

Special Love and Peace Issue #2, 2006

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Lost in a boat on the ocean  
 Lost in a ship out at sea  
 Lost in the dark of misfortune  
 Where is the light I can see?  
 Where is the highway to heaven?  
 Where is the love we all need?  
 Where is the peace that we long for?  
 Where is the man who is free?

Here in the heart there is freedom  
Here in the heart there is peace  
Here in the heart is the answer  
To questions much deeper than these  
You've got to hold on tightly, let go lightly  
It's only surrender, it's all in the game  
If you just hold on tightly, let go lightly  
There's always forgiveness and no one to blame

Some will take fame over fortune  
Some will take love over gold  
Some will pray only for power  
Some never want to grow old  
Some see the day that is coming  
Some only see what has passed  
Someone will always be first in line  
Someone will always be last

Here in the heart there is freedom  
Here in the heart there is peace  
Here in the heart is the answer  
To questions much deeper than these

John Denver

Hey Folks,

Eileen (as always—with a little help from my friends!)

## CONTRIBUTIONS

it's good here on the other side.  
the sweetest songs...the bluest skies.  
thank you for the tears you cried

but it's good here on the other side.

I can fly. really fly.  
below the earth...all through the sky.  
tell em all I did not die.  
I'm just over on the other side

the world is smaller than a needle's eye.  
where life and death softly divide.  
when you leave your skin and bones behind  
I'll be waiting on the other side.

I can fly. really fly.  
below the earth ... all through the sky.  
go tell em all I did not die.  
I'm just over on the other side.

© Don Conoscenti , Published by Desert Muse / SESAC

To hear the song visit <http://www.donconoscenti.com/index.php?page=songs&display=33>

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Life's Lessons By Stephen A. Hodack 8/2/2005

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As the earth spins on its axis each day,  
as we live each moment that passes our way.  
We learn from the mistakes that we may make,  
we learn that there is a balance both give and take.

As moments and days spin so quickly by.  
As we are often happy and sometimes yes we shall cry.  
We set our dreams and desires upon hope,  
we all started our lives being cut from our ropes.

As each day we arise and we move on,  
as in our minds saying yet another day gone.  
What will this day bring to our daily platter,  
often we will say does it really matter.

So the world spinning around it goes,  
when will it stop no one really knows.  
Sharing our lives with each other,  
some of us friends, some of us lovers.

We share, we teach, we listen, we learn,  
how about you have you had your turn???  
So as the world spins take your time to enjoy,  
live your life to its fullest and try and spread some joy

*Note: This poem was written in a time in life when I had felt the whole world was against me. I can only say one thing when life seems so rough hang in there don't let the world take a toll and it will get better. this poem gave me an editors choice award for its depth.*

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24 Things To Always Remember

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Your presence is a present to the world.  
You are unique and one of a kind.  
Your life can be what you want it to be.  
Take the days just one at a time.

Count your blessings, not your troubles.  
You will make it through whatever comes along.  
Within you are so many answers.  
Understand, have courage, be strong.

Do not put limits on yourself.  
So many dreams are waiting to be realized.  
Decisions are too important to leave to chance.  
Reach for your peak, your goal and you prize.

Nothing wastes more energy than worrying.  
The longer one carries a problem the heavier it gets.  
Do not take things too seriously.  
Live a life of serenity, not a life of regrets.

Remember that a little love goes a long way.  
Remember that a lot ... goes forever.  
Remember that friendship is a wise investment.  
Life's treasure are people together.

Realize that it is never too late.  
Do ordinary things in an extraordinary way.  
Have hearth and hope and happiness.  
Take the time to wish upon a star.

AND DO NOT EVER FORGET, FOR EVEN A DAY,  
HOW VERY SPECIAL YOU ARE !

Author unknown

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Musician reunites with stolen banjo - The custom instrument turns up on eBay, and is reclaimed -

By Kathryn Orth - from

[http://www.timesdispatch.com/servlet/Satellite?pagename=RTD%2FMGArticle%2FRTD\\_BasicArticle&c=MGArticle&cid=1149190087881&path=!news&s=1045855934842](http://www.timesdispatch.com/servlet/Satellite?pagename=RTD%2FMGArticle%2FRTD_BasicArticle&c=MGArticle&cid=1149190087881&path=!news&s=1045855934842)

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Jim Connor's banjo once was lost, but now is found, thanks to eBay and a sharp-eyed friend.  
The Vega Vox Deluxe, made especially for Connor, was stolen 35 years ago during a New Kingston Trio tour, when Connor was a member of the group.  
Last year, the banjo turned up on the auction Web site, where a former music student of Connor's spotted its distinctive decoration and stopped the sale.  
With the cooperation of the seller, the prayers of the congregation at Browns Presbyterian Church -- where Connor now serves as supply pastor -- and \$5,000, the musician and his banjo are making music together again.  
This time, the stage is often the pulpit.  
It's hard to say just where the banjo was all those years. While it was missing, Connor, perhaps best known for his hit country song "Grandma's Feather Bed," got tired of a musician's life on the road and settled in Goochland County, where he lives now with his wife, Cynthia. He has five children, three grown and two teens.  
Since 2001, he has been studying for the ministry, spending the past year as temporary pastor at the church in Cumberland County.  
Connor, 68, lost the banjo one night in 1971, when the New Kingston Trio was too exhausted to unpack their van after a performance in New York City. The group left the van parked in the hotel garage with all their instruments and equipment inside. In the morning the van was empty.  
Connor particularly liked the Vega banjo. He had designed it, asking the Vega banjo builders for a carved heel and special neck decoration. He told them exactly what kind of tone-ring he wanted in the banjo's resonator, which is enameled in a geometric design with flowers. "It was a one-time banjo. The company even called it the 'Jim Connor custom banjo,'" Connor said.  
Connor, who joined the New Kingston Trio in 1968, drew his favorite curlicue decoration on the head of the banjo. He'd had it only a year when it was stolen.  
Connor, who was born in Alabama and graduated from Harvard University in 1960, stayed with the New Kingston Trio until 1973, then went his own way. He played with John Denver and laughingly wonders if his experiences on the road with Denver led to a career in the ministry.  
Hundreds of people moved by Denver's songs wanted to go backstage and ask his advice, Connor said. The fans weren't allowed to see Denver, but they often saw Connor, who said he gave them the best advice he could.

"Some man would say he was having trouble with his wife, wondering if she was having an affair, wanting to know what he should do, and I'd say, 'Go home, be so good to your wife she wouldn't ever want to have an affair,'" he remembered.

Denver and other musicians recorded Connor's song, "Grandma's Feather Bed."

"Worldwide, it's been on 50 million albums. You wonder why I'm not a millionaire," Connor said. He continues to get small but steady royalty payments from a number of other countries. "It helped me get out of being on the road and get into church work, which as you know, doesn't pay a lot," Connor said.

He got over the loss of the Vega banjo, but he never forgot it. Then one day last year, his friend and former banjo student Austin Rogers saw the instrument on eBay. "I said, 'Austin, how could you know it? You weren't even born then,' and he said, 'It's got your doodles on it,'" Connor said.

EBay stopped the sale of the instrument. With the help of the Goochland County Sheriff's Office, Connor contacted New York City police.

The seller, who said that a relative had bought the banjo in a used-furniture store in Harlem, called Connor.

"He said, 'If the instrument is really stolen, I want to cooperate,'" Connor said. Connor proved with pictures and affidavits that the instrument was his.

Connor considered how much he would have to spend for a lawyer and for trips to New York, where the original police report had been filed. He decided to pay the seller for the banjo, although less than the seller had wanted at auction. The two men agreed to meet.

"Church members prayed that things would go well. I think they were eager to hear the banjo. It was like waiting for a baby to be born. I felt exhilarated. I thought, 'Can this be happening? What if the guy doesn't show up,'" Connor said.

Connor and the seller met at a coffee shop in College Park, Md., and Connor traded a cashier's check and cash totaling \$5,000 for his banjo. The two men had a good talk.

"I had gotten over the disappointment of having it stolen. I didn't feel like saying anything ugly," Connor said.

