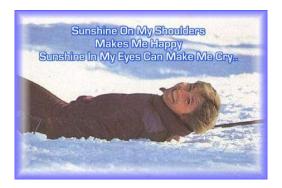
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REACHING FOR HIGHER GROUND

DEDICATED TO THE IMMINENT AWAKENING AND UPLIFTMENT OF HUMANITY AND PLANET EARTH WITH JOHN DENVER



If you're connected to this soul, there is magic in the music! And so much more....

Volume 13, Issue 58

December 2013

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WINTER

It's cold and it's getting colder
It's gray and white and winter all around
And oh I must be getting older
All this snow is trying to get me down

There's a fire in the corner slowly dyin' Sometimes I just don't feel like goin' on anymore And yet I know it's more than worth the waiting For another chance to see the summer sun.....

Come on, shine on me!

From "Season Suite" by John Denver

* * *THIS JUST IN! * * *

John Denver Honored As Legacy Recordings' Artist Of The Month For December 2013 http://ca.finance.yahoo.com/news/john-denver-honored-legacy-recordings-150000548.html

Dear Friends and JD Family,

Yes, we're back! The last 3-4 years have been very interesting, to say the least. I have had to put a lot of my spiritual work and my work with John on hold, which I feel now has left a big hole in my life. But it's getting filled again, finally! Since that last issue (Spring of 2010), my husband has dealt with several major surgeries, injuries and issues (all this after a job layoff and several other intensities), continues to be "plagued" with his spiritual awakening (which he has yet to surrender to) and I was laid off from my office manager job (in 2011). Almost immediately after that an opportunity opened up for my husband and me on the west coast with some friends who had moved out there a year earlier. So we spent that summer cleaning, packing, selling and giving away so many, many things, fixing up our house, renting it out and getting ready to move. All at the same time that our son Jeremy met the love of his life, got married in Nashville and moved to Japan (well, sent by the Navy). The move to the west coast didn't work out for us (another long story) but we did travel around out there for awhile, mostly in Oregon, and also went to Mt. Shasta for the first time. Shambala! While in Oregon, however, I had a little accident and tore my right rotator cuff. So back I came to PA for surgery and five months of physical therapy. During that time I also became a grandmother! So you see, I've had the bitter mixed in with the sweet.

Now I'm looking towards what is going to happen next. My son is being transferred back to the States after the first of the year, to Florida, so it will be a lot easier to visit them! (I'd like to say that I had enough money to travel to Japan to visit them, but I guess I used it up all those years going to Colorado! Worth it? Heck yeah because I WILL get to Japan one day, one way or another...right, Kazumi? LOL) My other two kids also ended up moving to CA during this time period, so it's not over yet. And I see the possibility of some of the things that John told me years ago I'd be doing finally coming to fruition within the next 5 years or so. So dare I say that life is becoming exciting once again?

Long ago, when John first introduced me to his quintessential self, he told me right away that I would need to start writing things down. At one point he said, "See this <code>[what will ultimately result in a book]</code> as our after-death study to prove that life continues on, merely in another realm. <code>[From this realm]</code> we are aware of you, but it is much harder for you to perceive us over here. When you are over here observing humanity, it is as a parent observing their sleeping child. The parent realizes the child is there, but the child is unaware." In 2000 he said that year would initiate the decade when life <code>and communication</code> after death would be given its deserved credibility. He hinted that 2012 would be the YEAR that it was gonna happen. And he was pretty on target with those predictions! This is part of what he is reminding me is my role on earth at this time, to help people to understand death better and help to make connecting with the other side a more natural experience for people, rather than something that has to freak them out . This is part of our Healing Time on Earth and you will be hearing more about this as I get my act together once again!

OK, now I have to get a little sad for a minute here. Sorry. © Over the years I have experienced the loss of several JD friends—some from soul transition, others from just having fulfilled the purpose of those relationships. One of those I would like to mention—George Schumer, the founder of the Singing Skies Foundation. He once led a John Denver workshop he created in which we all received a special 1943 silver penny in honor of the year John was born. I was honored to be selected one year as the winner of the foundation's annual John Denver Appreciation Award. The last time I saw him I had driven up to Monterey during a visit to CA in 2010. The weather was cold and dreary, except not so bad the

afternoon we spent together at the crash site. He had brought his guitar and he played me a song he had written. He had recently left his job as a court reporter to follow his heart by playing music and writing. His wife could not fathom that, however, and his marriage ended. But perhaps he knew his time on earth was coming to an end, so he got to spend his last days doing what he loved. And that's a nice thought. He is probably hanging out with John now...along with Carol (Meow), Kim Collard, Patty Peavey, Peggy Kitch, Roger Nichols, Jacques Cousteau, Bucky Fuller, Rene Wengard, Richard Caudle, Buddy, Corie—and of course Erma, Dutch, Uncle Abe, Uncle Dean (Matthew)—and all the others who are linking the chain again on the other side.

Well, that's enough of *that* sad song, dang it! Time for some fun! I don't remember where I read it but John liked it and keeps reminding me that "advanced, conscious beings radiate confidence, excitement and trust." This is part of it, too, that I have been using as a mantra in order to ingrain that into my subconscious: "I trust that my life will show me what I chose to be here for." And that is, perhaps, a good positive thought on which to end this note. Happy reading, folks! Oh, and if you'd like to be on the email list to receive this newsletter regularly (term relative!), just send an email to seestheeagle@yahoo.com.

Peace, my friends ©

Love,

Shanti (Eileen/Hummingbird) – Please join the new Facebook group, Reaching for Higher Ground!

"There are three kinds of people in the world, those who are asleep, those who are stirring, and those who are awake. If you try to wake up the sleeping person he will just mumble and go back to sleep. If you wake up the stirring person he will wake up just long enough to curse you and then go back to sleep. Instead of trying to wake them up, if you come across someone who is asleep or stirring what you should do is, fluff their pillow, tuck them in, and kiss them on the forehead. The important joy for those who are awake is to seek each other out, connect with others who are awake, talk, sing and celebrate together. This will create a groundswell of awareness. As this groundswell increases and spreads out, it will awaken the stirring and will begin to stir those who are still sleeping."

R. Buckminster Fuller

CONTRIBUTIONS

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,

Some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows,

Who violently sweep your house empty of its furniture,

Still treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice,

Meet them at the door, laughing, and invite them in.

Be grateful for whoever comes

Because each has been sent as a guide from beyond.

Rumi, 12th century Persian poet

"Home is where the heart is"	- How Your	Home Can	Reflect Blocked	Chakras

A person does not have to look beyond his own home environment to discover which chakra centers may be problematic or blocked. Hoarders are especially at risk of a complete chakra system shutdown. Taking a tour of your living space will help give you clues as to which of your chakras need attention.

Chakra blockages are often mirrored by the state of disarray in the various rooms in your home. A messy or disorganized kitchen could reflect a heart chakra imbalance. A cluttered den or home office may indicate mental confusion or lack of focus. A dusty or unorganized master bedroom can affect your love relationship negatively. Grimy window panes may mimic clouded third eye perceptions. An overstuffed attic or dirty rain gutters may be mirroring a blocked crown chakra.

