

**A NEWSLETTER DEDICATED TO THE AWAKENING AND UPLIFTMENT OF HUMANITY
AND PLANET EARTH WITH JOHN DENVER**



February 2005

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

Horses are creatures who worship the earth
As they gallop on feet of ivory
Constrained by the wonders of dying and birth
The horses still run, they are free

My body is merely the shell of my soul
But the flesh must be given its due
Like a pony that carries its rider back home
Like an old friend that's tried and been true

I had a vision of eagles and horses
High on a ridge in a race with the wind
Going higher and higher and faster and faster
On eagles and horses I'm flying again

Eagles inhabit the heavenly heights
They know neither limits nor bounds
They're the guardian angels of darkness and light
They see all and hear every sound

My spirit will never be broken or caught
For the soul is a free-flying thing
Like an eagle that needs neither comfort nor thought
To rise up on glorious wings

I had a vision of eagles and horses
High on a ridge in a race with the wind

[illegible]

The rest of our letter here is "borrowed" from Martin Keitel because he said everything we wanted to and more. Hope it has great meaning for you:

I was sent a simple message of peace and love. It is shown in the end of this message. In my current situation this message makes sense to me in a different way than it does to many others and for some reason I would like to share it.

What do we learn? We learn to let go, we learn that our lives go on after loss, we learn that we are not the masters of events that take place in the physical world. Through loss we find new content, new directions, new possibilities - as soon as we keep believing. This faith takes us through the darkest moment of sadness, it may take a month, it may take a year. But as human beings, we are measured up to this challenge. We are not asked to bear more weight than we can handle, as long as we don't add to this weight by forcing ourselves to hold on to the past.

And again very few of us, no matter how spiritual and enlightened we envision ourselves, are able to face personal loss without feeling great pain, accusation, bitterness, selfishness. So can we suppose the majority of the world instantaneously let go of something that is a big loss for them? When a great disaster hits the Earth (and there are more to come) we are struck by the magnitude of human suffering, but here I am reminded by the words of Jesus:

"What you do to your fellow human being, you do to the whole world!" This applies also now: The suffering of ONE human being is the suffering of the whole world, and the suffering of the whole world is the suffering of one.

What I'm trying to say is that by overcoming the suffering with LOVE, going through the selfish period that is also necessary and unavoidable, but always aiming towards love, then we do a favor to the whole world. When you are at a threshold of choosing hate and love, let the hate enter you, look it into the eyes, but say to it: "I accept that you are here now, but I accept that you are born from my selfish suffering, not of the truth. I let you stay with me for a moment, but only as long as is necessary for Love to win". The hate or bitterness towards a beloved person that has left you, or done something else that hurts you, is a feeling inside you. And by intentionally holding on to this feeling, you know the result: It will bring more negative feelings, to yourself, to your loved one and to the people around you both. It will spread.

When you need to express your hate or fear towards this particular person, instead of expressing that hate as something that this other person EARNs, express it as something that you FEEL. Then express your will to find a solution of love, no matter what it takes. If it is not possible to love right now, then give it a chance later. What happens now is that instead of passing on hate, you pass on love. Even if the this person that you address is not able to directly return this act of love to you, perhaps he/she has already left this physical life or is not able to give you what you need, he/she will take the message on somehow. And rest assured it will come back to you sooner or later - probably sooner, if you just stay open to it and don't turn your face from it.

What I have written is not what I was planning to write. I had just had a straining argument with the person that has caused ME pain and will keep on causing me pain because of my own selfish feelings that are attached to the needs of the past. At such a moment, this kind of message comes from a source that overrides the strength of this egoistic feeling. You may call it channeling or a voice from my conscience or what ever. I recognize it as the truth and then it's irrelevant where it is coming from. Each of us that is now going through a personal period of sadness and pain, whether it is because of the world's biggest natural disaster or ANYTHING else, the best we can do to help ourselves, help the other victims, help the world, is to take care that LOVE wins in our personal lives. This way, we do our share of passing on love to those people who are strong in their personal lives and have more possibilities to do actual physical work to help. This way it will be also easier for us later to feel compassion to people that right now seem to have little importance to us. The Asian disaster is a wake-up call. It is a wake-up call to see the trouble the whole world is in. By sending help to areas that are most in need, let us also send help to Mother Earth and all of humanity. Let us not forget the pain that isolated people and groups are experiencing at the same moment in other areas even if the media has forgotten them. Let us send the help because we LOVE, not because we feel guilty or responsible. Love always hits the target! And here's the simple message that got me started: *IMAGINE PEACE* *WORK FOR PEACE* *BE PEACE* It matters not Who you love Where you love Why you love When you love Or how you love It matters only THAT you love. Sincerely,

Martin

...and Eileen, Margit, and John

~~~~~

**"I don't hate anything...it takes too much energy."**

Rick, the Carpenter

~~~~~

CONTRIBUTIONS

Waking Up

It has taken me more than half a lifetime,
Or a whole one, if I die tomorrow,
To realize this truth:
The arrows that thud into me - unexpected,
That come hurtling at me invisibly
From dark and shadowy places,
With trajectories flat and fast
Or arcing calculatingly over seasons,

With tips chiseled from stony indifference
Or forged from cold, hard self-centered opinion,
Against which there is no defense,
Were released from my own bow.
Every one of us comes to this life to accomplish great things, but our self-doubt keeps us from realizing this greatness. It is the shrewdest trick the dark angel has in its bag.

John Leland

ENLIGHTENMENT - By Swami Beyondanada

-
1. LIFE IS LIKE PHOTOGRAPHY. USE THE NEGATIVE TO DEVELOP.
 2. BE A FUNDAMENTALIST. MAKE SURE THE FUN ALWAYS COMES BEFORE DA MENTAL.
 3. AS WE GO THROUGH LIFE THINKING HEAVY THOUGHTS, THOUGHT PARTICLES TEND TO GET CAUGHT BETWEEN THE EARS CAUSING TRUTH DECAY-SO BE SURE TO USE MENTAL FLOSS TWICE A DAY.
 4. IF WE WANT WORLD PEACE, WE MUST LET GO OF OUR ATTACHMENTS AND TRULY LIVE LIKE NOMADS..I NO MAD AT YOU..YOU NO MAD AT ME. THAT WAY THERE'LL BE NO MAD-NESS ON THE PLANET. AND PEACE BEGINS WITH EACH OF US. A LITTLE PEACE HERE, A LITTLE PEACE THERE, AND PRETTY SOON ALL THE PEACES WILL FIT TOGETHER TO MAKE ON BIG PEACE EVERYWHERE.
 5. GREAT EARTH CHANGES HAVE BEEN PREDICTED FOR THE FUTURE, SO , IF YOU'RE LOOKING TO AVOID EARTHQUAKES, MY ADVICE IS SIMPLE. WHEN YOU FIND A FAULT, JUST DON'T DWELL ON IT.
 6. THERE'S NO NEED TO CHANGE THE WORLD. ALL WE HAVE TO DO IS TOILET TRAIN THE WORLD AND WE'LL NEVER HAVE TO CHANGE IT AGAIN.
 7. IF YOU'RE LOOKING TO FIND THE KEY TO THE UNIVERSE, I HAVE SOME BAD NEWS AND SOME GOOD NEWS. THE BAD NEWS IS - THERE IS NO KEY TO THE UNIVERSE. THE GOOD NEWS IS - IT HAS BEEN LEFT UNLOCKED
 8. FINALLY, EVERYTHING I HAVE TOLD YOU IS CHANNELLED. THAT WAY, IF YOU DON'T LIKE IT, IT'S NOT MY FAULT. AND REMEMBER, ENLIGHTENMENT IS NOT A BUREAUCRACY OR A TV. SO WE DON'T HAVE TO GO THROUGH CHANNELS

Visit my website: Love's Creative Energies

GREAT VALENTINE'S DAY IDEA!