The banjo was either well-cared for or never used, Connor said. He's still surprised that he got it back. "I think I have a kind of spiritual feeling," Connor said, "like 'Thank you, Lord, but it sure took a long time!'"

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#### Introducing Two New and Exciting Ways To Be a Messenger of Peace Using The Pass Along Concept!

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Are you ready to bring about collective change through your simple (and FUN) actions?

Today we launch two new Pass Along websites focused on the topic of Peace. These two sites use two different and very powerful Pass Along programs:

The regular Pass Along Card concept

The new Pass Along Greeting Card concept

The more people that adopt and use the concepts below, the greater the energy and idea of Peace will grow... leading to the shift we are all looking for in the world.

Pass Along is a strong supporter of the upcoming International Day of Peace - held on September 21st of this and every year. We have co-created, with two large peace organizations, two new sites that have the soul purpose of creating a wave of peace energy throughout the world. I strongly encourage you to check out both of these sites and *feel* which one best expresses your desire of spreading Peace. Both are different and very special in their own unique ways.... here they are:

Pass Along Cards: <http://www.messagesofpeace.com/?id=pa>

Using the revolutionary Pass Along Card Concept, MessagesofPeace.com offers "Pass Along Peace Greeting Cards" that you send to people in your life with personal messages of peace stored on the site and connected to the card you send. These cards are useable" and trackable, so you can be a part of, and witness, an increasing energy of peace with each card you send out in the world. Not only is this a fun and life changing concept for those who send and receive the cards, the collective energy that each card builds creates a powerful push towards the change we all wish to see in the world. These cards combine the traditional physical greeting card with an online ecard system and enhances it to an entirely new level with the Pass Along Card Concept. The end result is extraordinary! New card sets will be added every month, designed especially for Peace organizations and Peace builders across the world. Check out two incredible sets now available on the site. You'll not want miss this experience!

Peace Wave: <http://www.thepeacewave.org/?id=pa>

The PeaceWave is a grassroots "Wave of Peace" that is being spread across the globe through the organic process of "person to person" interaction and connectivity. By combining the unifying technology of the internet with grass-roots "people-power," passionate individuals across the world are helping to spread a timely and important message - that NOW is the time to unite the world through peace and unity. To further spread the intention of peace throughout your community and the world obtain your own set of PeaceWave cards. Each card contains a special peace-quote from well-known peace leaders, from Mahatma Gandhi to Bob Marley. Sharing these beautiful cards is a simple and touching way to show your commitment to a peaceful world and at the same time you can impact thousands of lives through the simple process of

sharing the resonance of peace. An exciting feature of the "PeaceWave" campaign is the ability to track each card as it makes its journey of peace across the world. On the back of each card is a special tracking number that you can enter into the PeaceWave website- and discover where the card started and where it has traveled. By entering your location you will keep the journey alive and once you pass the card along to someone else you can encourage them to do the same. You can then visit the website at anytime to track the progress of each PeaceWave Card across throughout the world. Also watch the PeaceWave movie!

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#### Fifty Ways to Promote Peace (from the IAT Newsletter)

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1. Be a media guerilla. Use e-mail, fax, photocopies, and newsletters to broadcast the message of peace. Spread empowering information.
2. Attend a peace rally. Check out United For Peace & Justice or Peace.Protest.net to find out about marches for peace around the country.
3. Host a peace speaker at an event in your community or at your workplace.
4. Get to know your neighbors. It's hard to reclaim peace without a sense of community.
5. Make friends with someone of another race, ethnicity, age, ability, or sexual orientation. Appreciating and embracing diversity helps to promote peace.
6. Take an adventure to neighborhoods of your town or country that are ethnically focused to appreciate diverse cultures. Cross-cultural understanding is key to building peace.
7. Travel to learn. Get first-hand experience in how things happen in other places and bring home questions about how you do things at home.
8. Drive with patience and tolerance. Keep the peace on our streets and highways.
9. Listen more. Really listen, without giving unsolicited advice. The validation of being heard is often more important than solving the problem.
10. Learn to say I'm sorry. Learn to mean it. Learn when to say it and use it. These two simple words can prevent violence and save relationships.
11. Be helpful. Random acts of kindness can create more peaceful communities.
12. Spend time with a youngster. This can often remind us of the meaning of a peaceful world.
13. Practice the art of patience. Be careful not to rush to judgment or action.
14. Start peace conversations. Talking peace, and listening, are critical for a vibrant democracy.
15. Involve yourself in community parent workshops and family groups that help parents protect, nurture, and support their children.
16. Peace begins at home. Monitor, nurture, support, and involve your children and family in keeping peace.
17. Explore your prejudices. Find out what's behind them, how they started, & how they influence your thoughts and actions.
18. Write a peace song. Peace songs are great tools for organizing and inspiring people.
19. Use music, art, stories, and drama to explore themes of peace and nonviolence.
20. Broadcast a peace message using a peace flag, poster, badge, t-shirt, or bumper sticker.
21. If you own a gun, keep it unloaded and locked up. Store the bullets in a separate place and hide the key safely away from children.
22. Find your own inner peace. Set aside a few minutes or more each day of quiet, peaceful time.
23. Join a study circle. Self-education is a fast track to empowerment toward peace.
24. Attend an educational series on non-violence. Look up peace & justice organizations in your state at United For Peace & Justice and call them for information on educational series.
25. Stay tuned to what's going on in the world through newsletters, periodicals, newspapers, radio, TV, and online.
26. Educate yourself about the violence threatening kids in your community and nationwide. Help bring safety and peace to kids at Children's Defense Fund and End Abuse.
27. Learn another language. Being able to communicate in a foreign language helps you participate in diverse cultures.
28. Help bring peace to the environment by reducing your carbon load emissions. Learn what you can do at our global warming campaign site at [www.onesweetwhirled.org](http://www.onesweetwhirled.org).
29. Learn how to fight fairly. Fight to resolve differences, not to win.
30. Register people to vote. One reason the political game's gone sour is that too few of us play. Find out more at Rock The Vote or Project Vote Smart.
31. Become a volunteer on a peace project. Check out Peace Brigades International, Seeds of Peace, and the Peace Corps.
32. Volunteer at your local battered women's shelter. Learn about the importance of non-violent conflict resolution.
33. Sign-up as a member of a peace organization like Global Exchange, United For Peace & Justice, or Peace Response.
34. Call a radio talk show. The good ones are often the town meetings of the airwaves.

35. Write letters and articles in support of peace and non-violence to the editors of your local media. Published, they can change minds, and even unpublished they can impact the media.
36. Sign a peace pledge. A good place to start is [www.peacepledge.org](http://www.peacepledge.org).
37. Adopt a politician. Write a monthly letter to your Representative, Senator, or President on peace-related issues.
38. Take social action to support specific legislative peace initiatives. Try the Waging Peace site to get started.
39. Vote. Voting is your hard-earned right and your official voice. For information about the democratic voting process, visit the Federal Election Commission or the Center for Voting and Democracy.
40. Support organizations and/or campaigns that fight for basic human rights for all people. Social justice promotes peace. For a start, visit Global Exchange or Amnesty International.
41. Run for elective office. Be a voice for non-violent conflict resolution, reasoned sanity, and balance.
42. Learn about nuclear weapons from the Union of Concerned Scientists. Sign an appeal to end the nuclear threat. Visit the Nuclear Threat Reduction Campaign and [WagingPeace.org](http://WagingPeace.org).
43. Take part in online advocacy for peace. Some good sites to get started are 20/20 Vision and The Interfaith Alliance.
44. Write to your own government; write to a foreign government. Let them know you care about what they do and hold them to the same standards for peaceful conflict resolution.
45. Call your City Council and attend the next meeting. It's often through the strength of a group that changes are made and community is built.
46. Encourage peace projects for school classrooms. You can find some great ideas at [CelebratingPeace.com](http://CelebratingPeace.com) and UNESCO.
47. Teach young people skills for non-violent conflict resolution. Learn about some great strategies from the Resolving Conflict Creatively Program or [www.Images-Education.org](http://www.Images-Education.org) for teachers, classrooms, parents, and students.
48. Teach young people about peace. Let your behavior reflect the values you want them to espouse.
49. Support your community's efforts to create jobs and training opportunities for kids that help them become productive, contributing adults.
50. Dig deep. Oftentimes, reaching peaceful resolution means understanding what's at the root of a problem rather than what's most apparent on the surface.