Rooms and living spaces that typically represent the major chakras are:

- * Crown Chakra: Attic, Roof, Rain Gutters
- * Brow Chakra: Den, Home Office, Windows
- * Throat Chakra: Living Room, Family Room
- * Heart Chakra: Kitchen, Dining Areas
- * Solar Plexus Chakra: Bathrooms, Personal Spaces
- * Sacral Chakra: Master Bedroom
- * Root Chakra: Basement, Crawl Spaces

Apollo Taught Me to Rhyme! This link came from the Imaginal Cells Facebook group:

http://psychicbloggers.com/archives/16520

Imaginal Cells

I'm wondering how many of us are now on the planet. If you are one, please join this group. If you know other suspected and potential imaginal cells on your friend list, please invite them.

Norie Huddle in her book describes:

"The caterpillar's new cells <code>[after</code> it has built its <code>cocoon]</code> are called 'imaginal cells.' They resonate at a different frequency. They are so totally different from the caterpillar cells that his immune system <code>[that</code> is the immune system of the worm] thinks they <code>[the</code> new imaginal cells] are enemies... and gobbles them up . . . But these new imaginal cells continue to appear, more and more of them! Pretty soon, the caterpillar's immune system cannot destroy them fast enough. More and more of the imaginal cells survive.

"And then an amazing thing happens! The little tiny lonely imaginal cells start to clump together, into friendly little groups. They all resonate together at the same frequency, passing information from one to another. Then, after a while, another amazing thing happens! The clumps of imaginal cells start to cluster together!... a long string of clumping and clustering imaginal cells, all resonating at the same frequency, all passing information from one to another there inside the chrysalis.

".... Then at some point, the entire long string of imaginal cells suddenly realizes all together that it is Something. Different from the caterpillar. Something New! Something Wonderful!... and in that realization is the shout of the birth of the butterfly!"

".... Each new butterfly cell can take on a different job. There is something for everyone to do, and everyone is important. And each cell begins to do just that very thing it is most drawn to do. And every other cell encourages it to do just that. A great way to organize a butterfly! And a great way to organize a butterfly movement!"

Quantum physics explains synchronicity? http://www.newdawnmagazine.com/articles/synchronicity-the-art-of-coincidence-an-interview-with-dr-kirby-surprise

From the on-line messages of Meg Losey, for Feb. 2012:

What you must remember that intention and clarity has everything to do with success of your utilization of these powerful energies. It is that you must begin to come together as a unified planet of beings of light, for common goals such as everyone having basic needs, food, shelter, water, clothing, safety, and universal peace, not just peace on earth. Everything you do on your earth affects all of the rest of creation. When you live intentionally for positive outcomes, everyone wins. No longer is there room for competition or discord. It is one thing to have opinions, but truly another to fight to the death to feel right. Honor each other, live from your heart of hearts, but most of all participate. Don't wait for others to do what you see can be done now. Vast changes always begin with a singular thought and intention. Everyone is not a leader but all are created of that which is light and therefore contribute to the entirety of every outcome.

There are a multitude of beings of light assisting in your transitional time. We are guiding, holding space, contributing and living toward your positive creations. You are not now and will never be alone. Choose responsibly; choose wisely, for wisdom is gained only by doing and never simply from being a bystander. Wisdom comes in many forms, often in silence and sometimes in acting now rather than reacting later.

The way to maintain your balance through the coming times is to get right with yourselves. Be honest in your hearts first then with others. If you eliminate the illusions and dishonesty, all that is left is truth and light.

We are grateful to be of service in this now. Be in peace.

IN JOHN'S MEMORY

Aspen Plane Crash Survivor Finishing Film of Experience - by Chad Abraham, Aspen Daily News Staff Writer - Monday, November 25, 2013

A documentary detailing an Aspen man's harrowing tale of survival is nearing completion, the man said on Friday. The film recounts the 1974 crash of a private plane that was taking Andy Godfrey and his family from Houston to Aspen for a ski vacation.

The date was March 1, and Godfrey was 8 years old and excited about his second trip to the ski trails. It would be the persistence of a boy just one year older than Godfrey at the time, a man he was able to track down and who is included in the upcoming film, that saved the lives of Andy and his brother, Mark, then 11.

The pilot was inexperienced in both the plane and flying in the mountains, Godfrey said, speaking recently about the making of the documentary, tentatively titled "Almost Heaven."

When the plane crashed on Williams Peak near the Sunlight Ski Area, Danny Schaefer and his brother were taking a lift up for the day's last run. According to Godfrey, Schaefer saw the plane go down and alerted family members, none of whom, despite his vehemence and tears, believed him. That meant Andy and Mark, who were pinned in the wreckage, spent Friday night and all of the next day and night beside the bodies of their family members. They subsisted on a few snacks, snow and a few small bottles of liquor. They would be the only ones to survive, as their parents and older brother, along with the pilot, all died (a younger sister, Paula, an infant at the time, stayed behind with their grandparents).

On Sunday morning, Schaefer's father, noticing a search was under way, realized that his son had been telling the truth. Searchers ferried the boy up Sunlight to the spot where he had last seen the plane and, using his directions, a helicopter pinpointed the crash site.

The working title of the documentary is a nod to what happened in the hospital: Aspenite John Denver visited the boys and sang songs with them, including "Rocky Mountain High," "Sunshine on my Shoulders" and "Country Roads," Godfrey said. "He was just an amazing guy," he said.

Both boys suffered severe frostbite, and Andy lost four toes on his right foot and half of his big toe on his left; Mark lost his right leg from the knee down and his left foot, Andy said. Andy, who said he had forgotten to buckle his seat belt before the crash, also broke his arm.

(Andy Godfrey, right, and his brother Mark, two over to the left, stand with their family before boarding a plane from Houston to Aspen in March, 1974. They were the only survivors when the plane crashed near Sunlight Mountain.)

Nearly four decades later, Andy Godfrey found Schaefer in Arizona in 2011, and he agreed to share his story for the camera. Godfrey said that was a big boon for the film because Schaefer has filled in many details of the ordeal. "There were little pieces and details," he said. "I knew the chronology of events and had a vague idea of what happened, but Danny clarified" many aspects.

Godfrey, 48, a stock trader, published a first-person account of the ordeal in a local newspaper in 2012. Feedback from the piece included interest from a producer with Paramount Pictures, who wanted to make a movie based on the story. "I was excited and thought, 'This is easy," Godfrey said Friday. "What we came to realize is that things can be squashed at any point in the process, even after filming."

After plans for a feature film petered out, Godfrey said a childhood friend introduced him to documentary filmmaker Jojo Pennebaker, son of the legendary director D.A. Pennebaker. In March, Godfrey and the film team returned to Sunlight and stood in the exact spot where Schaefer was when he saw the plane crash. "We had never been there before, and we wanted to get that perspective," he said.

The entire filming process has been a process of discovery, Godfrey said.