Creating Unforgettable Days - Excerpted from www.thebestyearofyourlife.com

As important as claiming the moment is for creating your best year, planning unforgettable days is essential in creating a memorable and fulfilling life. To understand the value of a memorable day, all you have to do is ask yourself, "What would I do if this were the last year of my life? Would I continue to live each day as I lived today? Would I be spending my time the way I am right now?" Take a moment, stop reading, and ponder the following question: if you could live this past week over again, would you choose to live each day exactly as it was, or would you choose to live any of them differently?

Most of us won't allow ourselves to look at our lives through this retrospective lens. Although we know it to be true, most of us can't fully comprehend that we have only so many days on this planet. Instead, thanks to our innate and protective denial of death, we prefer to pretend that we have all the time in the world to do whatever we want. We live in the illusion that someday we will go on that trip, take a walk on the beach, read that book, go to the pat with our children, or learn how to tango. We put off what we could do today for some future time that may never come.

Of course, there are particular days in our lives when we remember every detail, from the moment we wake up to the moment we go to sleep. Maybe it was our wedding day, the day our child was born, the day we graduated, the day we fell in love, the first time we made love, or the day we accomplished a job we had worked long and hard at. But, put to the test, most of us can't remember what we did last week, last month, or last year. Our days are a blur, one rolling into the next. Most of us will forget today by the time tomorrow comes, unless it is infused with some special significance.

So today I am going to ask you to honestly assess your life over the past five years and see how many special days you can remember. How many days pop into your awareness that could have just been ordinary days but that, because of some commitment or declaration on your part, you made special enough that you can recall them right here in this moment? Maybe you've already experienced the sweet satisfaction of drifting off to sleep many nights this year knowing that you lived a day you will never forget. But I'm going to ask you to look and see how many days you would want to remember from this year. How many days do you want to label as extraordinary and have as sealed experiences that can be shared and passed down for generations?

Close your eyes for a moment and remember a story that one of your parents shared with you about a day in their lives that was significant. What was so special about this day? The stories that get passed down and shared are often about ordinary days when someone did something great for someone else, or when our families were all together, enjoying each other's company. When a special gift was shared or words were exchanged that touched another's heart. Food fights, camping trips, and overnight parties are often recalled when reminiscing about the past.

So what determines the making of an unforgettable day? To log a great day into your consciousness, first and foremost it must touch your heart. It must evoke strong positive emotions such as joy, happiness, or deep appreciation. Negative events that cause us emotional distress are often easier to remember, because these events often have some shock to them that glues them into our memory. To create that same charge for our positive events, we must venture outside what we know and what is comfortable for us to feel. This often entails doing something that will leave us feeling a little vulnerable, something that is outside our comfort zone. To create unforgettable days, we have to rise above the mundane and design these special days with significant gestures. If you take a moment to think back to some of the memorable days in your life, you will probably discover that they involved some degree of risk or vulnerability. Careful planning and thoughtfulness are also characteristics of unforgettable days. By overcoming the pull of the safe and the ordinary, we can create a day that will leave an indelible impression in our consciousness.

During one of the "Best Year of Your Life" training sessions that I lead, Dez decided that she wanted the three people in her life that are most important to her to feel her love and deep appreciation for them. She had little time and a small budget, so she decided she would make dinner for her husband and daughters and then write something to each of them to share her love. She then went out and bought some flowers, deciding that she would sprinkle rose petals on the table before serving dinner and sharing her words. Feeling very vulnerable and uncomfortable, Dez took time to create a special atmosphere by putting on some soft music and lighting a few candles, so they would know that something out of the ordinary was about to take place. Then, one by one, she sat in front of the three people she loves the most in the world and delivered her heart to them in words, actions, tears, and hugs. When she was done, she knew that she would remember that evening for the rest of her life—and to this day, she still does.

So often we have great ideas of how to lavish love upon those we care for, but we feel uncomfortable going over the top. Yet to ensure that we have a day that will last a lifetime, we must do something that is outside the box to make it memorable.

Creating an unforgettable day does not have to take a lot of time or money. You can declare

Saturday "laugh day" and take your kids to the video store and rent a few funny movies. Then you could cuddle up on the couch, make some popcorn, turn down the lights, and spend the day as a family, doing nothing but laughing. If you had a laugh day with your parents when you were a child, wouldn't you remember it? You could do what one of my friends did and take out an ad in the shape of a heart in your local paper, expressing your undying love for your husband or wife. Then pack up a picnic lunch, a card, and a book of poems and declare it a "romance day." I don't know anyone who wouldn't want to be the recipient of that! Or you could bring some flowers, a bottle of wine, and your favorite board game to the home of a friend you don't spend enough time with and create an unforgettable day with them. You might plan a "family day" and have everyone in your family bring photos that aren't in albums, make everyone's favorite desserts, and sit around and tell stories by looking at the pictures and creating photo albums to last a lifetime.

We can always find an excuse for why today couldn't possibly be an unforgettable day. Look at the reasons and excuses you come up with that stop you from making this day extraordinary. Do you find yourself saying, "I'll do it tomorrow" or "I'll take a vacation with my kids next year"; "I'll spend alone time with my husband when the children are out of the house"; or, my favorite, "I'll do it when I have more time"?

What if creating an "off the charts" day was a practice you did for yourself every month? Some of us are good at doing things for others but cut corners when it comes to making our days alone special. If you're one of those people, creating an unforgettable day may require you to put down your to-do list and think of ways to lavish love upon yourself. Notice if you want to sell out on yourself and give yourself only a few hours or if you want to put it off. Notice if you minimize the importance of creating unforgettable days for yourself.

Choosing to create these unforgettable days for ourselves and others is an awesome task and a "must" if we are truly committed to creating the best year of our lives. Part of the joy of unforgettable days is sharing them with the people we love. Days that leave a lasting impression on us and others don't just come about simply because the sun is shining and everything in the outer world seems to be going our way. They are not the result of good luck or fate. Creating an abundance of best days this year will not just happen; they must be intended, planned, created, lived, and then declared.

If taking the risk to make a day special could touch someone to the point of sheer ecstasy, and inspire them to go out and affect another—well, wouldn't that be incredibly exciting and fulfilling? Isn't that worth the effort? The whole idea of "paying it forward" and creating a domino effect of love and joy is the mission of creating the best year of our lives. Most of us are waiting for the right time or the right moment to make our days special.

What would happen if you stopped waiting, if you seized the day and took responsibility for shifting your experience right now? Would an abundance of unforgettable days lead you to the best year of your life?

Do It! Create Unforgettable Days

Plan one day every month to be a day you will never forget. Consider what would make this day so special that you would clearly remember it for the rest of your life. Give yourself permission to lavish love upon yourself and those you care about. Enroll your family and friends to participate in these days with you. Practice turning ordinary times into fun, unforgettable days.

Thoughts are Living Things. We are co-creators of our present reality.

Many have written to me with their concerns for the earth's survival. Dee in England writes: *"I am so worried about the coming shift as we know it has already started and if we needed proof, the tsunami was the first of many such things that will be happening to our world."*

My understanding from Spirit is that the earth has been bathed in a feminine spiritual energy since the 1980's. This energy was to bring a balance to the predominately masculine energy

that had prevailed for many decades. Humankind's responses to this spiritual outpouring were to be one of forcing us to raise our consciousness to the plight of the least of us. This has been so difficult for many to achieve, but the uprising and acceptance of spiritual groups, spiritual films and documentaries speak of the many who have, or are, achieving this.