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FOLKS, SORRY I MISSED THIS:

<http://www.celestinevision.com/worldprayer.html> but I'm sure the prayer is still effective!

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#### IN JOHN'S MEMORY

Read about David Alpert, a man who writes John-Denver style music for children:

[http://www.zwire.com/site/news.cfm?newsid=17105614&BRD=1630&PAG=461&dept\\_id=7736&rft=6](http://www.zwire.com/site/news.cfm?newsid=17105614&BRD=1630&PAG=461&dept_id=7736&rft=6)

And check it out—I'm not the only JD fan in my county! (His high school alma mater is practically right up the road from me...I think I'll have to check out one of his games and hope he makes a home run so I can watch him in action): [http://www.yorkdispatch.com/sports/ci\\_4230071](http://www.yorkdispatch.com/sports/ci_4230071)

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From the Charleston Gazette, July 13, 2006 by John Warner

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Deep in 'Almost Heaven,' Preachers Unite Rural Residents

We turned left at the light just after Buckhannon-Upshur Middle School and onto Tallmansville Road. Which is to say, we turned into the woodlands and mountains of Appalachia. We crossed the Buckhannon River, drove past the golf course, and abandoned civilization for the remainder of the day.

Tallmansville Road parallels the road to Sago, made famous by the mine disaster in January, and took us east into the highlands and forests of West Virginia. Day lilies and tiger lilies, phlox and stella d'oro lined our path as we disappeared into the shade of umbrella magnolia, shagbark hickory, catalpa and hemlock trees. We climbed and made those "kissy-butt" turns necessary to negotiate West Virginia hills.

This was our trip to Mount Olive United Methodist Church where we joined members of five little one-room churches in a mountain parish scattered among the piedmont below Elkins and Mill Creek. We have driven this route to witness and enjoy what the Revs. Bonnie Starkely and Josie Tenney have named "ATV for JC" — all-terrain vehicles for Jesus Christ.

Eighteen miles deep beyond civilization, but 1,000 feet higher than Buckhannon, it snows here when it rains in town. Little school bus shelters dotted our path, and we shuddered to think of the long trip on slippery pavement made morning and evening by those yellow Bluebird buses. Little wonder Upshur County has so



many snow days.

These are the beautiful lands John Denver calls “Almost Heaven.” Truly it is. Yet for all that beauty, here are mobile homes, single-wide trailers and double-wides. This is what a 1969 film called “Rich Land, Poor People.”

Grass freshly mown, lilies and bleeding hearts decorated the front stoops — pickup in the driveway, or perhaps two — new little decks and barbecue grills overlooked six or seven tiers of mountains, turning from green to gray in the distant haze — an add-on room pasted here and there onto trailers — an authentic old log cabin in the next hollow — privies behind the houses — perhaps three or four units side by side. Is this an extended family, I wondered.

So here we were on top of the mountain, just a few hundred yards above Hemlock, at the one-room Mount Olive Church. The Hemlock Community building — concrete floor, iron posts supporting a steel roof, and six picnic tables, was sheltered by towering Norway spruce and guarded by early-blooming rhododendrons. Beside the church on one side of the road, and beside the community building on the other, we saw gravestones calling out the family names of those gathered on this warm Saturday afternoon: Tenney, Harris, Zickefoose. There was a stone for a tiny child, born September 2003, died December 2004. There was a stone for an 18-year-old boy, grimly decorated with a favorite sports car.

The young mother in front of us in the food line looked proudly out among the stones and said: “My mother was a Tenney, my father a Harris. Those two families were the first settlers in these hills.”

I wondered at that ominous name, Hemlock, ostensibly referring to the ubiquitous evergreen trees which darken the forest. But along the roadside, down in the ditch, we see white-topped sumac and Queen Anne’s lace. Hiding among those weeds I also imagine I see the poisonous weed hemlock — the plant ancient Greeks used to kill their gadfly philosopher, the great Socrates — which has no connection to hemlock evergreen trees.

Bonnie and Josie have done their part in reaching out to the people of the woods, hill folk with scruffy beards and tussled hair. Nearly 30 ATVs crowd the tiny church parking lot. Lounging among those powerful vehicles were the young men of the neighborhood, big fellows with tattoos and open shirts. Bonnie and Josie created the “ATV for JC” in response to local troublemakers, “rednecks” who rode their ATVs across the churchyard during the Sunday morning worship service. Instead of complaining or making a scene, these two female pastors invited the fellows to church. Not to the traditional Sunday morning worship, but to a special service just for them.

At least 100 hill people gathered there on the summer hillside: grandmothers and their little ones, teenagers, moms and dads, in addition to the bikers. And I could see that while these people dwell in their isolated mobile homes or shanties back in the woods, they are not alone. They are drawn together by the power and the wisdom of these two preachers, by their ties to the community and the church and by the complex system of families and friends.

We listened to country music. Bonnie preached a fine sermon over the public address system, ending with an altar call. Josie gave a fine prayer, which ended when we all repeated the Lord’s Prayer standing together beside the graves, the ATVs and the community building.

We got lost on the return trip to Buckhannon, and couldn’t find our way until a grinning stranger at “Bear Camp” pointed us in the direction of a Russian village named Czar.

Warner, professor emeritus at West Virginia Wesleyan College, is a Gazette contributing columnist.

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From the Aspen Times - Aug. 17, 2006 - <http://www.aspentimes.com/article/20060817/NEWS/108170039>  
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*In celebrating the 125th anniversary of The Aspen Times, we are printing a story or two from each year the newspaper has existed — 125 historical selections in 125 days. This series is in conjunction with the Aspen Historical Society.*

John Denver's death leaves local residents shocked - By Bob Ward

Singer and longtime Aspenite John Denver died Sunday in a plane crash in California, leaving residents of his adopted hometown and fans around the world shocked. Perhaps more than anyone else, John Denver is synonymous with Aspen to the world at large.



An out-of-state resident who fell in love with the mountains and Aspen in particular, Denver's easygoing songs about love and natural beauty helped popularize the Colorado Rockies. Songs like "Starwood in Aspen" and "Rocky Mountain High" helped put Aspen on the map in the 1970s, and his celebrations of nature strengthened and reinforced the budding environmental movement.

Co-founded by Denver in 1976, the Windstar Foundation in Old Snowmass continues to promote peace and environmental sustainability. He also took on world hunger, co-founding the Hunger Project and serving on the U.S. Commission on World and Domestic Hunger.

His close friend and former bodyguard Tom Crum said Monday, "I'm sorry that John died, but I am so glad that he lived." Crum used the occasion to applaud Denver's numerous social and environmental contributions, but also remembered the singer as a close personal friend.

"There was an unabashed little-boy nature to him that was always missed by the big media events he was involved in," Crum said. "He was the kind of guy who would pick up trash wherever he saw it, which was always an inspiration to me."

Denver, 53, died while flying an experimental plane off the central coast of California. A witness reportedly heard a loud pop and then watched the plane plummet into Monterey Bay. A licensed pilot, Denver was flying the single-engine craft by himself when it crashed around 5:30 p.m. A Coast Guard helicopter searched for fragments of the aircraft today.

The singer had been spending more time at a rented home in the coastal town of Carmel recently, often visiting his daughter, Jesse Belle. Retrieved from the bay, Denver's body was identified using fingerprints sent from Colorado.

Born Henry John Deutschendorf Jr. to an Air Force family in Roswell, N.M., Denver took his stage name from the capital city of Colorado, where he later moved. As a military child he traveled far and wide, living in Oklahoma, Arizona, Alabama, Texas and even Japan. He came to Aspen permanently in the early 1970s.