For instance, Denver's singing session with the boys in the hospital was recorded. Godfrey contacted the attorney that manages the late singer's estate so the songs can be used in the documentary. The lawyer "was fascinated," Godfrey said. "He didn't even know this existed. It shows a wonderful side to [Denver]."

The songs were recorded by someone at the boys' bedside in the hospital, and since the boys are singing along, they technically own half the copyright. The attorney has "been very supportive" and had no problem with the inclusion of the songs, Godfrey said.

Godfrey said he believes the final piece of filming was completed recently in Houston and that the film may come out in the spring of 2014. He said he didn't know yet if the documentary will be shown in movie theaters or go the television route.

The father of four said he thinks about the ordeal — which led to his being raised in Aspen by close friends of his parents — probably a couple of times a week. As for surviving, Godfrey said he refuses to wear a seat belt to this day. "Not doing so "served me well once," he laughed.

http://www.aspendailynews.com/section/home/160289

John Denver—An Appreciation By Kurt Brokaw, Culture Editor

Of all the artists I worked with at RCA Records as creative director of advertising and sales promotion in the late 60s and early 70s, John Denver was the nicest. Whenever he came in to RCA's headquarters on Sixth Avenue in Manhattan, he came in without an attitude and without a laundry list of gimme's.

He was a newcomer-the poems-prayers-and-promises kid--and sitting across from me on the big pillows we'd replaced my office furniture with, he was totally without guile. I believed in him, and I believed in his music, because he really was concerned and serious about keeping those Rocky Mountains (and increasingly many of the world's most endangered environs) pure and clean. Living in Aspen, John was surely the only singer/songwriter of the era who could title a song "Rocky Mountain High" and tell the adult world with a straight face that he was writing about a natural and not a druginduced high.

In fact, that's what he had to do. In 1985 the Federal Communications Commission briefly investigated radio stations broadcasting lyrics that promoted or exalted drug use. John testified before Congress in the Parents Music Resource Center hearings, stating that he was writing about "the (wondrous) Persied meteor shower on a moonless, cloudless night, when there are so many stars that you have a shadow from the starlight," and other, natural celebrations of life. For years "Rocky Mountain High" was known as Colorado's unofficial state song, and two months ago the Colorado General Assembly made it one of two official state songs, sharing the honor with "Where the Columbines Grow." What a sad irony, one John would have recognized and certainly honored.

It's a measure of how much I valued John Denver's music that when Mona and I married in 1980 on the lawn of the Bird and Bottle Inn up in Garrison, I tasked a close friend to sing John's tender ballad, "Annie's Song," to us and our guests. Like many poets on the pop scene, John was a confessional writer, and you could follow his life's triumphs and defeats, his victories and sadnesses, in his music. "Let me die in your arms," was his wish to Annie, and while his death would eventually come in the small plane he owned, piloted and lost control of, the wish hasn't lost its resonance for those of us who are partly stuck in earlier, simpler eras.

One of the ads I wrote for John was for his "Aerie" album. For the headline, we used a lyric, "Reach for the heavens and hope for the future and all that we can be and not what we are." The copy talks about John's collaborations with Bill Danoff, his covers, on work by John Prine and Kris Kristofferson, his lovely "Friends With You," "All of My Memories" and the exquisite "Starwood in Aspen." There's a hoo-hah delight called "Blow Up Your TV" and there's even a 60-second jingle for a bank. Denver was a purist, but he had a country boy's sly sense of humor, too.

"Hope, and truth well told," the copy concludes. That was my take on this guy over three decades ago, and today it holds stronger than ever.

From http://www.madisonavenuejournal.com/2007/05/10/john_denver_an_appreciation/ (Some nice pics there!)

4/16/11 – By Tomi Jill Folk

This "current event" happened today at the Albuquerque Home and Garden Show. While I was at the Petals & Pages Press table with our books, a woman in an electric wheelchair spotted Peace Beyond All Fear and that it is a tribute to John Denver's Vision on the front cover. She had to tell the story of the concert she went to years ago. At that time, she was still using a cane, and was going to one of the events he did on a college campus. As standing was tiring her, she sat on a bench, and this nice young fellow sat down beside her and admired her cane. They continued to chat, him asking her how she happened to be going to this concert, what she hoped for and expected, had she ever heard JD sing, and

no, she hadn't. They visited for about 15 minutes, then he had to leave, and soon people started to go in to get their seats. She said she about fell off her chair, when who walks out on stage with a guitar, but that nice young fellow who had been visiting with her outside! And he's had her as a fan for life.

Hipster	John	Denv	er
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Here at Houston Press HQ, Rocks Off has a program where we can see every search someone types into that window with the magnifying glass in the top right-hand corner of our home page and any of the four Houston Press blogs.

That's right, we're watching you. Be careful.

It's fascinating, the things people look to the Houston Press for answers about, and of course a little gratifying the. Sometimes, usually when we should be doing something else, we catch ourselves staring at this program just to see the crazy things people will input.

So Rocks Off just happened to be watching this program Monday afternoon (we'd tell you the name, but it's kind of a state secret) and saw someone search "hipster John Denver." Our next thought was, "Who would even put those three words together?"

Our next was, "Why don't we find out?" That way the next time someone searches out "hipster John Denver" - which we hope is soon - we can show them this, and hopefully answer whatever burning question that led them to do that. We did this by typing those exact three words into an even more vast search engine - Google - and seeing what came back.

Here are the Top 5 results, and a neat bonus we stumbled across.

- 5. Ryan Scott Spletzer's "hipster" denunciation: What does this have to do with Denver? Because... "No one (at least that I know) self-identifies as a "hipster,' explains Spletzer. "Other people self-identify themselves as certain things and are proud of it, i.e. someone calling themselves a country girl/boy (John Denver's 'Thank God I'm a Country Boy' comes to mind)." Well said.
- 4. John Denver Tumblr: With the longer title "A Mountain in the Wind: An Exploration of the Spirituality of John Denver." Lots of lyrics, Muppet Show references, and occasional cheap shots [Editor's Note: the example has been removed due to its offensive nature I reserve the right to not want complaints!]
- 3. Pretty Lights remix of "Take Me Home, Country Roads": From 2011. Meanders a bit, but worth a listen. Check it out: http://introvertedhipster.com/country-roads-john-denver-pretty-lights-remix Can we call him John EDMnyer now?
- 2. Uncool Artists Primed for Hipster Rediscovery: One of our favorite blogs Rocks Off has ever published in our time as Music Editor, we were doubly happy to see this ranked so high on Google. The former Mr. Deutschendorf came in between Carole King and Paul Simon, far cooler than Michael Bolton yet not nearly as hip as Stevie Nicks [Editor's Note: Who happens to be singing on the radio RIGHT NOW as I am typing this! I think THAT is SUPER COOL!]
- 1. "Hipster Barista" meme: Apparently in some of America's finer male hair salons but probably not that many barbershops a coif called a "John Denver" will run you \$150. The author, while trying hard not to think about how much he resembles the man in that picture, is thinking in the places around here we've had our hair cut, you might get your ass kicked if you ask for a "John Denver."

