.

Stay in this feeling and activate the kundalini energy starting at the base of your spine (root chakra), moving -slowly- up to the crown chakra and back down into your heart center. Let it 'rest' there and feel it as it begins to merge with your dream.

You will know when the merging is complete; now allow this creative, sexual energy to expand and flow through your entire body - out through your feet and into the Earth and at the same time out through your top of your head into space/the cosmos. It spirals down deep into the core of the Earth; and it spirals upward to the sky, into the universe and beyond ... let it go, set it free - it will return to you, with gifts!

Stay in your heart energy for awhile, feel the love within you, your passion, your joy - know that you are bringing your dream into the 3rd dimension. Know that you can go out there and act as if it is there, already, manifested in this Now moment: BE in your 'pod', your heart-energy (that knows no lack, only abundance) and do what you really want to do.

*Dream of a bright tomorrow,
Know that your dream will come true
Carry your dream in a sparkling crystal jar,
And then you will know the kind of gift you are.
JD*

(For more on "podding", see <http://www.4podprofits.com/profhits.htm>)

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SONGS OF

John's Songs

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The following website has an interesting article about empathy, which I feel explains something that John was able to do with his music: *"One basic definition of 'Empathy' is as follows: 'the capacity for understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of others without having them fully communicated in some explicit manner...Akin to this gift is the practice of "Telempathy," which is the art of being able to project emotion at others, infusing them with feelings and powers that they normally would not have. An Adept in this art actually has the ability to extract emotions from someone nearby, mix and mingle them with their own, and then return the whole package for re-integration and healing."*

[http://www.reconnections.net/empaths\\_and\\_empathy.htm](http://www.reconnections.net/empaths_and_empathy.htm)

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"We should all be concerned about the future because we will have to spend the rest of our lives there."

Charles F. Kettering

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CHOICES IN ACTION

I hope my friend Dawn won't mind me sharing with you her talent for photography via her website at <http://www.imagesoflight.moonfruit.com/> . If you'd like to be on her list for receiving a weekly image and inspiring quote, please send her an email at [dcranie@care2.com](mailto:dcranie@care2.com)  
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Cousteau's Water Crusade - by Jennifer Veilleux

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"Six thousand kids die each day because of water-related diseases. That's like 12 full 747s crashing every day." The speaker was Ryan Hreljac, age 13, addressing a room full of adults gathered for the launch of the Water Culture Network (WCN) at the Chelsea Piers in New York City. "I dream of a day when everyone in the world has clean water," Hreljac said.

Despite his youth, Hreljac was speaking as a dedicated campaigner in the water wars. His Well Foundation is an active partner in WCN; he began raising money at age six after hearing that \$70 would buy a critically important well for a community in Africa. After four months of extra chores around the house, Hreljac raised \$70 to bring to a nonprofit group that does international community work. "When they told us that it was not \$70, but \$2,000, Ryan said he would do more chores!" his mother laughs.

Hreljac didn't stop there. He began public speaking at age seven, appeared on the *Oprah Winfrey Show* and established his own website, raising more than \$1 million for wells and related projects in seven African and two South American countries.

In New York, Hreljac teamed up with Jean-Michel Cousteau to announce the launch of WCN, which intends to confront the world water crisis head on. Cousteau, son of famed undersea explorer Jacques Cousteau, exclaimed, "I am doing this out of my heart...and will dedicate the rest of my life to the water crisis."

Cousteau believes that the West takes fresh water and other vital resources for granted, but that's changing. "I have been to Africa," he said, "and I cannot stand what I see. We know what the problems are, and we know what to do. The Water Culture Network will look at the best possible solutions to solve water problems, and we will not allow our work to get lost in the pipeline."

At the event, WCN showed off the Mobile Filtration System designed by the Florida-based Ecosphere. The large-scale water filtration unit can purify 60,000 gallons of heavily polluted water each day, an ability demonstrated with glasses of sparkling pure filtered Hudson River water that were passed out to the assembled throng. The demonstration unit (there may also be solar-powered versions) will be sent to Southeast Asia to aid in tsunami disaster relief. "When the tsunami hit, our shareholders called concerned about how we could help," says Stephen Johnson, CEO of Ecosphere. The firm's \$1 million donation includes technicians for the first six months to train local people in its operation.

Cousteau believes that young people like Hreljac are a key element. "The youth are absorbing information like sponges," he said. He added that Hreljac's work has helped more than 160,000 people. "He has set the mark, and we have to catch up!" Cousteau concluded.