Denver is survived by a son, Zachary, and daughter, AnnaKate, from his first marriage; his second wife, Cassandra Delaney; their daughter, Jesse Belle; his brother, Ron Deutschendorf; and his mother, Erma.

Denver's first wife, Aspenite Annie Denver, chose not to speak to The Aspen Times Monday, but said through a friend that "John really traveled a lot and fell in love with Aspen many years ago. He loved the beauty and the people, and I hope that's what he'll be remembered by."

They sound somewhat naive and dated today, but Denver's light folk-pop songs touched millions of people around the world. He had 14 gold and eight platinum albums in the United States, and the album "John Denver's Greatest Hits" is still one of the largest-selling albums in the history of RCA Records. (Oct. 14)

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"Aviation in itself is not inherently dangerous. But to an even greater degree than the sea, it is terribly unforgiving of any carelessness, incapacity or neglect."

author unknown

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IN JOHN'S WORDS

From "Communication, Commitment, Direction" – (A Windstar Journal article)

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Cooperation: to work together, in conjunction with; to cooperate

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

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

It occur[s] to me from this experience that really all the things that we most enjoy in our relationships with one another are examples of cooperation—whether in friendship, business, education, the arts, or sports. Think of the football teams that some of us watch every Saturday and Sunday, and the

different individuals involved coming together to make a team effort. This is an expression of cooperation.

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

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

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

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

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

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

There is a great opportunity as we begin to move into the last ten years of the 20<sup>th</sup> century, to express our desire for cooperation. Secretary General Gorbachev, in a speech at the United Nations, gave an articulate perspective of a world view. What he described—in regard to the environment, economics, space, and the military—was an invitation for all of us to begin working together and cooperating to deal with these global issues.

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

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Cooperation Game: Divide your larger group into 3 smaller groups. Each group has to come up with a game that will involve all 3 teams cooperating to reach a common goal rather than the standard 2 teams competing for one prize. After an allotted time period has passed, play each of the games. Discuss your experiences afterward.

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MY SPIRIT STILL SINGS!

8/24/06  
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It was a rough week as I was/am facing an issue that I realize is going to repeat itself until I deal with it fully. And it involves taking back my power and not giving anyone permission to hurt me. My higher self finally got through to me and I know that no one can hurt me except ME, because when outside opposition doesn't let up, the only possibility for release is SELF-RELEASE.

I hadn't felt John around for awhile but tonight after all this became clear, suddenly I felt him standing there in front of me. I was drinking a wine cooler and thinking about this breakthrough I'd had when he said, "Cheers!" as though he was celebrating with me.

I said, "Oh, you're back."

"I never left," he replied. "It was something in YOU that changed."

Then I went to throw something in the trash but in order to do that I had to step into that space where I sensed that he was standing, and when I did that, the hair on my head practically stood on end and the rush of energy that went through me was absolutely ELECTRICAL. Our loved ones on the other side may not have a physical body in the sense that WE define physical, but there is no doubt something still third dimensional about them... or perhaps when that happens, part of US moves up dimensionally so that we may experience this on a level that we can call REAL. Whatever the explanation, it's simply FAAR OUT!!!

12/18/97  
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I “magically” obtained a copy of “The Wildlife Concert” video today. (The video store had one copy that they were holding for somebody but that person’s time to come buy it had run out.) I can’t say why, but I knew beforehand that when I watched it, it would either give me confirmation of my feelings, or set me straight that I was delusional.... Well, when I came home and watched it, I immediately knew beyond all doubt that there was a strong personal connection between us (from other lives or whatever). It was like the last onion layer of my doubt was peeled away by his voice as he worked his way through the songs. This is what he [said] afterwards that night: “First of all, I’ve been here with you, while you were watching the video. Remember the energy exchanges? You’re right, two was enough for the time being, but there will be more, they will happen more frequently, and last longer. ...I care deeply for all of you, my soul family. It’s different now, here, and will soon be different on Earth, too. That is what we’re preparing for, see?”

What are these “energy exchanges” he spoke of? I never found much of anything to validate this and all the other similar experiences until nine years later on July 8, 2006, from <http://www.spiritualenergyexchange.com/page/page/1577559.htm> :

“A Spiritual Energy Exchange (SEE) is simply the merging of our spirit with that of another loving entity, a departed loved one or guide. This can happen, for example, when an individual is in an out of body state, meets with another spirit then merges their spirit selves with that spirit. They literally become one. It is a form of spiritual fusion. One example comes from Robert Monroe, who wrote about his own experience of merging with a spirit, he sensed was of female essence, in his book, *Journeys Out of The Body*.

Another way an energy exchange can occur is when a loving entity initiates this type of contact with a human. In my own case, my husband from an ancient lifetime came to me and offered such an experience. He has since remained with me as a spirit guide.

The most prominent SEE’s I have heard about through my research are those with departed loved ones and their spouses or significant others, as well as Spirit Guides and their charges. In many cases I’ve studied, SEE’s are an ongoing part of their relationship. These exchanges begin only after a guide has received permission from their charge to proceed or if a departed loved one receives permission from their spouse or significant other. However, in some cases, there may simply be a mutual understanding.

Why do these energy exchanges occur? There are various reasons. But the fundamental reason is seemingly out of need. This need could also be called desire. The Guide expresses this desire to their charge by giving unconditional, spiritually pure, love just as a departed loved one does. Thus, these intimate exchanges create an energy that is beyond exquisite.

It is a transcendent gift to receive this kind of unconditional love from the spirit side of existence. It is difficult for people who have shared a SEE to describe the ecstatic sensations involved. Since it is a spiritual experience, there is very little to compare it to on the earth plane other than sex, i.e, making love, because it is the closest experience here on earth that barely captures, let alone touches upon, the essence of a SEE.

During a Spiritual Energy Exchanges, the frequency of the persons vibrations and light increase. Their whole self, including all their physical senses, are keenly heightened by this loving gift during the SEE. Those in spirit form who gives this, also receives immense pleasure from the experience, because what they give cannot help but be reciprocated. It involves an ebb and flow of waves of energy, exchanged in a most extraordinary and loving way. “

Well, at the risk of ...ah... revealing TMI...the rest of the website describes this profound experience quite accurately, I must say! But in all seriousness, it is not meant to be kept secret...it is meant to be shared as it is a healing tool for humanity. I wasn’t sure how this could be possible, but last year in Aspen I opened myself up to be a channel of John’s love for his Japanese friend Kazumi, and she felt it was him, so I know it does work to share it. And others have also felt this type of expression from John of unconditional love. “Let there be peace on Earth and let it begin with me.” This is one way that it can...by us experiencing the peace and joy of heaven through our soul mates who are already there.

The author has a page devoted to “by products of SEES” - <http://www.spiritualenergyexchange.com/page/page/1577560.htm> , and I would like to add one more. BECAUSE...when you exchange energy like that in the physical realm, optimately it results in giving birth—a.k.a. a CREATION. Well, the result of this exchange on the spiritual level ALSO results in the birth of something—be it an idea, a solution to a problem, answer to a question, etc. Whatever it is, you are inspired to create something on the tails of such an experience.

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7/20/06 (from Margit)

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Yesterday I had another experience, and I started wondering "OK - something's up! What is John trying to tell/show me with all this?" Wed. morning I woke up with his song "All This Joy" on my mind & the strong urge to listen to it. When I got ready to put in the CD, he said "Not the CD, watch the video." (1995 Windstar Symposium).

It wasn't until later in the afternoon that I had the time to focus on it. The video starts with this song, and I was instantly receiving this INCREDIBLE ENERGY/LOVE pouring forth...and with my inner eye I saw - while simultaneously watching John on TV- myself and two other people which meant, I think, PASSING IT ON.

A few days ago I got the idea (during a walk at sunset & feeling John 'walking' with me) to have...gatherings which include exercises to bring in and share this Divine Love energy. It can't be explained in words, it has to be EXPERIENCED. And, with the overall Shift happening on/for the Earth & her & us moving into higher frequencies, we now have -MORE THAN EVER BEFORE- the opportunity to tap into/access this very special Gift.