But long before he hit that Colorado Rocky Mountain high, Denver grew up in Fort Worth, where he apparently ran in the same circles as his polar opposite, someone whose songs were as bleak as Denver's were sunny. They don't appear to have been fast friends or anything, but according to Normal Records' Web site, both Denver and Townes Van Zandt were regular performers of legendary Houston folk club the Jester Lounge:

"The Jester was a gathering place for performers across the folk music spectrum. Townes' chief blues influence, the legendary Sam "Lightnin" Hopkins, played there; so did Henry John Deutchendorf (aka John Denver) and a satirical duo named Frank and Kay, which consisted of songwriter-guitarist Frank Davis and eventual 1980s' country superstar K.T. Oslin.

Novice folkies from the area's colleges mixed with local pros Don Sanders, Mickey Newbury and Rex Bell as well as recent migrants Jerry Jeff Walker and Guy Clark, destined to shortly make their mark in national pop and country circles."

So how about that? Turns out John Denver was a hipster after all. http://blogs.houstonpress.com/rocks/2012/08/hipster_john_denver.php

John Denver Had Mennonite Ancestors By Rowena Plett, Staff writer

John Denver was a popular singer who died an untimely death at age 53 when his private plane plunged into the Pacific Ocean off the cost of California on Oct. 12, 1997. He wrote many hit songs including "Leaving on a Jet Plane," "Take Me Home, Country Roads," and "Thank God I'm a Country Boy."

Sara Keckeisen, a librarian at Kansas State Historical Society, with assistance from Peggy Goertzen at the Center for Mennonite Brethren Studies in Hillsboro, researched Denver's ancestry and uncovered some interesting facts.

Denver's birth name was Henry John Deutschendorf Jr. He was born Dec. 31, 1943, at Roswell, N.M., where his father served as a test pilot for the U.S. Air Force. Denver's grandparents, John and Anna (Koop) Deutschendorf, lived on a farm near Corn, Okla., and attended the Corn Mennonite Brethren Church.

Denver's ancestry on his grandmother's side has a unique history in the annals of Mennonite migrations throughout the world. Anna's grandparents, Thomas and Marie Koop, were members of the Mennonite Brethren Church in southern Russia. The group was formed in 1860 as an offshoot of the Mennonite Church.

Thomas and Marie were among a group of Mennonites who migrated east to central Asia in 1880 instead of west to America as many were doing at that time.

These people followed the leadership of several men who believed the "rapture" was near. They persuaded their followers to go with them to central Asia to get away from authoritarian rule and await the second coming of Jesus. One leader purported to know the day of his return.

According to David V. Wiebe, author of the book, "We Seek A County," published in 1959, more than 100 families left their villages in southern Russia to travel east. They experienced much death and disease along the way and after they reached their destination. The Koops settled in Kyrgyzstan, where they nearly starved to death.

They and others subsequently became disillusioned, and some of them migrated to America, including Denver's great-grandparents, Heinrich and Elizabeth (Janzen) Koop in 1887. They came to Kansas first and then moved to Oklahoma. They bought a farm and became members of the Mennonite Brethren Church at Corn, Okla. Their daughter Anna was born in 1901 and married John Deutschendorf in 1917. John and Anna had 11 children. The oldest child, Henry, or Hank, later became the father of John Denver.

John Voth, now of Hillsboro, grew up at Corn and knew the Deutschendorf family. He was the superintendent of the academy when Denver, a teenager, occasionally visited his grandparents. Sometimes, Denver came to the school on weekends to jam with students in the dorm, singing and playing his guitar. His name was still John Deutschendorf and he was still developing his musical skills. According to Loyal Martin of Hillsboro, who also grew up at Corn, John and his guitar were almost inseparable. Martin's father hired John to work on the family farm in summer along with Martin's younger brother, Gordon. The two shared a bedroom at night.

Martin said John took his guitar along to the field and played it while plowing. He often played and sang with the family and friends in the evening.

Martin's father drew the line when John wanted to operate the combine and take his guitar along. That would not work, he told him.

According to Gordon Martin, Denver had dropped the name "Henry" in junior high school because he was already writing songs and performing at high school proms and other events with makeshift bands and did not want to be known as Hank Jr. Denver later dropped out of college and went to Los Angeles to pursue a musical career. He sang in the Chad Mitchell Trio for a year or two before it disbanded.

Uncle Dave

Denver's youngest uncle was Dave Deutschendorf. He was a year and a half older than Denver. Deutschendorf has historical ties to Marion County. He graduated from Tabor College and taught at Marion and Florence schools for several years in the 1960s, with a two-year stint in the military sandwiched between them.

Dave said his nephew did not have a great voice when he was young but he developed it over time. John served as a candle lighter in Dave's wedding. He was known as Little Johnnie Deutschendorf. "John was a neat guy," he said. "He never got in trouble, and people loved him."

Dave, a singer in his own right, was in California to hear the New Christy Minstrels when John performed for a while at Randy Sparks' Ledbetter's Club in Los Angeles. It was while at the Ledbetter's Club that John took on the last name Denver for record-label purposes — reflecting his love for the mile-high city — and launched his career as a popular singer.

However, John Denver never forgot his roots. Years later, he wrote in his autobiography, "Take Me Home," (published in 1994) that he always sought to be true to himself as "Henry John Deutschendorf, Boy of the Open Plains."

Gordon Martin said frequent visits by the singer to his grandparents' farm in Oklahoma influenced his music and his beliefs. Denver acknowledged the same to Martin but publicly attributed his inspirations to other places to protect the privacy of the town of Corn and family members living there.

According to an online biography of the singer, his personal style and songs did not sit well with critics. His mop-top haircut and wire-rimmed "granny" glasses were "15 years behind the times." Critics called his music "sentimental or over-sweet," but Denver defended it. He acknowledged that some of his songs

were about the simple things in life, but they were meaningful to him. The popularity of his songs proved they were meaningful to millions of others, as well.

At the time of his death, Denver had produced 24 albums under the RCA label. Fourteen were certified gold, having sold 500,000 copies, and eight of those reached platinum status, with sales of a million or more.

 $\frac{\text{http://www.marionrecord.com/direct/john_denver_had_mennonite_ancestors+1117denver+4a6f686e}{2044656e76657220686164204d656e6e6f6e69746520616e636573746f7273}$

"Did you hear about the rose that grew from a crack in the concrete? Proving nature's laws wrong, it learned to walk without having feet. Funny, it seems to by keeping it's dreams; it learned to breathe fresh air. Long live the rose that grew from concrete when no one else even cared."

Tupac Shakur

IN JOHN'S WORDS

John Meets Princess Di!

From Tomi Jill Folk: Powerful talk, and then a delightful story about meeting the Royal Couple in Australia. As a postscript to it—Hank read that Prince Charles DID join one of the UN trips to Africa that John Denver was on, so perhaps they did get to visit some more: http://www.youtube.com/watch?v=nJgVIqhZJP0&feature=share

MY SPIRIT STILL SINGS!