An essential requirement was, that we all recognized and accepted that we are all of Spirit, and therefore are all connected to the one source God, the Great Spirit, the Great Architect of the Universe.

Accessing this understanding can only be done by attunement to the Spiritual Self within and letting it manifest in our lives. Those of us who have forged strong links with Spirit are now asked to discipline our minds and to keep our thoughts positive. In this way we can be relied upon, by Spirit, to be a dependable vehicle for the Great Spirit's work.

The planet earth is struggling to adjust to these new vibrations and needs our assistance. Try to live more lightly upon the earth, requiring less and giving more of yourselves. There is a need for less materialism in our lives. We all need to conserve the planet's food and water supply and be active in reducing the world's pollution. People are suffering from more pollution related diseases than our governments will acknowledge.

If it simply means turning the water faucet off more often, or recycling, it is somewhere to start. Using a less gas guzzling car is essential. Being an activist or supporting environmentalist with action or positive thought is another. Seeking to understand other's religion and recognizing parallels in each of our faiths brings a greater acceptance of the many pathways to God.

Our thoughts are living things. We are co-creators of our present reality, and changing the way we think will change ours and the planet's future. This is what is asked of us by Spirit.

The tragic effects of coming shifts on our planet can be altered if enough of us keep, retain and practice what we preach. Keep away from the many websites that predict coming disaster, or those who wish to manipulate us through fear. Avoid the media and newspapers keeping the smooth surface of the mirror of your mind unruffled with negative thoughts. Do not pass on your fears to others. Remember, this is what Spirit asks of us at this time.

The tragic loss of life through the recent tsunami is overwhelming and impossible to comprehend. Understanding the Divine purpose is difficult, but we must try to seek those answers. I believe the Divine hand is in all things. It cannot stop what humankind has set in motion, but through God's ambassadors help is there to lift all Souls affected by this and other disasters. None are left comfortless in their plight, or in their transition into the afterlife.

Off the coast of an Indian resort, sunken beneath the waves, lay two ancient temples dating back to seven A.D. Lost, one wonders, through past tsunamis. It has all happened before, but not, I expect when the earth was so heavily populated. We are moving into a new age marked by Aquarius the sign of Brotherhood. Make brother-sisterhood part of your expanding consciousness and wait excitedly, anticipating what this can do.

Copyright Janet Cyford 2005

~~~~~

#### IN JOHN'S MEMORY

From Dan Millman (as posted on the John Denver Peace Cloth site):

-----  
"As I may have mentioned to you, when I did a final, inspired draft of "Way of the Peaceful Warrior," I played John Denver songs almost exclusively. They opened my heart and let the message flow.

I hope I expressed how much inspiration John's music brought me. His voice and the spirit of the music (as well as words and melodies) opened a place in me where creativity flowed through. I believe that he was one of those "different" (devic) souls, finding his own way even

as he showed the way to others. Beyond the fact that he entertained people as a musical performer -- even beyond the fact that he founded Windstar and spoke for our environment -- his impact goes deeper than many might image."

Dan Millman

<http://www.johndenverpeacecloth.com/letters.html>

\*\*\*\*\*

He Filled Up Our Senses - by Thomas James Martin, published on October 12, 2003

-----  
American singer and songwriter, John Denver. He is my wife's favorite singer, and I love his songs also, but my Joyce relates to him and his music on a high spiritual level.

Sometimes I feel he may have been one of her soul mates while he was here on earth. I say this without any jealousy because Joyce and I go beyond the soul mate concept. Psychics have called us "twin flames," true halves of one being.

We always watch the movies and documentaries about his life and times that usually appear on television every October 12. Joyce usually sheds more than a few tears that he is gone; his music means so much to her.

When we were getting to know each other around twenty years ago, I and many others listened in sheer delight as Joyce sang his songs *a cappella* at spiritual gatherings which we attended.

I think that, perhaps, I first fell in love with my wife upon hearing her rendition of Denver's *Annie's Song*, the first verse of which is quoted in the epigram. My dear wife does not have a professional singer's voice, but she sings like an angel as far as I am concerned. Listening to her sing John Denver's songs is to receive a special gift from Spirit. . . perhaps twice fold. . . as so many of John's songs are written from the heart.

When I hear the inspiring songs of John Denver, I think about his special gift; he composed with a rare, eloquent simplicity of expression, even childlike at times. Who else could have written:

*Country roads, take me home to the place I belong*

*West Virginia, mountain mama, take me home, country roads.*

I do not intend to dwell on John Denver's biography, the difficulties of his personal life or his final legacy to the music world. There are excellent books and movies for you to explore in that regard. You may wish to start at the official John Denver Website.

I will just say that though John Denver reflected the positive side of life in his music that in no way diminishes him as an artist. I mention this because some few critics have derided his music as overly optimistic, Pollyannaish, or even accusing him of following every "vapid" trend.

To me that is missing the point of Denver's music. He was certainly aware of the "dark side" with his failed marriages and troubled relationship with his military father. Yet, he chose (or was compelled) to look upon life in a positive light.

Perhaps, his simple delight in nature and gift for eloquent simplicity of expression enabled him to look upon life as a positive though challenging experiment in love and consciousness. He writes in *Like a Sad Song*:

*Usually in the morning I'm filled with sweet belonging and everything is beautiful to see.*

*Even when it's raining, the sound of heaven singing is simply joyful music to me.*

Perhaps, John Denver was one of those rare people who saw beauty everywhere, reconciling the so-called mystical play of opposites in his lyrics and music. That is, he was an artist who understood that beauty is everywhere, in both the light and shadow, rain and rainbow.

I suppose what I admire in John Denver's music (and in his environmental and humanitarian concerns), is also some of what I admire in my wife, Joyce. Like Denver, she has that generosity of spirit and simple grace that holds me as spellbound as "a sleepy blue ocean."

John Denver once said that "My purpose in performing is to communicate the joy I experience in living."

I believe him.

Copyright 2003, Thomas James Martin, all rights reserved

[http://www.suite101.com/article.cfm/caring\\_soul/103939](http://www.suite101.com/article.cfm/caring_soul/103939)

\*\*\*\*\*



John is a "7" - from [http://www.michaelteachings.com/entity\\_definitions.html](http://www.michaelteachings.com/entity_definitions.html)

---

7th Entity: Primarily Priests/Servers.

Natural healers and nurturers, they love to represent beauty in all its many forms. Sometimes called *The Sweetheart Entity* since these people gravitate toward healing and harmony. You will often find them in professions that involve health or psychiatric care. Psychic and spiritual, 7th entity people often elicit feelings of surrender and compassion from those around them. This is an entity of mostly Servers, and service to others is very important to these people. Though, don't expect to find them on a peace march, or saving the whales. The 7th entity would rather serve others in a more intimate way. This is the bridge entity between Cadres. "Let's see if we can be nice to each other" is a common theme.

Famous People: Rosanna Arquette, Howard Ashman, Christopher Atkins, Ram Dass, Ellen Degeneres, **John Denver**, Johnny Depp, Laura Dern, Melissa Etheridge, Al Gore, Jr., Daryl Hannah, R.P. Kaushik, kd lang, Julia Roberts, Stephen Schwartz, Martin Sheen, Brooke Shields, Gary Sinese, Oscar Wilde.

Statistics: 1177 Fragments/742 Cycled off (at present date, 435 incarnated) Predominantly Priests and Servers, with a smaller number of Sages, Scholars, Kings, Artisans, and Warriors. (2 Wild Card Artisans, 4 Wild Card Priests)

~~~~~  
IN JOHN'S WORDS

John Denver said, "One of these days I'll be so complete I won't be human. I'll be a god." (The Wiz of Show Biz, Newsweek, Dec. 20, '76).