Which brings me back to John singing 'All This Joy' at the Windstar Symposium and what I experienced while watching/listening. I'm sure it could have happened with the CD version as well, but I also feel that John wanted it to be this live version because of the energy that was created on that day and what happened after he sang the song. (Anyone reading this who has NOT heard of that incident? I'm not sure, but I think I posted about it back when the board was very active.) I wasn't there in person -although whenever I watch the video I feel like a part of me WAS there in some way- but I dare to say that what we're talking about here, is exactly what John did as he sang the song: He channeled this heavenly love, which turned into a spiritual energy exchange with the audience. I know this happened at many of his concerts, too, but these minutes at the Symposium must have been 'extra intense' (at least to him).

I noticed that while I receive, I cannot help but radiate this love energy as well; so I'd say that the one who receives it is also channeling it and vice versa = exchange. There's definitely much to discover about this fascinating and wonderful Gift and the ways we can participate in it. John (the human being) was able to tune into it and pass it on while the energies on Earth were still much more dense and heavy. He helped opening doors we can enter any time, now, as we do our part in creating Heaven on Earth... and John's still so involved!

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EARTH RHYTHMS

Save the Roan Plateau! <http://www.saveroanplateau.org/>

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The Roan Plateau is a magical place of deep canyons, quiet trout streams, and expansive meadows. Aspen and spruce forests, tall waterfalls and dizzying cliffs all lie hidden on top. The Plateau is one of the top four biological hotspots in Western Colorado -- the only one without protections. It is an important hunting, camping, and sightseeing destination that's a backyard playground and sustainable economic treasure for local communities. The top and cliffs of the Roan Plateau remain an oasis of natural beauty in a desert of gas development. Keeping it that way would be a balanced approach that respects environmental and sustainable economic values while still allowing for reasonable resource extraction. The Bureau of Land Management (BLM) is writing up the Plateau's first-ever management plan, which will govern all uses for 15 years or more. BLM is under strong pressure from Washington and industry to open up the area to massive drilling, but thousands of citizens, every municipal government in Garfield County (where the Plateau is located), and newspapers across the state support protecting the top of the Plateau from development. If you live in the U.S. and want to contribute, please visit the website for more information. (I'm not sure why they aren't set up for international contributions.)  
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CHAKRA'S - The proper food to help align each of them naturally (from Robin Cushner):  
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When you think about your chakra system you probably aren't considering the types of foods that you consume. Because our chakras are energy vortexes and invisible to most of us one might well imagine that chakras would thrive on energy, prayer, or other such spiritual stuff... you know, those things that we can't see with the human eye. However, the chakras cannot sustain our human body without our help.

It is important to feed and nourish the flesh in order to help support and fuel our chakras. Whenever one or more of your chakras is misaligned you might do well to look and see if you are not eating or possibly overeating the foods that fuel that particular chakra.

Check out the foods under each of the seven primary chakras listed here to help you determine how your current diet might be deficient or over-indulgent.

#### Root Chakra

Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.  
Protein-rich foods: eggs, meats, beans, tofu, soy products, peanut butter  
Spices: horseradish, hot paprika, chives, cayenne, pepper

#### Sacral Chakra

Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.  
Honey  
Nuts: almonds, walnuts, etc.  
Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds

#### Solar Plexus Chakra

Granola and Grains: pastas, breads, cereal, rice, flax seed, sunflower seeds, etc.  
Dairy: milk, cheeses, yogurt  
Spices: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel

#### Heart Chakra

Leafy vegetables: spinach, kale, dandelion greens, etc.  
Air vegetables: broccoli, cauliflower, cabbage, celery, squash, etc.  
Liquids: green teas  
Spices: basil, sage, thyme, cilantro, parsley

#### Throat Chakra

Liquids in general: water, fruit juices, herbal teas  
Tart or tangy fruits: lemons, limes, grapefruit, kiwi  
Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.  
Spices: salt, lemon grass

#### Brow (Third Eye) Chakra

Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.  
Liquids: red wines and grape juice  
Spices: lavender, poppy seed, mugwort

#### Crown Chakra

Air: fasting / detoxing  
Incense and Smudging Herbs: sage, copal, myrrh, frankincense, and juniper (These herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes)

Here is a cool website to go check how your chakras are working:

[http://web.tickle.com/tests/chakra/?sid=2005&supp=search\\_chakra\\_test&test=chakraogt](http://web.tickle.com/tests/chakra/?sid=2005&supp=search_chakra_test&test=chakraogt)

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From <http://www.mayan-calendar-code.com/>

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Do you know that clocks can talk? Article by: Andi Mac and Jag

There is a pathway to peace. I find it far more beneficial personally, so I'll share it with you in this article, on the web site and in everything we do at Mayan Calendar Code. Information about the Mayan Calendar can become a source for inner conflict and stress very easily. The idea this ancient calendar ends can be a disturbing thought. More so, when despair, destruction and hopelessness gets magnified by mis-information or lack of understanding.

Let me share with you what Jag and I have found most valuable in the recent discoveries from Calleman: Many ancient cultures around the world describe a "creation story". A general theme includes 7 Days of Creation. Within the Mayan Calendar, according to what Dr. Calleman found, this 7 Day Creation Story is expanded to include 6 Nights. You read that right, 7 Day AND 6 Nights. This equals 13 oscillating patterns of Light and Dark, covering a specific range of time from the beginning of the 1st DAY 16.4 billion years ago, to the end of the 7th Day, October 28, 2011. For the FIRST time in the modern world we have an explicit blueprint that matches the creation stories spoken of by ancient people all over the world and its carved literally, in stone.

Before Calleman's discoveries, we knew there were mythological creation stories that all shared a similar theme but had no significant proof to verify them beyond 'believing' they were true. Since the latest Mayan Calendar discoveries, we have a verifiable blueprint of the Plan of Creation through the ancient Time Scientists of the West. They engraved the 7 Day and 6 Night pattern, with mathematical precision, in everything they built! This is a confirmable timeline. Further, the mathematics of the Mayan Calendar expresses itself in the language dates which we can still understand today. After all the Mayan Calendar...is a calendar. Today we have an unambiguous reference point for where we are in the 7 Day and 6 Night creation story. This is a profound piece of information.

What do *you* do, in your personal world, when you know what time it is? You do what makes sense to do in that moment! Right?

You make breakfast if its that time of the day. You make lunch or run errands, send an email or do the laundry. You go to work. You make a phone call. You drop the kids off or pick them up after school. If you don't know what time it is and show up at say 6:30 pm to get the kids from school, you will have missed the boat on that one a little, wouldn't you agree? Especially if they actually get out of school at 2:30 ! If you do know what time it is you go pick up the kids, right? You do what is required at that time. Is it hard to do that? Of course not. You just do it because you make room for it.

What time is it according to the Mayan Calendar? It's time to wake up from suffering. Is that hard to do? No, you just do it because at this point in the Day, there is ample room for it. Creation is providing a lot of help. What time is it? Time to live freely in the moment, flowing with Creation. It's time to BE now, not projecting off into the future and throwing yourself out of time. While everyone is worried about what tomorrow will bring, stay in the moment and clarity will be the fruit of it.

How personal is this going to get? Baby, it's already personal to the bone! Something that happens often when people hear the Mayan Calendar CLOCK talking and react with emergency, is they suddenly feel a rush to start helping everyone else get straightened out in time for all this to come to completion.

The politicians need to be straightened out. The economic problems need to be straightened out. The corporate problems need to be straightened out. The Earth problems need to be straightened out. Many people will take to the streets in the coming years, thinking they're acting out as part of the answer to the many 'problems' they see in the world everywhere. If you're paying attention to what's really going on, you will not be one of them.

You will instead see reality for what it is and be aware that Creation will take care of what you cannot. You will see *what is* and this will bring clarity not confusion. The only place you can truly change the world...is within you.

The dualist mind is filled with fractured thinking, fractured thoughts. These are coming and going at all times in the mind. Its what we all go through all the time. We all have our stories. They lull us to sleep because we believe they're true and suffering is the result....UNLESS we question them, shine the light on them ....relentlessly. Lies cannot live in the light. The lies we tell ourselves are things like, "I can't". "I'm worried." "I'm upset." "I'm hurt" and a million others.