4/18/13

-

At the very end of this newsletter is a picture of a shirt that reads "It's a John Denver thing...you wouldn't understand." It belongs to a JD friend, Patrick, who purchased the shirt from Amazon and posted that picture of him wearing it on Facebook. When I saw the post, I sent a comment back to Patrick: "OMG where can I get one of those? LOL (I started to write that on your wall just as John laughed on a video I was listening to at the same time!) Now I'm freaking out cuz something happened earlier regarding him that made me wonder about something and that clarified it!" Here's the video where John laughed: https://www.youtube.com/watch?feature=player_embedded&v=Yj-N28FveJc. The laugh comes after they finish singing the song, right before the video ends. It's a great video, BTW!

The "something else" was that earlier my husband and I were discussing a 23-year-old girl, Amy—the daughter of a guy Lance bought something on EBay from—who passed away in a car accident two months ago. Lance was getting messages from Amy and didn't know how to pass them on to her father, since the guy lives in England, doesn't Skype, or seem to want to hear what Amy has to say through Lance, and EBay won't let buyers and sellers exchange emails—all correspondence has to go through EBay. The weird thing about this is that OUR daughter's name is also Amy, and she is also 23. At one point in our discussion, I felt John next to me supporting what I was saying about how spirits can still go to the Light, yet stay in touch with their Earth families. This Amy is having trouble crossing over because she has unfinished business on the earth plane. She is not ready to let go yet. Lance is hoping he can help her to do that...send her on to the Light. That Light is God. Love. The sum of all the Love we have ever known, and More.

Anyway, so I went to Amazon to check out the shirt that Patrick got, and while I was there I saw that there was ONE copy of the only movie of John's that I have never seen or don't own: The Leftovers. That is one way that John will validate something he has told me...by leading me to a little "gift" from him...and this was a good one! I was reminded of the magic again when the DVD arrived in the mail and I watched it for the first time!

In August, John followed me to Rochester, New York! I went to visit my mother's two 90-something year-old sisters. The younger one is my godmother as well as my aunt. I heard "Annie's Song" when I arrived at my Aunt Marian's nursing home on Saturday and then "Take Me Home Country Roads" on Sunday, only seconds after I arrived at the restaurant where my Aunt Evelyn treated us all to dinner. That song is the one that evokes memories of Rochester for me as a young girl, since it played all the time on the radio the summer of '71 when I was 13 and visited there from California with my mom. John was also very interested in the golf open that was taking place there that weekend, so maybe that's why he stuck around the whole time!

One night in October, I had two things going on simultaneously: I was thinking about how I could start a Reggio-Emilio educational program near the area where I am now living. I was also getting a nudge from John to start publishing these newsletters again, as well as an accompanying Facebook page so that people could post comments and discussions. Well, the very next morning, the first thing I did was check Craig's List for any new jobs, and I saw a new post about a Reggio-Emilio charter school opening up next fall in a nearby city (if they get their charter approved)! I immediately applied. How's that for instant manifestation? So then, I got on Facebook and saw an "advertisement" for a group called Voices of Angels that a few of my friends had joined, so I decided to check it out. Turns out it is a new page by a woman, Jeannine Brogan, who just recently began getting messages from John. Her links are posted below in "From He Who Sees the Eagle". By the next issue I will have the Reaching for Higher Ground Facebook page up also, so see you there!

I had another John moment this past October, during Wheel of Fortune. I decided to take a break from housework and sit down to watch the show. Wasn't paying attention during the Prize Puzzle...at first. But then John told me the guy whose turn it was, was going to win. He had landed on the "Express" part of the wheel - a new addition where you can just keep guessing until you miss but then if you do miss, you go bankrupt. So this contestant started guessing a few letters, which were right, then a few more which were right... and then I realized the answer was "All my bags are packed" - but the guy kept going since he had the Express and just filled in all the letters until he won! It wasn't until the very end that I noticed the category was "Song lyrics". Typical John...that he would tell me the outcome of that round since it was his song!

EARTH AND GALACTIC RHYTHMS

A new Mother Earth spirit?? By Wayne Brewer - 12/21/2012 Lake Titicaca @ 00:01 Bolivia time

Mother Earth, as she has affectionately been called, has made her transition to the Light as of the above time and date while I was on Isla Del Sol in Lake Titicaca, Bolivia. [Editor's Note: And I was having rotator cuff surgery!] This was a well-planned transition and I was honored to have been allowed to assist her in going to the Light were she is being pampered with tremendous love and affection by millions of souls and beings from around the Universe.

This was a seamless and painless transition, more like a "walk-in"/"walk-out" than a birth or death. The complete process only took a few minutes and included a cleanse for Gaia as well as a cleanse and clearing from her "space" so our new Earth spirit could start with a clean slate and "premise."

As the two beings made this perfectly synchronized transition, their intertwined energies created a spiral. The older spirit ascended out of the earth to the Light, while the younger and newer spirit descended into the earth through the lake.

Both made their transitions quickly and smoothly and both were assisted by all the angels, archangels, Jesus, Mary, all Galactic Federation of Light members, including the Arcturians, the Pleadians, and the Andromedians—as well, of course, as Source/Universe/God.

The new female spirit of this great planet Earth has been well prepared for her new role and has already taken her place at the seat of the throne, so to speak, of this planet. She has been preparing and training for this role for many years and, in fact, has been a spirit of a lesser-known astral planet of another Universe in the past. So she isn't coming into this role without experience. She successfully assisted the other planet and its inhabitants in reaching the 5th dimension before departing, and has been resting and preparing for her next endeavor since she herself went to the Light many eons ago.

She is old but yet she is a young soul—vibrant, excited, joyful, loving and forgiving—who is relishing her new role. She has the renewed, uplifting energy this planet will need to take it the distance.

Don't be sad or sorrowful for our previous Mother Earth as she is where she wants to be and has turned the baton over to a fresher and younger spirit who has been prepared for her new role. Gaia expresses her joy and love for all that have inhabited this planet over the millennia. This is a time of rejoicing. It is a time to reach out with love and appreciation to our new Earth spirit and to send our gratitude and love to our former Earth spirit.

Most of us, in our short life spans, think there has only been one soul or Earth spirit for this planet. But according to the most recent information I have been given, there have been several Gaias or Earth spirits since the inception of the planet. Each has had her own unique role and gifts for advancing this planet along its path.

I've known for a long time that I was supposed to be at Lake Titicaca, which has a unique history, on this date to help something huge leave this planet. I had no information other than I needed to be on Isla del Sol, which is about 13,500 feet above sea level (Lake Titicaca is about 12,500 feet above sea level).

I made the trek from Peru and just showed up to be available for however I could be used. I had planned to go to sleep early the night before so I could get up for a multinational dawn ceremony. But I was so restless I couldn't sleep and started pacing the floor, stretching, and doing exercises until I was given this phenomenal news flash a couple of hours before midnight on December 20th.

Needless to say, I was shocked and yet extremely honored. Was I the only person assisting with this transition? No, others around the planet helped as well in their own unique way, whether they knew it or not. I am very grateful for having been giving this experience. It is most humbling.