Holland TV Interview 1992

Q: Are you a religious man? Because in Holland all the records we can hear mostly on one religious station.

John: Really?

Q: Yeah! It surprises you?

John: Oh yes, it does. I'm a very spiritual man. I'm not a religious man.

Q: What's the difference between religious and spiritual?

John: Well, I heard a definition... I'm not sure it is accurate but it rang a bell for me, the definition that religion was about fear and guilt, and spirituality was about growth and ah...- long pause- I don't know, growth and something...

Q: Silence? (in response to John's silence)

John: Well, maybe silence, yeah... (laughs) But I think that...I'm not sure that I agree with that. My experience is that religion is the form that you give your spirituality, and in some places in the world; and I have great respect for all of the forms except when I notice those forms being the ground to separate people one from the other as opposed to bringing us closer together.

Q: The fascination you have with Space, has it something to do--to be closer to God, or whoever he may be? John: I cannot be closer to God than right here where I sit.

Q: OK. But where comes your fascination from?

John: Well, my father was a pilot, I've always been ... fascinated with flying, I'm a pilot myself. And from the time I was a small child, I remember once laying, on the farm that my father was raised on in Oklahoma, laying one night and seeing the stars like for the first time, and just overwhelmed by what I could see out there, what I could visualize, and wondering what that had to do with my life--how was I connected and a part of that. (last question; I may be doing the whole interview, later)

Q: You're going to sing for us a new song. Is writing of this song--was it influenced by your second divorce?

John: No, I wrote the song before Cassie and I got divorced, but it has to do with our relationship. You know, all of the songs that I've written come out of my own experiences, both the joyful and the painful. And it's a healing thing for me I suppose, to be able to express myself, and even more so to try and say something in a way that people out there in the world recognize, you know, that they are not alone in the way that they feel, that other people

going through the same kind of things. And quite often that's the best thing about the painful songs, that the people out there know they are not alone.

~~~~~

HIS SPIRIT STILL SINGS!

Editors' Note: We've creatively changed the title in order to correspond with the compilation of stories that Margit and Eileen are putting together. Some of these experiences will be included. The variety and amount are staggering and leave little room for doubt!

8/30/2000

On Sunday morning when I got up, my kitchen smelled like chocolate chip cookies. We all know how much John loved chocolate! I thought it was strange, but really didn't think any further about it. I don't have any chocolate in the house so I have no idea why my kitchen would smell like someone baked chocolate chip cookies!

Well, this morning, the same thing--chocolate chip cookie smell in the kitchen. I just laughed and said, "Darn it, John! If that's you, why don't you leave some cookies for me?"

I went into work and when I walked into the lunch room, there on the counter sat a tin of chocolate chip cookies! Everyone thought that I had brought them in because I'm always doing things like that. But I hadn't done it. We asked around and no one knew. The only person left was our boss, so we figured that his sweetie had baked them. No one wanted to ask him, but that's still an amazing coincidence anyway.

Pat L.

\*\*\*\*\*

10/03

The last time I was in Aspen I asked John how it was that he could communicate with so many of us at the same time, especially when we are all in different places. I was sitting in a chair with some pictures of him that I had recently acquired scattered in front of me on the coffee table. He replied, "It's very similar to how you are able to view those pictures as they are all laid out in front of you...and how you can focus on the entire group of them or hone in on one in particular at any moment. That is how my relationship exists with each of you."

Eileen

\*\*\*\*\*

A post from one of the JD fan sites:

-----

11/21/04

I went [to Aspen for the first time] with this one thought in my mind....that I would take in EVERYTHING and EVERYONE with WONDER, APPRECIATION, LOVE and CARING as it would possibly be the ONE and ONLY time I would have the opportunity to be there. As it was, each member of my immediate family contributed to my being there.

And I encountered specific synchronicities that ONLY JOHN DENVER could have arranged to have come into play. I KNEW I was meant to be a part of ASPEN, and I truly appreciated being there. I have been FILLED with wonderful experiences of synchronicity and love from amazing souls that each and every one have JOHN DENVER'S spirit guiding them into my life.

I could go on and on....the bottom line is where your mind and heart are focused, is where your life goes.

Wendy N.

~~~~~

EARTH RHYTHMS

Enjoy Nature-Connected meditation techniques at <http://www.ecopsych.com/meditation1.html>

Mayan Alert

Prayer Ceremonies on January 18th and February 12th, 2005 (see below)

January 10th 2005 - EARTH CHANGES TV NEWSLETTER

Mayan Elders Give Urgent Warning - by Mitch Battros

I have just received an urgent notice from Adam Rubel of Saq Be (<http://www.sacredroad.org>)

Adam states he has just received word from Carlos Barrios (Mayan Elder), that earth changing events are in motion to escalate. No, not next year, not next month, but next week or next day. The first thing Adam reminds us do is hit the panic button. What is unfolding is in perfect order and the Earth has seen this many times before. However, it is suggested, and I am personally suggesting to you, that our collective influence can make a difference. I believe this is what our ancestors have told us all along. It says so in the Bible, in the Mayan Calendar, in Tibetan Sanskrit, Hopi Petroglyphs, Egyptian Hieroglyphs and the list is endless. No, this is not woo-woo, it is science. More on this below.

Mayan elders have specifically given warning to five continents. Three of which are named.

1) North America 2) Europe 3) Central America.

Through the ancient techniques of divination and tools of prophecy, the Mayan elders are calling forth to pay close attention to messages being set forth by ongoing earth changing events. The recent destruction that manifested in Indonesia is predicted to now occur rapidly upon five continents of the earth. This message is not meant to induce fear, but to give warning of preparation and remain aware of your surroundings. The elders are concerned about what has been presented in their recent divinations and they call to all humanity to warn their leaders and to work very hard at a spiritual level to prevent the impending destruction. Adam reports this message has been verified and brought forth by various Mayan elders in Guatemala, and is meant for distribution to all humanity. Last year's record breaking hurricanes and the 9.0 mag. earthquake with following tsunami in Indonesia have been warnings of possible coming floods in Europe and the US West Coast.

Prayer/Meditation Not Woo-Woo But Scientifically Grounded

Professor Richard Davidson (University of Wisconsin) just released his latest research on the power of meditation. I have sent word to Dr. Davidson to arrange an upcoming interview on Earth Changes TV Radio Hour. In a Washington Post article released earlier today, Professor Davidson reports over the past few years researchers at the University of Wisconsin who have been working with Tibetan monks were able to translate those mental experiences into the scientific language of high-frequency gamma waves and brain synchrony, or coordination. They have pinpointed the left prefrontal cortex, an area just behind the left forehead, as the place where brain activity associated with meditation is especially intense. Many have long believed it is the Pineal Gland. Davidson says his newest results from the meditation study, published in the Proceedings of the National Academy of Sciences in November shows that mental training through meditation (and presumably other disciplines) can itself change the inner workings and circuitry of the brain. Mayan Elders have put out a specific call for people around the world to join in prayer, meditation or whatever method of spirituality one engages in to unite on January 18th at the time of their local sunset (approx 6:00PM). This date is (9) Keme, according to the sacred Mayan Cholq'ij calendar available at <http://www.sacredroad.org>, and has the potential for protecting humanity from disaster.