There are unexamined stories attached to everything – unconscious pre-defined meanings attached to everything in life. As long as these stories that thrive beneath the level of consciousness are still percolating under there, there will be suffering. As these are examined and brought into the light, there is peace and flow in the Plan of Creation.

In the unexamined mind there are (at least) two inner opinions fighting over every possible thing. Should I go or not go? Should I let myself fall in love or not? Should I do this or that? The mind divided, conditioned, separated and broken is being pushed to evolve – that is what's going on according to the Plan. It's going on for everyone, everything. You're certainly not alone. The only way you can get off-track in your own evolution of consciousness is to begin trying to evolve someone else's consciousness. You can't. You can only effect your own inner state of being and it is right to do so. In fact, its your only right. Everything else is a privilege.

As Calleman points out in his research, "...the Evolution of Consciousness, is a process, not an event". If you view the final days of the Mayan Calendar as an event, there will be stress, fear, anxiety. You'll be waiting for the next event rather than living in the moment. Waiting for what will happen disconnected from purpose. Wondering. Unsure. There is a way to view what the Mayan Calendar (clock) has to say that brings a sense of freedom within and release from every form of suffering and it is to question your thoughts to find out what

is true and what is a story you've believed is true. The only suffering there is, is a mind left unexamined.

We stop arguing with what is and freedom is the result at the cosmic level and the mundane. All that is necessary to flow within the Plan of Creation now, is to discover what is – in you. That is all. It is no more complicated than that. This is doable. This is genuinely possible.

The Mayan Calendar has a beautiful message for humanity. The message has been there for thousands of years. It tells what time it is. It gives us a reference point for where we are in the current DAY. Isn't it wonderful that clocks can talk!

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#### HEAVENLY CONNECTIONS

The Fire Goddess Comes! Archangel Michael through Celia Finn – August, 2006

<http://www.starchildglobal.com/starchild/august2006.html>

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See the Conversations With God movie trailer at [www.cwgthemovieonline.com/trailer.html](http://www.cwgthemovieonline.com/trailer.html)

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From <http://www.infinitebeing.com/0406/afterlife.htm> (Thanks to Georgiann for sending this)

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Life in the Afterlife

The conquest of fear is one of the primary reasons for life on Earth.

When people incarnate into this world, they leave behind an extensive soul family in the spirit realms. This family consists of the few souls who, in the entire universe, are the most like them, the ones who are exactly on their wavelength. Leaving the camaraderie of this intimate group of friends can be an act of soul-wrenching self-sacrifice.

Often, the act of incarnation is not carried out alone. In fact, it is usual for others from the same soul family to incarnate at approximately the same time so that they will experience the issues of their own generation together. Careful plans are made ahead of time to ensure that key friendships will occur during these incarnations. One of the ways this can be done is to be born into the same physical family as brothers or sisters.

A spiritual entity enters this world through the body of a new-born baby, takes a deep breath, and promptly inherits amnesia! All of a sudden, they don't know how to walk, talk, dress themselves, or drive to parties. All of those things come later.

Some simple functions are already present in the newly-formed baby's brain, such as the ability to cry, drink milk, and cry louder.

This almost total amnesia, combined with a brain's focus upon the external senses, creates an environment where fears can potentially become enormous.

In fact, the human body on the physical plane of Earth is the perfect place to experience fear in a wide variety of forms... and to learn to overcome those fears by gaining inner strength.

Let's face it. If someone were attuned to the higher spheres of the spirit world and saw themselves as a wise and powerful spirit who just happens to use a physical vehicle, then the opportunity for fear just wouldn't be the same. The threat of losing their physical body would be no more fear-invoking than the threat of losing the car that they use for driving to work.

The fear of death today is all-pervasive. It is so ingrained in society that it gets avoided wherever possible. If death is mentioned, the subject is usually changed as quickly as possible.

The fear of death is fed by, not just one, but three powerful factors:

- A built-in, biological survival instinct.
- Fear of the unknown.
- Fear of losing the company of a dearly loved one.

Add these three factors together and this fear may seem insurmountable, but, taken one by one, these factors do become manageable.



### Overcoming Fear

The survival instinct serves to keep people alert when dangers arise, so that they can respond quickly in order to preserve the lives of their physical bodies. If you were driving headlong towards an unfolding traffic accident, the sudden rush of adrenalin may feel like fear, but it is really a coping mechanism for self-preservation.

Fear of losing a loved one can often be supplanted by simply wanting the best for them. If a loved one is dying of an incurable disease, it is physically better for them to suffer as little as possible from pain, confusion, and from the frustration of physical incapacity. It also helps to know something about the afterlife in which they will be living next.

Knowledge is the cure for fear of the unknown. The more people know about their eventual destination, the easier it is to rationally plan for it and to be sure that they have first reaped the intended benefits from their current life's experiences.

### Knowledge Starts Here

Some inroads have been made into knowledge of the afterlife by books which detail near-death experiences. Education has also come via television from sensitives, such as [John Edward](#), who channel messages of assurance from departed loved ones.

In the 1980s there was an onrush of public interest in life-after-death experiences. This wave of wanting-to-know was triggered by Raymond Moody's classic work [Life After Life](#), which revealed his study of more than 100 people's out-of-body experiences after their clinical deaths had occurred. Needless to say, all of them had been resuscitated from clinical death and returned to their physical bodies to tell the tale!

In the typical near-death experience, according to Moody, the person's spirit consciousness experiences their passing through a tunnel into a place of light, where they feel overjoyed by the uplifting life energy which fills that realm of existence. In this realm they typically meet a spirit guide, one who is often recognized as a close relative or friend who had passed on some years earlier.

The 'tunnel towards the light' experience is the transference of the person's spirit body from the physical realm of Earth to the next realm of higher (finer) density, the afterlife. The human spirit, or astral, body resonates most readily to the frequency of the spirit realm, so it tends to transfer there as soon as it has been released from the confines of the physical body.

While in the spirit realm, people notice that any infirmities of their physical bodies no longer exist, as their physical vehicles have been left behind. This brings a great sense of freedom to anyone who has suffered any debilitating, degenerative disease of the physical body in their final years upon the physical plane.

### Young Again!

Other observations typically made by a person in the afterlife include the fact that their spirit body has not aged like their physical body. Unimpeded by the aging of their physical body, their spirit body appears to be in the prime of life, just like they were at 28 years of age.

Their ability to float from place to place is also a new experience. Their spirit bodies are made of light density, etheric energy-based material, as opposed to physical bodies, which are made of dense, electron-based material. Spirit bodies are usually referred to as being non-physical; however, quasi-physical might be a better term. Spirit bodies do have a physical-like form and feel solid to other spirits, but they are quite malleable and can be easily shape-shifted.

As etheric energy immediately responds to mental pressure, it takes just a little concentration for a person to levitate their body up into the air and travel forwards in any desired direction.

If they want to be imaginative, they can soar high in the sky just like an eagle. Then they can take this adventure even further, and actually shape-shift into the appearance of an eagle. That is, an eagle which still has their human eyes. As the eyes are the windows to the soul, they never change and always reveal a person's true, inner essence.

Then, in a sudden shift of focus, the near-death traveler realizes that, even though their physical body has almost died, this is not the time for their physical life to end. So they return to their physical body, just as it gets successfully resuscitated.

Their experience of conscious, remembered contact with people in a world of higher frequency consciousness affects them profoundly. Many become more contented with their lives. For the first time, they may see real purpose behind the paths that they have been following through their lives, never before suspecting that their own soul plan or intent is behind that path.

#### Soul Families

In 1996, Michael Newton published another quantum leap in afterlife research, [Journey of Souls](#). As a hypnotherapist, he has reached even further into the deepest reaches of his clients' superconscious memories. From this, he has assembled a composite picture of the afterlife experience, the phenomenon of soul groupings or soul families, the part that spirit guides play in the afterlife, and how and why people choose another incarnation for their next experience upon the physical realm.