You may find this difficult to believe. If I had not been directly involved in assisting our Earth spirits in making this transition, I probably wouldn't believe it either. I have continued to ask for—and have received—confirmation from my guides about this event. It is up to each individual to decide whether or not this resonates with them. Either way, it is what happened.

If this was the last great experience I ever have in this life it would be enough; however, there is more to come that I believe is even greater than this, which I will tell you about next time.

http://us1.campaign-archive2.com/?u=1c217fa05902e3893fd68416c&id=9eaeb57bc0

I'm sure John would be fascinated by the Hubble Telescope! He was still alive when it was launched: http://www.upworthy.com/its-ok-to-not-understand-these-pictures-our-brains-werent-built-to-handle-them-2?c=ufb1

Beautiful Native American flute music to listen to while you read inspirational quotes and sayings: http://www.sapphyr.net/natam/quotes-nativeamerican.htm

Time of Radical Shift

Editor's Note: This article is by evolutionary astrologer <u>Maurice Fernandez</u> and posted here to inspire and encourage you through the coming changes. He specifically wrote it for a wide audience, as a message on how to understand what's happening starting this month. (November 2009)

<u>Evolutionary Astrology</u> looks at the chart as a guide to the soul's past lives and evolutionary lessons for this life. Here he looks at what's evolving in the collective, with the major alignments of the slow-moving planets. It begins with the Saturn-Pluto square on November 15th.

Greetings,

I feel compelled to write this note about what we astrologers are seeing coming. We are in the beginning of a very unique time in history that will redefine the foundations of our lives. The astrological circumstances are uncommon and very dramatic. Change is likely to affect every level of our being, even though each person will feel it differently and in varying degrees of intensity.

I'm writing this note so that you may make better use of this time and understand what it is about. As astrologers we are aware of cycles that affect our existence; because this coming cycle is very unique, I feel it is important to share this information. I will try to keep it simple and not burden you with a long text and excessive details.

One thing for certain: do not expect security, consistency, and predictability during this time. Reality is bound to change fast and so it is better to move with the flow, while remaining conscious of what is going on. Flexibility is one of the most important assets during this time. This influence is analogous to a gigantic wave forming. You can ride on that wave and go farther than ever expected -experience a powerful transformation that can elevate you to new grounds. But this wave can also destroy a lot of what you are currently attached to.

Redefinition may occur in different fields: you may change vocation, relationships, location, mindsets, to name but a few. New people will move into your life, current ones may leave. New ideas and projects will develop and you may feel inspired to completely reinvent yourself! The cards are re-shuffled! This is a time of an awakening, a revolution. An internal and social revolution.

It can be very good, but you have to learn to navigate these changes and seize opportunity when it comes. Don't try to have it all perfect, don't try to keep the cake and eat it: change can take you to a completely new and perhaps higher level of what you are about, but you will have to let go of your

security during this time. It is a time for risk, reinvention, new ideas, new concepts, new vision, and the impetus to make it happen.

Marriages may break, jobs and possessions may be lost, people may get sick, and simultaneously, new relationships may emerge, new passion may awaken, a completely new lifestyle is in the making...You are embarking on an adventure whether you know it or not, whether you like it or not. My suggestion: make peace with the idea, don't resist the adventure. If you are accepting it, you will make the best of it. If you fight and resist it, you won't win. This is what I mean by being open to risk taking. it may be time to take that "plunge!"

Risking does not mean giving in to every silly venture. It is about hearing a calling for truth. Things you have denied, postponed, avoided, feared, but things you know were true. This is a time to be more truthful and follow a calling.

Collectively, while the forces of corruption and manipulation may attempt to control the course of events, they are bound to disintegrate. Scandals will continue to hit the news. Natural events will continue to shake the earth.

As you go through these changes, it is crucial that you take good care of your immune system because as positive as changes may be, they can overwhelm you and weaken your immune system: eat more healthy, avoid fast sugar, ingest raw garlic and onions daily (sandwich), exercise, take time out of the intensity loop, do not let negativity take over-these are basic tips that can keep you grounded.

Praying Mantis

The praying mantis is the oldest symbol of God: the African Bushman's manifestation of God come to Earth, "the voice of the infinite in the small,"* a divine messenger. When one is seen, diviners try to determine the current message. In this culture they are also associated with restoring life into the dead. "Mantis" is the Greek word for "prophet" or "seer," a being with spiritual or mystical powers.

Meet the eye of a mantis and feel the presence of God. Interspecies communicator Sharon Callahan says, "the I of me, and the I of the creature became one and we rested on the breath of God." She notes that a praying mantis appears sometimes in person, other times in a dream or even in an object of art, but always with the "shiny conscious eye ~ God looking at me through the eye of the Mantis."

The praying mantis shows the way. In the Arabic and Turkish cultures a mantis points pilgrims to Mecca, the holiest site in the Islamic world. In Africa it helps find lost sheep and goats. In France, it's believed that if you are lost the mantis points the way home.

"Follow Mantis" means putting that core aspect of yourself, your foundation of Spirit, at the helm and let it direct your intellect and ultimately your life.

Praying Mantis Meanings in the Realms of Animal Symbolism

The mantis comes to us when we need peace, quiet and calm in our lives. Usually the mantis makes an appearance when we've flooded our lives with so much business, activity, or chaos that we can no longer hear the still small voice within us because of the external din we've created.

After observing this creature for any length of time you can see why the symbolism of the praying mantis deals with stillness and patience. The mantis takes her time, and lives her life at her own silent pace. These traits have lead the mantis to be a symbol of meditation and contemplation. In fact, in China, the mantis has long been honored for her mindful movements.

The mantis never makes a move unless she is 100% positive it is the right thing for her to do. This is a message to us to contemplate and be sure our minds and souls all agree together about the choices we are making in our lives.

Overwhelmingly in most cultures the mantis is a symbol of stillness. As such, she is an ambassador from the animal kingdom giving testimony to the benefits of meditation, and calming our minds.

An appearance from the mantis is a message to be still, go within, meditate, get quite and reach a place of calm. It may also a sign for you to be more mindful of the choices you are making and confirm that these choices are congruent.

Two more intriguing animal stories:

Ant: http://www.myamazingearth.com/giant-ant-colony.html

Fox: http://www.whitewolfpack.com/2012/09/devoted-fox-continues-to-live-with-man.html

"Rhythm is the carrier of life."

Rudolph Steiner

HEAVENLY CONNECTIONS

Proof of Heaven

Dr. Eben Alexander was in a coma for 7 days, during which time he had a profound NDE and lived to write about it. In his book, *Proof of Heaven*, he shares the three most important things he learned:

- You are loved and cherished.
- You have nothing to fear.
- There is nothing you can do wrong.

I received proof of heaven, too, when John transitioned. But I didn't have a Near Death Experience... Death had a Near Me Experience!

Is Afterlife Communication Possible? Let the Light In and find out: http://www.letthelightinjen.com/ Jennifer's accompanying book: http://www.thegiftgiverbook.com/

Imagine being able to communicate with your lost loved one easily and whenever you want.

