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CONTRIBUTIONS

MY LOVE WILL REMAIN

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Sometimes in life things happen,  
that we cannot foresee.  
So I'll take the time to tell you now,  
how much you mean to me.

There are feelings in my heart,  
that I have yet to show.  
There are thoughts inside my head,  
that I want you to know.

If someday you awake,  
and find that I am gone.  
Perhaps these simple words,  
will help you carry on.

Just because I'm not here,  
doesn't mean that you're alone.  
I could never really go away,  
after all the love we've known.

I'll be out on the ocean,  
when playful dolphins glide.  
Look for me up in the sky,  
when eagles soar with pride.

You'll find me in the mountains,  
on a snowy winter day.  
If it helps to ease your sorrow,  
remember me that way.

I'll be inside the melody,  
of your favorite song.  
To bring me closer to you,  
just start to sing along.

I'll speak to you in whispers,  
when the gentle breezes blow.  
My heart will stay here with you,  
wherever I may go.

I'll hold you with the sunshine,  
I'll kiss you with the rain.  
If ever I should leave your side,  
my love will remain.

INSPIRED BY THE LIFE AND MUSIC OF JOHN DENVER  
© 1997 COREY DAMERELL  
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What I've Learned from John

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I've learned...it's the little things that make a house a home.  
I've learned...that you can talk to God and listen to the casual reply.  
I've learned...that sunshine on my shoulders makes me happy.  
I've learned...that there are miracles you will find.

I've learned...that love is like a resting place, a shelter from the storm.  
I've learned...that I hope that I'm around so I can be there when I die.  
I've learned...that it's up to you.  
I've learned...that it's a possibility.  
I've learned...that it's about time.  
I've learned...that love is the answer.

Eileen Stein  
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THE KEY – by Carole Volz  
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My six year and a half year old son, Cameron, made a very profound statement to me the other evening while taking his bath. We were briefly discussing the loving energy of God and he said "You know, Mommy, Love is the key that unlocks the heart of the world."

As I paused to digest this beautiful statement, I asked him to repeat it and he said no. He can only say these things once.

We further discussed how God's energy flows so strong through him and that it does with everyone but a lot of people block from flowing as it should. I told him to keep listening and letting it flow through him and out to others as well.

He told me not to worry about it.  
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The World Needs You Now  
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The world needs you now.  
More than you know.  
More than you can imagine.  
The world needs your gifts.  
Your heart. Your compassion.  
Your understanding. Your ability to listen, to speak, to feel and to act.  
The gifts that only you can give, in the way that you and you alone can give them.  
The time for holding back is over.  
The time for believing you are not good enough, not ready enough, not wise enough, has passed.  
The time for fearing you are too good, too powerful, too magnificent, too intelligent, no longer exists.  
You have run out of excuses.  
You have exhausted every reason why you cannot be exactly who you were placed here to be.  
Your usual distractions no longer exist.  
Your strategies for staying small, for resisting the call to awaken, are dead.

The World Needs You Now.  
More than you know.  
More than you can imagine.  
In the Great Circle Of Life, a space has been held for you since time began.  
As you wandered, as you explored, your shoes waited, marking your place.  
No one else approached, for these shoes can only be filled by you.  
You agreed to step into them when you were ready to take your rightful place on the Circle.  
And now you are ready.  
You are bound with your own self-absorption.  
You choke and gag on your endless self-reflection  
and your belly is filled with an urgency to leave jobs and embrace your real Work.

Now, at the exact moment the world needs you,  
you have uncovered, recovered and discovered enough  
so that your authentic self can see the light of day.  
So that you can step into the shoes that have been waiting for you since before time began.  
Every moment that you delay, widens the hole in the web of existence.

For you are an essential ingredient, without which Creation is incomplete.  
Global harmony rests in the palm of your hand.  
Planetary peace will simply not be attained without your heart, your mind, your spirit.  
No one else has been assigned the job of picking up the ball that lays at your feet.  
The world needs You and the world needs you now.  
More than you know.  
More than you can ever imagine...

By Rachel Snyder, author, storyteller, inspiratrix, visionary ~ Boulder, CO

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**"Music does bring people together; it allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics or the expression of our love and our faith, music proves: We are the same."**

John Denver

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IN JOHN'S MEMORY

You can go here to read some wonderful memorials to/for John:

[http://www.findagrave.com/cgi-bin/fq.cgi?page=flf&GRid=2122&FLgrid=2122&pt=John+Denver&\\*\\*\\*\\*\\*](http://www.findagrave.com/cgi-bin/fq.cgi?page=flf&GRid=2122&FLgrid=2122&pt=John+Denver&*****)

John Denver communicated his passion for life in many ways. His artistic talent was exhibited not only in his extraordinary music but also in his love of photography. Throughout his life, he used the camera to capture and convey his enthusiasm for all that surrounded his remarkable life. John used this medium to express his understanding of the beauty of all that is natural and he also used it equally to record the many friends and family that surrounded him.