There will be many major ceremonies in the Mayan communities for this purpose. An open invitation is extended to humanity that wish to join the Mayan people for the Waxaq'ib B'atz' ceremonies on February 12th in Guatemala.

Mitch Battros, Producer - Earth Changes TV <http://www.earthchangestv.com>

WARNINGS OF DISASTER FROM THE ANIMAL KINGDOM

According to National Geographic, there have been a significant number of reports documenting animals who seemed to sense the recent Asian tsunami before it hit. For example, Sri Lanka's Yala National Park suffered many human casualties, but park managers said the wildlife suffered almost no casualties. "The elephants, wild boar, deer, monkeys and others had moved inland to avoid the killer waves." In Thailand, seemingly insane elephants

broke their chains and fled inland before the waves hit. Authorities in India reported that "the indigenous, stone-age tribes of the Andaman and Nicobar islands escaped the effects of the tsunami because they heeded warning signals from birds and animals."

A number of scientists have pointed out that this remarkable behavior should alert us to pay closer attention to a wide range of warnings from the animal kingdom, not only in regards to natural disasters, but also in relation to danger signs of the impact on animal and human health of environmental pollution, such as the recent outbreak of frog mutations, species extinctions, and drops in mammalian fertility.

<http://www.organicconsumers.org/corp/tsunami.cfm>

PLANET ALERT - by Mahala Gayle

January and February 2005 - www.alcseattle.com

We're in 2005 already. Where does the time go? What's up for this year? The outlook is not very good for the lower dimension Earth. However, we have the choice of how we respond to events. We can respond by focusing on the negativity or we can respond with joy in our hearts. I prefer to know what is going to happen on the Earth so I can be mentally prepared for the events.

We ended 2004 with a major disaster. The positive aspect of this disaster was that it was a great heart opener for people all over the world. I had a dream about that quake on July 23, 2001. My dream was of a huge earthquake. I was in observation mode in the dream so I knew the quake would not be where I live. The dream started out with an earthquake. The first quake that happened wasn't that bad. (This refers to the 8.2 quake that happened on December 23). Then a second quake hit and it was huge. It shook the whole world. In my dream I was observing tremendous damage from this quake. I had written down that I must have been by an ocean because there was much water in the dream. I was expecting this earthquake to happen some place in the world.

If I had been paying attention to the planets I would have seen this quake coming because it was so obvious. The Sun was in the Earth sign Capricorn right over Sumatra at the time it happened. Earthquakes always increase when the Sun or a major planet is going through the Earth signs of Taurus, Virgo or Capricorn. It was also a full moon in the water sign of Cancer. There were five planets lined up at Christmas, and they stayed that way for a week. There is tremendous pressure when planets line up at a full moon. Neptune, which rules the ocean, is stationary over the Indonesian Islands.

There was also a meteor shower present at the time of the quake. Some say there was even a meteor that landed in the ocean and caused this quake. This is a possibility because there had been a number of reports relating to fireballs, mysterious lights in the sky and exploding meteorites turning 'night into day' in both Indonesia and China during December.

Coinciding with these events was the December 22nd report that scientists had identified a small asteroid after it had passed Earth orbit. It was below the orbits of some satellites. What happened to that asteroid? Did it fall into the ocean? Another possible cause of the quake was the Gamma Ray Burst that came in from the galactic center on December 21, 2004. This burst could have activated the underground fault which was triggered when the planets were just right. There were also two volcanic eruptions in India right after the quake. There is also a comet in the heavens that can be seen the whole month of January.

The straits of Malacca, one of the world's busiest shipping channels, were significantly altered by the quake. The straits which separate Malaysia and the Indonesian island of Sumatra had its depth cut from 4,060 feet to just 105 feet. This is major because this is a main shipping channel, and some of the ships need more depth than 105 feet to pass through the channel.

The opposite side of the world, which is ruled by Cancer, experienced tremendous snow storms around Christmas that played havoc with transportation. This is the area from the Mississippi River to the East Coast. At the same time the planet Mars was activating southern

California and Arizona. They also had tremendous storms. As I am writing this article the planet Mars is starting to cross the United States, Pluto is over the Midwest and Saturn is over the East Coast.

The 9 point earthquake that just happened was predicted in the Bible. I also published the prediction in my article of March and April 2004. The tidal wave finishes up the 18th chapter of Revelation and lets us move into the 19th chapter. The 17th and 18th chapters talk about the new Babylon being attacked (New York) and the total fall of the old Babylon (Iraq). Then a stone (asteroid - beam?) from heaven falls into the sea and causes a great quake. The Bible says, "Then a mighty angel took up a stone like a great millstone and threw it into the sea."

The 19th chapter talks about the return of Christ Beings in white ships. It also talks about a war happening at the time of their return. We still have Korea, Russia, China and all of their Arab allies to deal with. At the end of the 19th chapter it talks about the downfall of the controllers. According to the Bible, we still have almost 3 years left to go through the great tribulation which lasts until September of 2007.

The first trumpet was the first world war. The second trumpet was the second world war. The third trumpet was the atomic bomb dropped on Japan. The fourth trumpet was all of the volcanic eruptions that have happened on Earth. The fifth trumpet was when the whole world gathered together to attack Iraq in January of 1991. The sixth trumpet was when we attacked Iraq on March 18, 2003. The 27 year war in the Middle East that Nostradamus talked about started when Iraq attacked Iran in September of 1980. Now the seventh trumpet is about to blow which heralds the awakening of Christ Consciousness on Earth. We have been in the tribulation for a long time.

There are three cycles ending around the same time period. The Kali Yuga cycle gives the ending date of 2010, and the Mayans give the year 2012. We are getting really close to those ending dates.

The Kali Yuga is based on the planet Uranus going through the signs. Between 2003 and 2010 we find Uranus going through the water, ocean, sign of Pisces. Uranus is the planet of change, and there will be many changes in the next few years. In 2010 Uranus moves into Aries and that brings new beginnings.

This past earthquake is just the beginning of great Earth changes. I believe we will see many earthquakes, volcanic eruptions, storms and maybe more tsunamis in the coming year. The areas the planets are over is where the events will manifest. Right now the Sun is over the Indonesian Islands and will remain there through February.

For the past year and a half the north node of the moon was moving through Taurus and the south node Scorpio. One of the things Taurus rules is money, and we saw the decline of the American dollar. Scorpio rules the Middle East, and everyone knows about the war in Iraq. Now the north node is in Aries and the south node Libra. Aries is ruled by Mars which will bring fire events like fires, volcanic eruptions, war and violence. The south node is touching Jupiter. I consider Jupiter the earthquake planet, so quakes will continue all year. The areas most likely to be affected by this placement are Hawaii, Alaska and the ocean off the West Coast. The other side of the world is Italy, Greece, Egypt and surrounding countries.

With the planet Uranus moving through Pisces, there will continue to be great events in our oceans, particularly the South Pacific. The ice at the poles will continue to melt, which will cause flooding along the coast-lands. It is not a good time to live by the water unless you are on high ground. The Earth is taking a bath.

Unfortunately Jupiter will be making a square to Saturn for the better part of this year. This brings problems with business and is not a favorable period for initiating changes in business or professional affairs. There will continue to be unemployment or a slow-down in business activity. If you don't want to be affected by this energy, you will have to create your own reality.