I lost my husband unexpectedly in 2009. On that day, I never thought I'd hear from him again. But three days later...I did. At the time, I thought I was crazy, however, after sharing my story with thousands of people, and realizing how many of them have had similar experiences, I know that communicating with a lost loved one is possible for ANYONE.

I'm so excited to share my techniques and beliefs with you, so you can communicate with your lost loved ones too! My downloadable audio and e-book courses walk you through my step-by- step process. When you sign up for my free video blog, you will receive 5-FREE tips videos, that give you exercises you can try right away.

Love and light to you, Jennifer

Or you can try Self-Guided Afterlife Connections at http://selfguided.spiritualunderstanding.org/

Is the Afterlife What We Think It Is? A Challenge from Near-Death Studies

This is a fascinating article by P.H. Atwater, one of my favorite prolific metaphysical writers. It's too long to reproduce here in its entirety but you can read it on-line at:

 $\underline{http://www.newdawnmagazine.com/articles/is-the-afterlife-what-we-think-it-is-a-challenge-from-near-death-studies}$

My Kids See Dead People

The only thing about this one is that you need to join in order to read the article, which I haven't done so can't vouch for it, but I may at a later date and will reprint it at that time, if possible.

 $\underline{http://www.thesun.co.uk/sol/homepage/features/3383014/My-children-see-dead-people.html}$

From Archangel Michael through Celia Finn:

Beloveds, what is new is that this Transformation is not only about you and "I Am", but also about the Global Community and "We Are". It is a fine point of Balance between individual Soul Expression and the needs and creations of the Collective Community, the "We Are". Seeking only your own Abundance and Highest Good will not bring Joy, it is only when this Journey of Self-Expression is undertaken within the complexities and challenges of the Global Community that the Soul finds its true expression of Divine Love and Compassion. http://www.starchildglobal.com/newearthenergiesapril2013.html

Check out the Life After Death Project:

http://www.lifeafterdeathproject.com/

'Guardian Angel' Photo Of Boy Killed In Oklahoma Tornado Stuns, Comforts The McCabe Family

A tornado razed Plaza Towers Elementary School in Moore, Ok., last May, tragically leaving 7 third-graders dead in its wake, including 9-year old Nicolas McCabe. But his family believes that they haven't seen the last of him, as a cell phone image of his cousin Madison from last July 4th shows a figure that the McCabes believe is Nicolas.

Though some have dismissed the figure behind Madison as a result of distortion or motion, Nicolas' father Scott says that he can make out two distinct people in the photo. "It's obviously not Madison," McCabe told News 9. "It's obvious there are two people there or one person there and one spirit there."

The photo has given the shell-shocked family some comfort, as they continue to mourn their son. "Nicolas loved the Fourth of July and he loved firecrackers," said McCabe.

Scott McCabe believes he can make out the red Plaza Towers t-shirt that they buried Nicolas in. Though many dismiss the image, McCabe doesn't care. "They can say what they want," he told News 9. "I believe he's watching over us."

Meditation for releasing emotional pain by Path to Light: This meditation will assist you in clearing any toxic energies that you may be carrying.

Relax. Take a deep breath and mentally or out loud call on the angels to surround you and assist you with the clearing. Ask them to vacuum away any toxic energies or past pain that you may be carrying as you are now willing to release the pain. Just relax and breathe deeply... you may feel your body shudder or a tingling like sensation. Now ask the angels to fill you with love and light. Stay in this peaceful feeling for as long as you like. At the end of this meditation you will feel much lighter. Always thank the angels for their assistance.

Dear God, sail away with me My Lord, and let the winds wipe away my pain, my regrets and my worry. Let the ocean spray cleanse my consciousness. Let the sun melt away the residue of my past. Let the vastness of the open seas reveal the endless opportunities of my future.

Today I choose to make peace with the turbulent seas beneath me. Today I choose to lean into the direction of the storm. Today I trust in the brilliance and magnificence of The One that created the great vast sea. Right now, today, I choose to feel the water settling beneath me, and i am grateful for this.

Thank you God.

The storm has died down...

The storm is now gone...

And so it is, and it is so.

Amen.

From the Debbie Ford memorial website

SONGS OF...

Here I will post links to various YouTube videos of songs. Please be aware, though, that sometimes the videos are taken down for one reason or another. I used to be able to download them to my computer but I guess they don't let you do that anymore. Anyway...enjoy!

This one is newly released! John Denver - 1979 at Wembley Arena:

http://www.youtube.com/watch?v=9IyHPKqKFU0

A hauntingly beautiful version of Amazon...crank it up!

http://www.youtube.com/watch?v=fiSjiw8yjpQ&feature=youtu.be

Here's Calypso from the same concert:

https://www.youtube.com/watch?v=aLdDiCSA9g0&feature=player_embedded

And how about Some Blues My Naughty Sweetie Gives to Me?

https://www.youtube.com/watch?feature=player_embedded&v=zSrtzJMWHyM

That boy from the country sure can hold his own (notes, that is—oh, and isn't he gorgeous?):

http://www.youtube.com/watch?v=G5ha9tH94nE

OK, one more...I had not ever heard of Silvy Vartan before this but I think she had the hots for him! https://www.youtube.com/watch?v=GI3JOeXCSvY&feature=player_embedded

"Music is a greater influence over the souls of men than primitive Christianity."

John Denver

FROM HE WHO SEES THE EAGLE

Jeannine Brogan, Manatee Love

Jeannine started getting contacted by John this past summer and now he is helping her to write a blog, do angel readings and other intuitive work! She has a blog and also a Facebook page—Voices of Angels. Below are just a few of the links that take you to her daily log posts, and more. Oh, and BTW she is also a new grandmother so congratulations are in order as well!

http://lightworkers.org/group/186827/life-trauma-healing

http://lightworkers.org/blog/manateelove

http://lightworkers.org/blog/187449/celebrities-becoming-spirit-guides

http://lightworkers.org/blog/190540/maintaining-lifes-balance

http://lightworkers.org/blog/189020/politics-john-denver-brand

http://angelvoicehealing.wordpress.com/

Why Jealousy Doesn't Make Sense (8/16/11 and 11/30/13)

[Hums "It Amazes Me"] "You know, we are all aspects of one another, that is how we can be 'all one.' When you're no longer focused on the physical you 'get' the connection I'm talking about. It's amazing, really! [Sings "It Amazes Me"]

Instead of jealousy and competition, share the energy of love with one another! Humans with predominant egos have trouble understanding that (yes, I know that was me, even though I shared love at times *very* inappropriately), but a heart of love for all, unconditionally—Sadhana Love—is what lifts you up and if you don't choose that path you miss out on so much...so much.

Many people think love needs to be directed to just the special people in one's life or the people one knows, but love is more than a feeling—love is a way of living, a life path to peace and joy. It is a high frequency energy that takes you farther than you ever dreamed possible when you surrender to it!