Perhaps the most interesting aspect of Newton's research is his revelation as to how people gather together with their soul family in the spirit realms to learn lessons as a close-knit group. Once they have unraveled the lessons of their just-completed life on the physical plane, they spend endless happy hours, days and years with their dearly beloved soul group, working on the challenges of life on Earth and the possibilities of what they might gain from their next experiences upon the physical realm.

In the future, we will discover the technological means to communicate with people in the realm of the afterlife. The discovery of how to do this will involve picking the right electronic frequency in equipment that spirits can interface with, first of all through audio signals and later through video images. This new technology will remove the barrier of mystery between the physical and spirit realms of life on Earth.

There is no lack of interest in this project from the spirit realms. All it takes is one or more physical persons who are aware enough to listen to what they have to say, and who possess the technical vision to have the necessary circuits designed.

In the meantime, when you or a loved one is faced with an impending release from the physical body, remember this. Nothing is worth fear! Nothing ever happens that wasn't pre-planned at the person's soul level of consciousness. The fact that they don't remember the plan is no reason to become fearful. Rather than thinking of them as passing away, think of them more as returning home to the spirit world from which they came.

#### Old Friends Come Back To Visit

When a departed one comes back to visit you in your waking state, their presence will flow into your being and remind you of the closeness that you once shared in each other's physical company. Be aware that this is their way of saying hello. If you succumb to the temptation to remember how much you miss them, and break into tears, then you will have, unfortunately, messed up their whole visit!

Instead, tell them in your thoughts - which they can "hear" perfectly well - that you'll see them tonight when you fall asleep and leave your own physical body for the night. We often meet with friends and family members who have passed on when we visit their world at night. The only difference between sleep and passing away is that, in the morning, you return to your physical body.

Memories of dreams dissolve quickly after you awake. If you write down your dreams as soon as you awake, then you will find it much easier to preserve their memory. Many dreams of the morning are just "house cleaning" within your consciousness. The stresses of the previous days get jumbled up together, translated into symbols and turned over in your mind to be more easily reconciled.

The most valuable dreams to write down are ones where you become lucid enough to awake in the middle of a dream that seems particularly vivid. Those are the dreams where you were "out there" far enough to have been in contact with old friends in the spirit realms, and not just hovering close to your physical body planning the next day's activities. The deeper dreams of the night, the ones where you soared high into the spirit world, can be recalled by just intending to do so while in a deep and peaceful meditation session.

When it comes to issues of life and the afterlife, always have faith in the flow of life. There is a deeply, inner-planned synchronicity which unfolds through every important event in the life. There is a self-made plan unfolding through everyone who has ever graced this physical Earth with their wise and powerful spirits. And, remember, the amnesia was just a part of the game!

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#### SONGS OF...

New Music Works - <http://www.newmusicworks.org/>

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New Music Works (NMW) is dedicated to presenting music of our time in concert. Our goal is to develop a positive relationship between today's audiences and music of our time, through imaginative, diverse programming. NMW's annual concert series offers works by living composers in a variety of media, emphasizing music by Santa Cruz area composers, producing original music/theater works, while also including masterworks of the 20th and 21st centuries.  
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Rock the Earth – Defending the planet one beat at a time - <http://www.rocktheearth.org/>  
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Love music? Concerned about the environment? Rock the Earth, a not-for-profit, national public interest environmental advocacy organization, is dedicated to protecting and defending America's natural resources through partnerships with the music industry and the worldwide environmental community.  
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Kathleen Fleming is teaching 38 students in piano, voice, theory, and composition. She is also the coordinator of music at St. Stephen Catholic Church in Walnut Grove, CA. In addition, Kathleen is the Choral Director of Jubilation Singers in the East Bay. She is organist/pianist for weddings and funerals. She is also the pianist at Carpaccio's Italian Restaurant. You go, girl!  
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FROM HE WHO SEES THE EAGLE

8/27/06  
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Rush, rush, rush... you all seem to be rushing around so much these days. Take it easy! Nothing is going anywhere. This rushing around is all just part of your story, don't you see? When you can relax and focus upon what's within, you can get a much clearer picture of what is REALLY necessary, and what is just a created life-drama. You read many books (as I did), trying to find answers, "sort reality out," so-to-speak. And worry, worry, worry... so many of you seem to be concentrating on what you perceive to be going "wrong." You MUST stop being so hard on yourselves. There are really NO PROBLEMS. OK, you say...I have no money, no home, no one to love me. Why is that? Somewhere you don't think you are deserving and that is why you have allowed these circumstances into your lives. PLEASE KNOW that you are SO DESERVING of ALL that your heart desires. It's the recognition of that at the HEART-LEVEL that determines how it manifests in your lives. NOW I can look back at my own life as JD and SEE how I messed that up so many times for myself. Gosh, in some of those interviews I was so despondent! And the energy I sent out was that of despair rather than hope for mankind. Even on the environmental issues that I was so passionate about, I can see now how I only contributed to the avoidance of letting Mother Nature show us the way. In my resolve to do things how I THOUGHT they should've been done, I overlooked Her own built-in truth and wisdom. And this is what I would like you all to understand. We don't HAVE to poke and prod others with our sense of rightness and righteousness. We have only to LOVE AND CARE FOR ONE ANOTHER. Everything else is secondary! Folks, I challenge you to try this for just ONE DAY and see what happens. Let go of your worldly concerns and simply LOVE...ESPECIALLY those whom you might find irritate and antagonize you the most. Respond with ONLY LOVE to every circumstance. I PROMISE that you will get results this way...even if it means bringing up some uncomfortable or unpleasant emotions in the process, that's OK. (Like if you want to scream, "I CAN'T DO THIS!!!") It's just that you're riding a wave to shore, and you may get tossed and turned a little in the process...even lose your breath, but you will arrive there soon enough. Please know that I am here for you and that I love you all unconditionally. There is no "someday we'll be together..." for that "someday" is RIGHT NOW.

Peace,

John Denver  
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CHOICES IN ACTION

James Burton Provides Guitars to Students – from <http://www.ktbs.com/news/local/3709336.html>  
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The famed guitarist, who's played with Elvis Presley, Roy Orbison, Emmylou Harris, Merle Haggard, John Denver and Ricky Nelson, was handing out guitars to school children Tuesday [August 22]. Rock and Roll Hall of Fame guitarist James Burton was at North Highlands Elementary in Shreveport today to present new guitars to children as part of the new Little Kids Rock! program.

Some researchers say there is a connection between academics, music and self-esteem. Burton's foundation this year plans to give guitars to children at 23 Caddo schools to help them become better students. Burton worked with music teachers this summer to get them ready for Little Kids Rock!  
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The Arctic Refuge still in jeopardy!

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You can help mobilize one million Americans in defense of the Arctic Refuge before the showdown vote in the Senate by forwarding Robert Redford's message to six other people. Ask them to watch the video, then make their voice heard in the Senate against legislation that would destroy the Arctic Refuge for the sake of oil company profits. <http://www.nrdactionfund.org/tellafriend.asp>  
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Some more alternatives to mainstream sources:

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Environment and Sustainability: <http://www.epa.gov/greeningepa/index.html>  
Food: <http://www.oaec.org/> and <http://www.eatgrub.org/index.cfm>  
Fuel: <http://www.greendiesels.net/> - My friend Kenny Oldrid's site (Although I believe bio-diesel conversion is only a temporary solution, as an increase in demand for veggie oil will eventually deplete local supplies. In the meantime, eat more French—or to be “politically” correct--Freedom fries!)  
Solar Energy: <http://www.solarenergy.org/>, <http://www.solarbus.org/>  
Health: <http://www.besafenet.com/pvc/> (PVC – the poison plastic – Keep our children safe!)  
Products and Purchases (Thanks to Ginny Cowie for these links!): <http://www.thegreenguide.com/>,  
<http://www.spychips.com/RFIDclothingstoredemo.html>  
Reading and media: <http://www.innertraditions.com/>, <http://www.theundergroundcollective.com/>,  
<http://www.electrifyingtimes.com/>  
Religion: <http://www.theharmonyinstitute.org/> (My friend Gary! And you can check out a sample of HIS “Spirit” newsletter at <http://www.theharmonyinstitute.org/news/jano3.txt> )  
Meditation: <http://www.centerpointe.com/>  
Conscious living: <http://www.consciousone.com/>  
Human rights: [www.hrw.org](http://www.hrw.org), [www.ushrnetwork.org](http://www.ushrnetwork.org), [www.witness.org](http://www.witness.org)  
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If you go to the web site at [www.letsaythanks.com](http://www.letsaythanks.com) you can pick out a thank you card and the Xerox Corporation will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services. It is FREE and it only takes a second.  
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Interested in driving out the Bush regime? Visit <http://www.worldcantwait.org/>  
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New York State has a coalition to support environmentally responsible purchasing. Even if you don't live here but you use Kodak products, it would be worth a visit to their website at <http://www.cectoxic.org/> . If you know of any other states with similar action plans, please send them to me at [seestheeagle@yahoo.com](mailto:seestheeagle@yahoo.com). Thank you!