You can view John's photography at

<http://www.aspenartbrokerage.com/PhotographyMAIN.htm>  
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From the Charleston Gazette on line:

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John Denver...flew into Charleston on Dec. 8, 1985, to sing in a telethon to raise \$1 million to help victims of the devastating floods of the month before. "Mountain Stage" host Larry Groce and Beckley native and actor Chris Sarandon were co-hosts of the five-hour program that was broadcast on all West Virginia television stations. Cross Lanes native and Grammy winner Kathy Mattea performed as did Richie Havens and Tom Chapin. Throughout the evening, hundreds called in pledges, including actor Robert Duvall with a \$1,000 gift. Denver ended his half-hour performance with "(Take Me Home) Country Roads," the unofficial Mountain State song. Denver also sang his most requested song at the first game in West Virginia University's new stadium in 1980 and on the state Capitol steps in the early 1970s. (Photo from Charleston Newspapers file—can be viewed at <http://www.wvgazette.com/static/century/gz1208.html> )  
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From "Famous Friends of John Phillips":

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<http://www.etsmtl.ca/pers/jboisono/shawnphillips/friends/>

"John Denver and Shawn went to the same high school, his real name was John Deutschendorf. They used to hang out together in Ft. Worth and often went out to the desert and played at campfire parties. They never had much contact after John became known."  
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From John's memorial service:

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Hello, I'm Diane Cirincione. This is Jerry Jampolsky.

And I feel like we're... these last couple of days and today... Jerry and I have, uhm, been here, kind of like, uh, millions of other people that would like to... up in here and who may be, uh, you know, listening in today or seeing this.

And for each one of us, you know, we have our own story in our hearts whether we met John or not. We have a place that he holds inside our hearts.

There was a woman on Cal.. on TV in California the other night. She was lighting a candle and laying flowers off of Lover's Point. And as she said to the camera person, tears were coming down her face. She said, "You know, I always wanted to get to know John Denver, to meet him, and I never did. Sad but, you know, he lives inside of part of my heart. And he always will."

And I think that she really spoke, you know, for, for millions and millions, literally hundreds of millions of people around the world. And I wanted to share her words because each of us has our own story, you know, where we, we first came to know John and it was either a special time or place and how his music permeated through the ears.

But you know what I've come to realize over time is that it was more, so much more than the personality. It was more than that incredible boyish way, you know, that grabbed our hearts and holds it forever.

And I think it was more than John's talent of singing and writing songs. What I come to realize, which came from my own personal experience was that John held a vibration, a unique vibration in his voice that sang and resonated beyond time, beyond culture, beyond religion, beyond hatred and into the hearts of people And I believe that that vibration in his voice was a divine gift and it's that's the way that we heard him.

In a little country road in Northern California many, many years ago, I was driving my car and the radio was on and a song beyond. I never heard the voice before. I really wasn't paying much attention. And all of a sudden I thought somebody speaking.. somebody singing about the sunshine. The sunshine which I love so much...and the warmth in our hearts and sunshine on your shoulder.... And the sun was of course was beating in on my shoulder. And before I realized it, there were tears running down my eyes. I didn't know why... my cheek started to get really wet. And I began to sob and I didn't know why. So much so I had pulled over the side of the road. And I just wept. And I went, "What is happening? What is this? Who is this person?" And afterwards he announced it was "Sunshine on my Shoulders".

And I, you know, at that moment, I knew that it was beyond a person or singer. It was a vibration. It was a call to wake us up, to wake us up, to remember all those things around us, the earth and each other, and the spirit that lives within each one of us.

Jerry and I had this sacred privilege two days ago of traveling with John's ashes in his last journey. And we left, so. Calif- California down to Monterey and I want to share a little bit of this journey with you so you can hold it in your heart too because it was a very sacred journey for us.

There wasn't a moment in those eight or nine hours that Jerry and I didn't hold John's ashes very closely to our hearts or on our laps. And as I was walking out on the ramps in Monterey, this place that Jerry loved, that John loves to fly so much out of.. he loves that county. In my mind there was a dialogue of saying goodbye, saying, "Come on, O.K. It's time to leave California to come on back to Colorado on your way going on into eternity."

And it was in... on, on the ramp there was this incredible sense of John's presence. And as Jerry and I sat in the plane, we began to feel it. And as the plane took off out of Monterey airport, just like Don, John had done a few days before, we took off over Lover's Point, you know. And at that moment in my consciousness I reached down and I said, "John, if there's any part of your spirit that's confused here, come with us, come let us gather you up and take you on home."

And as we run around down the coast of California, the sun was blazing through the window. It was blinding, it was sheering off the water, it was so exquisite and I, gently in my mind and quietly under the engine noise, just sang Sunshine.

And as we took off out of Los Angeles, once again, said, "John, it's really time to leave California." And I felt it was O.K. I felt he was really there, he was really present, leaving his life there and his time there.