CONTACTS: [Water Culture Network](#) - Phone: (805)899-8899

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From The New American Dream

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Dear friend,

A few months ago my family bought a hybrid gas-electric vehicle. It's pretty cool; it looks like an ordinary car but gets double the ordinary miles per gallon, does not have to be plugged in, and can still carry a full carpool of kids, belted in. Before we bought it, we spent awhile looking at what else was on the market, weighing our decision, tallying the extra cost right now against the hypothetical projected savings, wondering whether this was the thing we ought to do.

Now every time I get in that car and roll quietly into town on battery, I ask myself, "What part of this was a hard decision?" Now, post-hurricane, I feel so relieved to drive past those high prices at the gas station. I feel badly for my friends who are stuck with expensive commutes, putting money into their gas tanks that they'd like to be saving for their kids' college funds. And I feel sick, truly, about the wars my government is waging against our environment and many nations of the world, all because of our dependence on fossil fuels.

The world community is making a serious attempt to curb its fuel appetites, in order to slow the disaster of global climate change. One of the happiest days of my recent life was the morning I heard on the radio that the rest of the industrialized world (without the U.S., alas) had ratified the Kyoto Protocol, a thorough and workable treaty for reducing worldwide fossil fuel emissions. With every thread of my moral fiber, I believe my own country ought to join

this effort. But that's an empty vote unless I'm willing to change my own habits, and burn less fuel myself. In my family we're finding that's not so hard to do. We limit unnecessary vehicle trips, and carpool; we recycle and limit our use of new manufactured goods; we eat food that's locally grown rather than imported from the other side of the globe; and now we drive our hybrid. We do this not with a sense of sacrifice, but for the sake of the things we love: clean air, intact ecosystems, a future for our kids in a world of stability, peace, and enough to go around. For us, the connections between what we use now, and what will be left for others, are clear as a bell.

Unfortunately, we're swimming against the stream of an economy and marketing roar that only wants us to consume more. It makes me mad that people who want more fuel-efficient vehicles can't easily get them. Even among those who can afford a new vehicle, the demand for hybrids far outstrips the manufacturers' plans to make them.

All of us can use a little help finding our way to our goals, and that's why I'm a fan of New American Dream, a national non-profit organization that helps us consume responsibly for a better future. This group is right now mobilizing the public to show executives from the Big Six automakers why they need to help us break U.S. fossil fuel dependence. We're posting poems, photographs, drawings, and heartfelt notes showing automakers what we love most, how our cherished futures are threatened, and how badly we need them to deliver vastly more efficient vehicles to the market.

Nearly a thousand people, including me, have already posted notes and images to automakers. But we need thousands more to really move those guys. Please log on to <http://www.newdream.org/make/auto>, and post your plea. It will help.

New American Dream plans to deliver these words and images to executives from the six largest automakers in early 2006. We want to overwhelm them. Even if you sometimes feel your votes haven't always counted in this country, the internet is a powerfully democratic tool, a new way to make ourselves heard. With your vote of passion, we hope to bypass government edict and go straight to the heart of the matter, igniting a sense of urgency and commitment inside the auto industry. If they know it's what we really want, those companies can deliver green cars today for blue skies tomorrow.

Thanks for taking the time to help.

Barbara Kingsolver

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From Anna Darrah, Spiritual Cinema News:

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Veteran filmmaker Bonnie Kreps directed next month's featured documentary, "Arctic Dance: The Mardy Murie Story," narrated by Harrison Ford. With all of the political debate about drilling in the Arctic, this film is incredibly relevant, timely, and inspiring for all of us. Bonnie sent me this story about Mardy and the "making of" *Arctic Dance*:

*Mardy Murie was known affectionately as the "Mother" of the American Conservation Movement. I had known her for about 30 years when I agreed to make a film about her life because I thought her life story was truly inspiring. She was 88-years-old at the time, and agreed to have the film made because she thought it might help save the Arctic National Wildlife Refuge from oil drilling. "I'd do anything to help save the Refuge," she said, and so we started. This was in early 1991.*

*Fellow Jackson Hole filmmaker Charlie Craighead joined me. We co-produced, I directed, he wrote the narration script, and we kept each other sane during the endless fund-raising to finance the film. Because of his respect and affection for Mardy, Harrison Ford volunteered to be the narrator. This was a great boon. **John Denver was so inspired by being filmed with Mardy that he wrote a song for her. He sings it to her in one of the most moving episodes in the film.** She had that kind of impact on people.*