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Join the Net of Light: <http://www.netoflight.com/>  
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*Friends of John Denver* member Veronica Watson will be leaving for India on 28 October to trek through the Himalayas to raise funds for Whizz Kidz [www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk), a charity that provides mobility equipment for disabled children. Veronica's website at [www.veronika.supanet.com](http://www.veronika.supanet.com) has details of her training, the trek, and the charity's work, plus links to two sites where on-line donations to her sponsorship fund (i.e. for Whizz Kidz) can be made, should you so wish. Veronica has dedicated her efforts to John's memory (see her lovely words of dedication[below]). Maybe she remembers John's story about camping in Tibet and getting “rained on, snowed on, almost blown off the mountain”!

Peace,  
Christine Moon  
President, Friends of John Denver  
[president@fojd.org.uk](mailto:president@fojd.org.uk)  
[www.fojd.org.uk](http://www.fojd.org.uk)

*“My inspiration for this venture came from the late John Denver, whose music and credo have influenced my life since the 1970s. A great environmentalist and gentle humanitarian, John's edifying music reached across cultures, delivering its messages of hope, peace and love, to every corner of the earth, and revealing a man who had true generosity of spirit and enormous compassion. He wanted to work towards a world that created a better quality of life for all people. He challenged himself on every level and he adored children, because he believed they were....a promise for the future and a blessing for today.” I dedicate my efforts to his memory.”*  
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Dear Friends,

As we know, our world is moving toward a great war again. Many countries in the world are having unnecessary conflicts even over a simple mistake. Many people, animals and nature are being destroyed

today. My Dear friends, we got to do something good for the world now. I think the right understanding of dharma and the right forgiveness has the power to heal these conflicts. I believe, those who study and follow dharma has the correct answer for any problem. Therefore, I ask you to stand for a world of dharma.

My dear friend, I have been preparing for my upcoming mission, and now I am ready to go out with the message of peace and dharma. I have no hesitation to spend my whole life and the energy on this mission. I will go out and work for everyone and everything at my best, and I will be working for World Peace, Dharma, Equality and Metta (compassion.) I think, this is my destiny.

As a sign of my appearance for the destined mission and to pass my message to the world and to be with those who suffer from calamity, I will be marching a long distance with the message of peace and dharma. With the caring message, I will be marching from Durham NC to the Statue of liberty NY. My message and the appearance to the world will make a sign of Peace and Dharma, and it will encourage the world to stand for peace and Dharma.

Hopefully, you will get more information on my mission in the near future. Please consider this e-mail as a humble notification of my mission. My friends, I really need your blessings. I really need your advices. I really need your love, and I really need your compassion on me.

Date, Place and the Time of the Peace Walk start:

Date: August 20, 2006

Place: Rhine Research Canter

2741 Campus Walk Avenue

Durham, NC 27705

Time. 10:00AM

Please keep in touch

Yours truly,

Asanga

My phone number 1-919-957-4409

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End Of Summer Fest Concerts Jam Central Point Labor Day Weekend

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Central Point, Oregon - Pure music lovers will enjoy a truly eclectic mix of acclaimed local and national bands at the first annual End of Summer Fest, Sept. 2 and 3 at two different Central Point venues. The two-day music festival, with six diverse bands, will showcase everything from blues, bluegrass and modern jazz to sultry swing, gospel, soul and even some "Zen" cowboy poetry.

Chuck Pyle, the "Zen Cowboy," is known for infectiously hummable melodies combining an upbeat spirituality with old-fashioned horse sense. His groundbreaking guitar playing and finger-style has distinguished him as a true American original. Pyle has recorded nine albums in his 30-year career, and has written songs recorded by John Denver, The Nitty Gritty Dirt Band, and Chris LeDoux.

For the complete article and more information, visit

<http://www.centralpointnews.com/articles/index.cfm?artOID=332216&cp=4311>

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John Adams Musical fundraiser for Santa Rosa Plateau scheduled

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The nonprofit Santa Rosa Plateau Foundation will present its second annual "Music under the Oaks" concert at 7 p.m. on September 9. It will feature gifted performer John Adams recreating the sounds and the music of John Denver on an outdoor stage near the plateau's visitor's center.

John Denver was a special icon in American music; his songs from the heart touched his listeners in a unique and wonderful way. John, a native of Southern California, developed a connection with nature and reflected that relationship in his music. He was lost to us in a tragic plane crash in Santa Monica Bay.

Fortunately, John Adams has the ability to bring back the memories of Denver in a very special way. When listeners close their eyes and listen to Adams & Friends perform songs like "Sunshine on my Shoulders" or "Eagles and Horses," their minds can build pictures of the slender blonde-haired man who for many years delighted with his easy yet inspiring music.

Seats are limited to 250, so early reservations are encouraged. Tickets are \$50 and may be ordered by calling Joanne at (951) 698-0365.

Proceeds from the event will help fund the third grade education program, through which students are given a wonderful opportunity to visit the plateau and learn firsthand about the native plants and wildlife at the ecological reserve.

To view the article: [http://www.temeculavalleynews.com/story.asp?story\\_ID=16894](http://www.temeculavalleynews.com/story.asp?story_ID=16894)

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From the Roanoke Times - <http://www.roanoke.com/extra/wb/79041>

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The Monday Short List By Cindy Porter - "Almost Heaven: Songs of John Denver"

Mondays really aren't a "funny, funny riddle," but the music of the country boy may start the week off right. Check out the tribute to the life and legacy of John Denver, featuring interviews, fan letters and passages from Denver's autobiography, as well as 28 of the artist's hits. Through Sept. 17. Barter Theatre, 127 West Main St., Abingdon, VA. Prices vary. (276) 619-3335, [bartertheatre.com](http://bartertheatre.com).

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Join medium Patrick Mathews in Richmond, VA!

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Friday September 15, 2006 11:00pm to 4:00am

More details at <http://www.hauntedquest.com/byrdpromo.html>

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Peace Jam in Denver, CO!

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September 15-17

Spend the weekend with the Dalai Lama, Desmond Tutu, Rigoberta Menchu Tum and other leading Nobel Peace Prize Winners – and 3,000 youth from around the world!

In its 10<sup>th</sup> year Peace Jam is an international education program built around leading Nobel Peace Laureates who work personally with youth to pass on the spirit, skills and wisdom they embody. The goal of Peace Jam is to inspire a new generation of peacemakers who will transform their local communities, themselves and the world. More details at [www.peacejam.org](http://www.peacejam.org)

You can read a message from the Dalai Lama here: <http://www.angelfire.com/tn/earthhealing/911.html>

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Got music?

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Visit <http://www.beinginharmony.com/> for Didgeridoos, Native American Flutes, Tongue Drums, Tibetan Singing Bowls, Rainsticks, Percussion Frogs & sounds to fire your spirit!

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PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH – PEACE ON EARTH  
WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE – WE ARE ONE  
ONLY LOVE IS REAL – ONLY LOVE IS REAL – ONLY LOVE IS REAL – ONLY LOVE IS REAL

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

*John Denver*