The Chinese new year starts on February 7, and it will be the year of the Rooster. The Rooster likes to flaunt his authority and a lot of trouble can come from his domineering attitude. Since he also symbolizes a good administrator and overseer of justice, the peace Politics will adhere to hard-line policies. The diplomatic scene will be dominated by philosophical orators who rave a lot about nothing. Governments will be found flexing their muscles at each other although everyone will be too concerned with themselves, because of the great Earth changes, to care what other people are doing. Big brother will try to control us this year, although I think Mother Earth has other plans.

Another event on the agenda is the Earth passing through a dust cloud in space. This dust cloud entered our solar system in August of 2003. I think this dust cloud will black out the Sun, and there will be the 3 days of darkness that has been prophesied for so long. I think this event is the meteor shower Ed Dames talked about on the Art Bell Show. He said "when you see one of our space shuttles going up, and then being forced down by meteor showers, 'pay attention' because this is the sign of the end."

It says in the Bible that not one of the people who have God's mark on their forehead will be hurt as the world goes through the great tribulation. This mark is your awakened third eye. In 1987 there was a supernova that exploded in the constellation of Pisces that formed an eye in the sky. This explosion caused many people to wake up and open their third eye. The scientists are expecting the gas in this eye to catch fire this year and to really glow. We might even be able to see it from Earth. When this eye in the sky glows, we can also start to glow. As above, so below.

In order for your third eye to glow, you need to have nine strands of DNA activated which corresponds to nine chakras. To activate your DNA you have to pass the ninth initiation. We just passed the eighth initiation which was problems in the area of money issues, sexuality, secrecy, integrity and relationships. It was connected to the sign of Scorpio. Bill Clinton was the actor who led us into the eighth initiation by his affair with Monika.

On 11-11-04, waves of aqua energy started coming to Earth. Now there is an aqua comet in our heavens. This comet is the color of your soul star chakra at the back of your neck which is considered the eighth chakra. This comet represents graduation from that level. We will now be going through the ninth initiation. The ninth initiation is when you have to face all of your fears, every one of them. There are good actors on the world stage right now that bring fear to the foreground. This will give us the opportunity to look at and release any remaining fears.

The energy of the ninth chakra is C#. This energy is being broadcast to Earth right now, and the color is red/orange. This color activates your endocrine system which connects to all of your nine chakras. Right now there is a filament on the Sun which stretches more than 250,000 miles from end to end. The color of this filament is red/orange. We have the opportunity right now to activate our light bodies. Are you ready, or do you have more fear to release? I send you my blessings.

~~~~~  
**"When the heart grieves over what it has lost, the spirit rejoices over what it has left."**  
Sufi epigram

~~~~~  
HEAVENLY CONNECTIONS

When your beliefs are centered on love of God, knowledge of self, and understanding of the principles of giving, sharing, and receiving, then faith will carry you through all obstacles to the fulfillment you desire. When your beliefs are only for self, created by worldly needs, built around formulas, and conditioned by others, no amount of faith will make your life whole. Such beliefs are not founded on anything enduring or interconnected with the supreme power of life. Faith will not change that. So in achieving greater fulfillment for your life, the place to begin is with a greater understanding of belief. Once you understand your beliefs and apply them more masterfully, your faith will have a rock on which to stand. ("The Keys of Jeshua" page 108)

Last night I was awakened by what seemed to be a rush of wind. I looked at my bedroom door, that was wide open, with my wife who died two months ago standing there. She said, "Well, are you going to invite me in?"

I said, "But-," and she said, "Yes, you thought I was dead. Do I look like someone dead?"

I said, "No, You are as solid as I am."

She said, "I am going to get in bed with you, and stop worrying about me." She said, "You were right, we don't die."

I was so happy to see her. When I woke in the morning, she was gone. What an experience.

George - from www.afterlifeknowledge.com

More afterlife discussion may be found at

http://www.beliefnet.com/boards/message_list.asp?boardID=14161&discussionID=408018

Some Other Spiritual JD Sites:

<http://www.foreverjohndenver.com/>

<http://groups.msn.com/jdspirit2004>

72 Names of God

Why are there 72 Names of God? Why so many?

Each name connects us to a different frequency of energy. Some are for health, some for love, some for anger, some for ego. *The Zohar* says there are 72 fields of energy where we allow doubt to take over our lives. There are 72 energies that make us feel like we've lost control. The 72 Names of God are antidotes against these doubt zones.

Until you erase doubt, situations will keep coming to you. As you go through your process, eliminating doubt in one area, it will surface in another area. You might get rid of doubt in relationships, but then all of a sudden it will appear in your finances.

These three letter sequences are codes to awaken you to remember you can have financial sustenance, you can have soul mate relationships, and you can have health. YOU CAN HAVE IT ALL! They awaken the force of certainty in whatever part of your life doubt exists. Isn't this the most incredible gift?

True freedom is getting rid of doubt and taking control of your life. You want freedom? Use the 72 Names and get it! Awaken your desire that you want control. Don't justify your victimization. Part of your essence wants to run from responsibility. But as a creation of the Light, you also have the power to be God - you have the power to create what you desire, when you desire it.

~~~~~

**"No ones death comes to pass without making some impression and those close to the deceased inherit part of the liberated soul and become richer in their humanness."**

Linn Conyer

~~~~~

FROM HE WHO SEES THE EAGLE

Allowing - through Margit - 1/12/05

"Allow me to lift you up and beyond the struggle you experience in 3-D. When we do this, you can see things as they really are, and this will give you the inner strength and wisdom to deal with whatever throws you out of center/balance while you're in the 'negative' situations in your reality. I keep my distance if that is what you want; but see--I can be close even as you feel stuck in lower vibrations--because it is just a matter of perception, and not who and what you really are. Don't forget--in my reality I can see right through illusions.

You know I knew struggle and pain all too well, and often tried so hard to suppress certain

emotions--but it doesn't work that way, only increases the pain and conflicts. ALLOWING is the key.

Allow me to be as close as I can be. Allow yourself to be who you are. Allow your light to shine through your physical appearance. Allow yourself to feel ALL feelings. Allow yourself to heal.

*Allow yourself to live your dream, now. Allow the changes to manifest in your life, and allow everything that is blocking you in any way, to go. Allow and trust what you know in your Heart (is true) and that it will always be for your Highest Good. Allow yourself to **Be** the glorious being that you are. Allow your wings to unfold, and then fly! (Yes, it's true: The higher we fly, the farther we go, the closer we are to each other.)*

Allow us here in the spiritual dimension to shower you with our unconditional love. Allow us to give you our support at all times, allow us to cheer you on, to laugh and to cry with you. Allow me/us to remind you of your true self and our connection when you get too caught up in the physical reality and appearances. Allow your greatest Dream to come true, for it is our Dream as well.

*Allow me to embrace you in this very moment as you read these words. Your love is so precious to me; I feel it every 'day' and I reflect it back to you--and especially when you're down, feeling low. You see, we haven't even started, yet (somehow much of it seemed very subtle to you, not necessarily to me)...but we will. You **are** doing so well, and believe me when I say that I'm proud of you...ah yes, I see your devotion. Again--allow things to get easier and to work **for** you instead of working against you. **You** have the power, and the tools to create the New World; and I/we will assist you if you ask, if you allow.*

I love you and **I thank you** for your love and that you continue with our work in the physical realm. Here, I do not experience the 'separation' quite to the extent as you do, but I understand your feelings and emotions and I miss you too, in a sense. And I can't wait until we can re-unite for real, when we will experience it fully, completely, without restrictions and barriers! Until then, let us enjoy and cherish what we have now, together. :-)

May you feel warm and safe in God's Love always.