[I had heard the term Sadhana before but never in relation to unconditional love, so John sent me here: http://yoganonymous.com/love-sadhana-part-1-unconditional-love-chris-courtney-maya-devi-georg-chris-courtney/ (What I found and read there was so close to what John had just told me that it makes me wonder, did he know this guy, Chris Courtney? He also showed me one other article here: http://www.sadhanalove.com/news/2013/11/12/charkha-the-seed-and-the-revival-of-the-sharecropper. Boy, I had forgotten how obliging he can be and how quickly sometimes. Yikes, I must remember to be careful about asking for more information! LOL]

My Husband Gets Contacted by John! (1/7/13)

Before Christmas last year, I had a conversation with John. I have a lot of programs and other ideas for using John's music and messages to reach people but I lack the family support to carry them out to the fullest. (IOW, it came to a point where I had to choose between my marriage and carrying on for and with John...at least for the time being.) So I told John that it would be helpful if he would contact my husband directly (now that Lance has demonstrated his own mediumship abilities) and maybe then Lance would be more tolerant of my JD endeavors. Well, on January 7 of this year, Lance came out of the shower one morning and said, "I'm getting something from John Denver." I couldn't believe it! This was one week after Lance had gotten another message from a friend's father (whom he had not ever known) to give to her mother who was getting ready to transition. I will share that story with you first, since it happened on the morning of New Year's Eve.;)

That morning, our friend Ellen's father told Lance that his wife was afraid to die because something had happened while he was still alive that affected their relationship and she was afraid of facing him in Heaven. He asked Lance to get the message to Ellen's mother that she had nothing to be afraid of...he no longer felt the same way that he had while he was still alive about whatever it was that she had done,

and that he was waiting for her in Heaven. Lance didn't know at the time whether Ellen's father was even alive or not, or if Ellen's mother was even near death or not. I was present when Lance was getting the message and immediately afterwards I checked Ellen's Facebook page and saw that she had posted the previous evening that her mother was in the hospital with a life-threatening condition! Lance called her ex-husband, Bob, to see if he knew anything about it and Bob said no, that he had just seen Ellen's mother on Christmas and she was fine. But he did verify that Ellen's father was no longer alive. Lance told Bob about the message and Bob called Ellen. It was only a few minutes later that Ellen called to say that she was at the hospital with her family and that her mother was just telling them that she was afraid to die because of something that had happened between her and her husband and she was afraid to face him in Heaven. !!! Lance relayed Ellen's father's highly-charged emotional message to Ellen and needless to say, Ellen passed her father's message along to her mother, who was then able to make a peaceful transition just a few hours later.

So, on the heels of that....Oh! What, John? Save that story for the next issue? Well, you heard it, folks ... to be continued!

"Blessed is the Human Being who takes his spiritual life seriously. It's not an addition to your biology. Instead, your biology is an addition to that which is your spiritual core. Learn to meld both of them together and you will live a very long time. And so it is."

Krvon

CHOICES IN ACTION

Decide to Network

Use every letter you write Every conversation you have Every meeting you attend To express your fundamental beliefs and dreams,

Affirm to others a vision of the world you want Network through thought, network through action

Network through love, network through the spirit

You are the center of a network

You are the center of the world,

You are a free, immensely powerful source of life and goodness

Affirm it.

Spread it,

Radiate it.

Think day and night about it

And you will see a miracle happen:

the greatness of your own life.

In a world of big powers, media and monopolies

But of seven billion individuals

Networking is the new freedom

the new democracy

a new form of happiness.

Dr. Robert Muller

http://www.nextsteptogether.net/home.html

I will not play tug o' war.

I'd rather play hug o' war.

Where everyone hugs instead of tugs, Where everyone giggles and rolls on the rug, Where everyone kisses, and everyone grins, and everyone cuddles, and everyone wins.

Shel Silverstein (Did you know he was the one who couldn't live without Sylvia?)

What are we making weapons for? John would LOVE this! (Well, OK, he *does* love this. LOL) http://www.kickstarter.com/projects/2006098510/a-bold-peace-a-film-about-a-country-with-no-milita

The Rhythm of Peace and the Peace Link

"Rhythm of Peace is a grassroots project that encourages people of all ages to make peace a priority in their busy lives. The project addresses three human needs common to people of all cultures and beliefs—the need to cultivate peace, the need to renew health, and the need to build community. Peace Link offers a practical, daily opportunity to pause for peace and connect with others to create a more peaceful world... Join us for a minute of silence at 12:00 NOON (in all time zones) EVERY DAY until September 21, 2014!" http://www.rhythmofpeace.org/peace_link

Explore solutions through Critical Mass Action!

http://www.thrivemovement.com/solutions-critical mass action

Some Tips from Environmental Working Group

Go fresh instead of canned – many food cans are lined with BPA – or research which companies don't use BPA or similar chemicals in their products. Say no to receipts, since thermal paper is often coated with BPA. And avoid plastics marked with a "PC," for polycarbonate, or recycling label #7. Not all of these plastics contain BPA, but many do – and it's better safe than sorry when it comes to keeping synthetic hormones out of your body. For more tips, check out: www.ewg.org/bpa/

The ongoing industrial release of dioxin has meant that the American food supply is widely contaminated. Products including meat, fish, milk, eggs and butter are most likely to be contaminated, but you can cut down on your exposure by **eating fewer animal products**. For people who still want to eat (sustainable) seafood with lots of healthy fats but without a side of toxic mercury, **wild salmon and farmed trout are good choices**.

Buy organic produce and use EWG's Shopper's Guide to Pesticides in Produce, which can help you find the fruits and vegetables that have the fewest pesticide residues. Check it out at: www.ewg.org/foodnews/

Keep your home clean and well maintained. Crumbling old paint is a major source of lead exposure, so get rid of it carefully. And if you need another reason to eat better, studies have also shown that children with healthy diets absorb less lead.

Get a drinking water filter certified to remove lead, arsenic and atrazine. For help finding a suitable filter, check out EWG's buying guide: www.ewg.org/report/ewgs-water-filter-buying-guide/

Avoid plastic food containers, children's toys (some phthalates are already banned in kid's products), and plastic wrap made from PVC, which has the recycling label #3. Some personal care products also contain phthalates, so read the labels and avoid products that simply list added "fragrance," since this catch-all term sometimes means hidden phthalates. Find phthalate-free personal care products with EWG's Skin Deep Database: www.ewg.org/skindeep/

Use a vacuum cleaner with a **HEPA filter**, which can cut down on toxic-laden house dust; avoid reupholstering foam furniture; take care when replacing old carpet (the padding underneath may contain PBDEs). Find more tips at: www.ewg.org/pbdefree/

Skip non-stick pans as well as stain and water-resistant coatings on clothing, furniture and carpets. Scientists are still figuring out how PFOA affects the human body, but animal studies have found that it can affect thyroid and sex hormone levels.

Start by checking out EWG's Guide to Healthy Cleaning (www.ewg.org/guides/cleaners/) and avoid products with ingredients such as 2-butoxyethanol (EGBE) and methoxydiglycol (DEGME).

FOR SALE

At Global Aquatics, for every purchase of \$30 or more, a tree will be planted in your honor! http://www.globalaquaticsinc.com/p/plant-tree-campaign.html

Here is Patrick's John Denver shirt! And the link: http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Dapparel&field-keywords=It's%20a%20John%20Denver%20Thing





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