Peace, Blessings and Rainbows **

JOHN"

Here are links to two after-life messages, supposedly from John. Each reader will have to determine whether or not it is really him. It is my opinion this is questionable due to the nature and message of the website from which they were obtained.

John Denver's experiences - January 1st, 2003, Santa Cruz, California - Received by F.A.B.

I am here, John Denver. Yes, it is I, John Denver. I am so happy to be writing through you. I am so humbled. Some of the spirits who have written through you have been so highly developed. But I desire as well to share some thoughts with you.

First, let me say that I deeply appreciate your love of my music. It was my earnest desire as a mortal to communicate through music important ideas. I see I have been successful. At times I got despondent that my music was weak compared with the forces of sin and error. But thankfully, I was wrong.

As to my own development, as you know, I have only been in spirit a short time. I did visit you shortly after I died. At that time, I was exhilarated to be out of the body and free of earth cares. But before long, as you accurately predicted, certain negative things I had done or said, rose to face me, and I suffered.

It was wonderful in the earth life to have the sort of fame and exposure so that I could be effective in my favorite causes. But this came with a price. My fame created unusual pressures in my life, causing me to mess up certain aspects of my personal life, such as my marital

infidelity. People must not think that fame and fortune are a picnic, because they are not. I was constantly in demand, and found it hard to say no to certain activities that took me away from my family and children.

As to the Divine Love, you will be gratified to know that I am seriously considering what has been told me about it. I have tried the experiment, and new feelings have arisen in my soul. So I believe that there is something to it. Furthermore, I have seen so much activity of high angelic spirits around you, so I know there must be something to it.

My music just came naturally. As with your poetry, my songs simply arose to my consciousness, and I wrote down what I had received. I early on considered the thought that their origin must be higher than just my own head. And as I examine them from the vantage point of the spirit world, I see that all along I was right.

Aside from the gift of my music to the world, which has consoled me, I had been the cause of some unhappiness to people I was intimate with, including my first wife, Annie. She had stood by me for many years, and then decided to call it quits. I don't blame her. I'm sorry for how I hurt her and my children, even as I was devoted to them.

I recorded some of this unhappiness in my songs as well as a love of life and nature. It was good to have this opportunity to vent these feelings and to share what at my best was a genuine joy in the beauty and miracle of life.

I see how devoted you are to my music, and I can only thank you. You, and others like you, confirm my belief that I truly did something worthwhile. This has brought me consolation in my sorrow. I will come again and write. Please know that you are free to share with me your thoughts and ideas regarding the New Birth of the soul.

With love,
John Denver

<http://new-birth.net/contemporary/fab15.htm>

John Denver's changed perspective - January 23rd, 2003, Santa Cruz, California - Received by F.A.B.

I am here, John Denver. I thank you once again for permitting me to write. The higher spirits who protect you in this endeavor have given me permission, and I feel so privileged to do so. I did explore many different religions on earth, but I realize from hindsight that I wasn't able to successfully integrate any one of them. But I did firmly believe in God and the sanctity of His creation, as you can see from my songs.

It seems that many aspects of my earth life are fading away. Indeed, being in the spirit world is such a different experience. I wish I could say that I am happy, but I am not. I have been inquiring and investigating your beliefs. They really seem to be working for you, and also for your colleagues, for you must know that we spirits, no matter what our condition, are permitted to observe mortals. So take comfort in the fact that you are a positive example even for some spirits you know nothing about.

I want to say a word about your music. You must believe in your musical gift more. You must look forward to the time when you will resume composing. You will be guided to do this at the appropriate time. Know that only you can write the music that is the expression of your soul. I know how pleased and honored you feel that I am telling you this. It was felt that I could be of use to you in this way. I have wanted to do something nice for you.

You will eventually come upon Annie's address, and then you will take a message from me to her. I feel so relieved that you have determined to do this for me. I thank you so much. Being in the spirit world has made me think differently about a lot of things. I have a better perspective, though I wish I had tried harder on earth to sort of detach from the earthly concerns. Of course, I did feel I was expressing my soul by communing with Nature and advocating for various causes. But, even with all this activity, I think that in some ways I

missed the point. Let me explain.

I believed firmly in the oneness of humanity, the sacredness of life, and the one true God. But I often didn't let these beliefs filter into my personal life. They were what I believed in, but they did not prevent me from erring in some ways in my personal life. The fact that I had those wholesome beliefs did not prevent me from realizing, through conscience, that in some ways I failed. I want the world to know that neither musical talent nor lofty ideals can prevent suffering in the spirit world if a person has done things that are not right and are unatoned for.

I think I have expressed tonight what I wanted to say. I appreciate your goodness and know that we are now good friends.

Sincerely,

John Denver

<http://new-birth.net/contemporary/fab26.htm>

~~~~~

#### SONGS OF...

The Science of...

-----

The academic who investigated geometrically how to properly touch, is named "Manfred Clynes". His first book on the subject is called "Sentics", another is called "Music, Mind and Brain". His work on the known wave forms to express emotion, as a concert violinist, was also featured on the Nova series, "What is Music". Most currently, users are advised to consult his website ([microsoundmusic.com](http://microsoundmusic.com)) for music custom designed to contain perfected wave forms of sonic pressure and envelope to optimize the FEELING of the emotion intended.

You can read more on this phenomenon and others at:

<http://www.soulinvitation.com/touch/touch.html>

\*\*\*\*\*

The Spiritual Aspect of Music - by John M. Sciuillo

-----

What is the spiritual aspect of music?

I remember vividly my two years of lessons with Vladimir Horowitz and how I felt when I first met him. It was as if I was transported onto a movie set of my past memories of seeing him on television, since those films were made at his home on 94th street in Manhattan. And there I was, sitting across from the pianist I had so much admired all my life.

We would have two to three hour lessons and at certain times I was invited to be his guest for dinner before the lesson, which was a rare treat. Our conversations would cover a variety of topics: some were profound and others friendly and comical. We once talked about how some pieces had an overall masculine feeling, while others, like a nocturne or soft piece were more feminine, or passive. There would also be pieces that would not apply to such a generalization, such as the Polonaise-Fantasia of Chopin.

Perhaps the masculine/feminine way of looking at a piece of music is directly related to our emotional nature and how we respond emotionally to music.

Once, when talking about concerts and audiences, he said that a large percentage of the people in his audiences would immediately respond to his brilliant technique, or how he would play the virtuosic, showy pieces. Of that larger percentage, maybe 30%-40% would respond on the emotional level, or to the musicality of his interpretations; the mood or feel of the piece. He would then say that it would be only about 2-5% of the audience that was in tune to what he was doing spiritually. He must have really been aware of his audiences and sensitive to them.

I wonder if the larger group may have still been responding spiritually, but perhaps on a more subconscious level. It would seem that audiences often do have an instinctive knowledge of

what a "good" performance is.

It would seem to me that the spiritual nature of music is that music is a reflection, or mirrored image of the something heavenly or not of this world. It exists as an invitation perhaps to another way of living, beyond the everyday concerns that we all seem to get caught up with. Music can take us someplace and take us away from our troubles, but whether we choose to live out lives that way is entirely our choice. The music is a reflection. If it were heaven or the divine itself, then people would surely be transformed once hearing a piece of music, and they rarely are. We usually go back to our basic way of living.

Perhaps we all have an invitation of some sort when we hear music of a spiritual nature, an invitation to another way of living that is there for anyone. I would think that the mirror is in some way inviting us to this way of living, or maybe letting us know that there is more to life than all that we sometimes get caught up in.

Music has always been a very special part of my life and I am thankful for the experiences I have had when sharing my music with people and the feedback they give me. I sometimes wonder if it really does make a difference? But when I do, I will quickly get a reminder from a fan that a piece of mine saved them from depression, or that they love to hear my CD's throughout the day, and that is a beautiful feeling: to know that perhaps it really is making a difference.

John

Some of John's CD's are offered in [Shirley's World](#)

~~~~~

"Most achievements are the result of many little things done in a single direction."

Quebin

~~~~~

CHOICES IN ACTION

I Will Do More

-----

I will do more than belong - I will participate.

I will do more than care - I will help.

I will do more than believe - I will practice.

I will do more than be fair - I will be kind.

I will do more than forgive - I will love.

I will do more than earn - I will enrich.

I will do more than teach - I will serve.

I will do more than live - I will grow.

St. Paul's Evangelical Lutheran Church, Sassamansville, PA

\*\*\*\*\*

Dear Friends,

We are deeply saddened and moved by the unfortunate disaster that has killed over one hundred and thirty five thousand people and left another 5 million homeless and destitute. The deadly occurrence has not only destroyed the countless coastal communities of Indonesia, Sri Lanka, India, Eastern Africa, and Thailand, but could potentially lead to a generation of suffering previously unknown to humankind.

In response to this crisis of epic proportion, we at The Kabbalah Centre are joining the many world relief organizations in their efforts to address the most immediate needs of these countries. To that end, we are committed to sending Kabbalah Water, Zohars and other needed supplies to the affected areas, particularly to the people of Indonesia.

As you know, lack of portable drinking water is a primary cause of further suffering and death by those who have survived the initial tragedy. The Kabbalah Centre has partnered with Operation USA ([www.opusa.org](http://www.opusa.org)), a widely respected international humanitarian relief agency, to distribute these supplies to those in need. In fact, we have already taken action and will send thousands of containers of Kabbalah Water and tens of thousands of Zohars to this part

of the world beginning on Monday, January 3. Moreover, Kabbalah students have distributed thousands of Zohars to the people of Thailand over the past five days.

We believe that our mission at The Kabbalah Centre mandates that we respond to this crisis in a truly humanitarian way - one consistent with our belief that we are all mutually responsible for the chaos suffered in the world.

We would like to invite you to participate in this monumental undertaking by making a contribution to *The Kabbalah Centre Charitable Fund - Project Asia*:

<http://kabbalahwater.com/fund>

The clock is ticking, so please join the effort to save thousands of lives. To see how you can help call 1.800 KABBALAH. (To call from outside the US click [here](#)). In addition to this tremendous outpouring of material support, we also urge you to meditate for all of human-kind. We suggest you meditate daily on Mem Hey Shin to relieve the severe pain and anguish of those affected by this disaster. Through our collective consciousness, we can transform chaos into Light, so that those who have endured this tragedy may be comforted and so that these disasters no longer plague humanity.

Sincerely,  
Yehuda Berg  
The Kabbalah Centre  
\*\*\*\*\*

PEACE - sent by Ginny Cowie:

-----  
**"Peace is not merely the absence of war but also a state of harmony between people and groups across the socioeconomic, political and religious spectrum."**

- Ken Culver, a co-founder, The Foundation For Peace

**"Kwan Yin of the gentle hands, with arms held wide in benediction: come between my enemies and me and join us together in peace."**

- Ceisiwr Serith

**"God's dream is that you and I and all of us will realize that we are family, that we are made for togetherness, for goodness, and for compassion. In God's family, there are no outsiders, no enemies. Black and white, rich and poor, gay and straight, Jew and Arab, Muslim and Christian, Hindu and Buddhist-all belong. When we start to live as brothers and sisters and to recognize our interdependence, we become fully human."**

- Desmond Tutu

MoveOn.org <<http://www.moveon.org/>>

Peace Action <<http://www.peace-action.org/>>

United for Peace and Justice <<http://www.unitedforpeace.org/>>

Veterans for Peace <<http://www.veteransforpeace.org/>>

MK Gandhi Institute for Nonviolence <<http://www.gandhiinstitute.org/>>

Nonviolence.Org <<http://www.nonviolence.org/index.php>>

Earth Peace Plan 2010 by Robert Muller <<http://goodmorningworld.org/peaceplan/>>

Visions for Peace Among Religions <<http://www.interspirit.net/vpar/group.cfm>>

Drumming Peace <<http://home.acceleration.net/clark/DrumO/Drum0.html>>

**"It has been my conviction ever since reading Rauschenbusch that any religion which professes to be concerned about the souls of men and is not concerned about the social and economic conditions that scar the soul, is a spiritually moribund religion only waiting for the day to be buried."**

Rev. Dr. Martin Luther King Jr.

"While we watch the storm clouds gather and prepare for the storm, let us never forget that the sun still shines behind those dark clouds, and may somehow break through before the storm descends. I see sunshine in the real desire for peace in the hearts of humanity, even though the human family gropes toward peace blindly, not knowing the way."

- Peace Pilgrim

"Looking for peace? You can find it in the stillness of all of God's creation and in the heart of another seeker."

- Bob Perks

Mother Theresa was once asked to join a protest against war. She refused saying, "I would rather march for Peace."

Never give up  
No matter what is going on  
Never give up  
Develop the heart  
Too much energy in your country is spent  
Developing the mind instead of the heart.  
Be compassionate not just to your friends but to everyone  
Be compassionate.  
Work for peace in your heart and in the world.  
Work for peace and I say again  
Never give up.  
No matter what is happening,  
No matter what is going on around you,  
Never give up.

His Holiness the Dalai Lama ("The Pocket Zen Reader," edited by Thomas Cleary, 1999.)

#### INDIGENOUS ELDERS' CALL:

This is a call for Global Four Directions Prayer for Peace, to end the war and global violence. We are asking all the leaders and peacemakers to join us in this effort.

On September 11, 2001, as a result of the tragedy, we were all one people and it is time for us to come back together with one heart, one mind, one prayer, one intention to create a more peaceful world for the generations to come and all our relations.

This activation comes as a request from some of the Four Directions Elders and Medicine People as communicated to Grace Smith Yellow Hammer. We are requesting spiritual leaders all over the globe to call their people together in their sacred spaces so that all people, all colors, all directions are included in this effort. With all the devastation of war and escalation of terror and environmental harm on the planet, it is obvious why we need to come together at this time.

For those of you who will understand this, there was recently a quarter moon in the morning with two stars within the crescent. This along with the recent Venus alignment, is a potent call for an activation because it signifies both danger and opportunity.

We hope you will be inspired to join us in this call. We are simply asking all people of all races, all faiths, all traditions to pray for peace and healing in whatever way is appropriate during this time and to remember that as we link with one heart, one mind, one intention we can heal the world one step at a time.

May peace prevail on Earth,

Sincerely,

Grace Smith Yellow Hammer, Dineh [Navajo] [yhammer@c...](mailto:yhammer@c...)

**Grandfather William Commanda, Annishinabe [Ojibway], Keeper of the Seven Fires Prophecies Belt** <<http://www.circleofallnations.com>>

Grandfather Martin Gasheseoma, Traditional Hopi Elder

**Chief Arvol Looking horse {Lakota},** <<http://www.wolakota.org>>

**Venerable Bardor Tulku Rinpoche [Tibetan Buddhist] Karma Triyana Dharmachakra** <<http://www.kagyu.org>>

Roberto Borrero, United Confederation of Taino People [mayohuacan@y...](mailto:mayohuacan@y...)

***"I'm with you in singing skies and dancing waters,  
Laughing children, growing old  
And in the heart and in the spirit  
And in the truth when it is told."  
John Denver***