And I looked out the window on the left and there was this giant jet engine. And you know what went through my mind then. As we were leaving on a jet plane over the California Pacific, and the sun... it was so exquisite. And then we came into Colorado late at night. It was dark.. couldn't see anything and all of a sudden the full moon was there and the Colorado snow-capped peaks just shone like diamonds out the window.. and there were the Rockies... And it was a time to say goodbye to the Rockies ...released in the final day in the Rockies.

We really felt John's spirit. We feel it here now. We feel his incredible, awe-struck essence saying, "This is some journey out here, something like far-out." A journey we will all come to know. So as we brought him home, you know, we bring him home to his mother, Erma, an amazing being. No wonder John turned out like he did. His brother Ron, his children, people who would have come to love him and know him, Annie very specially. All those who knew John or close to him, those that never knew John in the body but know him in the spirit, we bring him home and I leave you with his last words that I shared with John.

Jerry and I, when we were on top of the hills in Tiburon, California, oh, at least over a decade ago, we were flying kites like a bunch of kids And we did a meditation there and I share these words that he had written and brought tears to John's eyes and he said he really loved them. And I say for each of us, family and friends, if you can think in your mind in reaching out to John reaching out to his essence and saying:

"You know come take my hands as we walk through time to a place where none exists, free from matter to fields in the light in communion forever more."

You can hear the speech at <http://yu.ac.kr/~bwlee/esc/diane.htm>

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IN JOHN'S WORDS

About Sticky Summer Weather (dedicated to our record-breaking heat wave!)

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I don't know if you've ever been in Washington D.C., or Philadelphia or places like that in the summer, but it gets incredibly hot and humid. When you can't sleep at night and you're all by yourself, your mind starts dancing around with ideas and notions. I feel very fortunate in that I can pick up my guitar and play with the experience...and maybe a song comes through. "Sticky Summer Weather" is like that. Instead of being hot and uncomfortable, you'd really like to be somewhere like the desert after a rainstorm. Rainbows appear over the mountains, and the whole world is clean, fresh, and sweet again.

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From a live CompuServe conference on 9/18/97:

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Q: What is the most special memory someone has shared with you about the special meaning (to them) of one of your songs, and which song was it?

JD: Well...there are a whole raft of stories that come to mind. One very recent session had to do with a man that wanted to talk to me about his car accident, and they had been fans of my music, and the woman said to her father, "I want to live," which is the name of one of my songs. She had just seen my concert where I performed that song.

Q: When I heard you sing "The Wings That Fly Us Home" in Cerritos, I got chills up my spine and tears in my eyes. Is there any possibility you would put a remake of that song on your next album? It was fantastic.

JD: I've had lots of similar comments about that song. And...if I do another live album, I would include that one for sure.

Q: Do you plan on becoming more active with Windstar any time in the future?

JD: Windstar is one of the things that I'm most proud of in my life...people that I've met...

friends that I've made...and those that have been moved...to do something through their own actions and abilities...to create a sustainable future and healthy environment. We are meeting over the next week to determine how to most effectively continue with Windstar in the future.

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HIS SPIRIT STILL SINGS!

From the archives:

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7/29/98 - Elsa

[John] was my "salvation" during a time when things were really hard on me. My inner self grew because of him.... I miss him terribly. I'm so very thankful that I'm weird enough to be able to feel him and have "visits" with him. I guess we're a lot alike...as there seems to be several of us gifted, open, and blessed to be visited by John's spirit. His presence in such an intense and personal way is the greatest gift that I could have ever received from him or anyone!

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2/19/99 - Lynn

I planted an Aspen tree in memory of John on the 12<sup>th</sup> of October there in the U.S., October 13<sup>th</sup> here in Australia. It is growing great. My husband just removed the small fence that we had around it to keep the dogs out. Well, he called me and said, "John sure does like HOME GROWN TOMATOES, doesn't he?"

I asked, "Why?" Then: "Don't tell me we have tomatoes out back. " He told me to have a look myself. We have a tomato plant about ten inches high with a tomato on it! Where it is growing now I never would have planted them there as it used to belong to the railways and was just high grass. Is that a sign or what?

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7/27/99 - Eve

Searching as first-time home-buyers...we see a cute, older house. Nice couple selling it. We look around. Nice backyard, nice garden, growing "homegrown tomatoes" -- a good thing. They have four adorable children. One child is named Sierra...we have a niece named Sierra, too. Another child is named Denver! Is that a good vibe or what?

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3/5/02 - Yautra

It really took me by surprise when unexplained things started happening to me. At first I thought it was my imagination, but as things kept going on, I began to figure out who it was. The funny thing is, I never met him, I never attended any of his concerts, and I never even bought any of his music. The only connection to him that I ever had was that I used to sing "Country Roads" in school a lot, and I loved "Rocky Mountain High." I was sad when I heard of his death, and I recall thinking that the golden voice had been silenced, but nothing beyond that. I don't know why these things started happening to me, but I sure am glad. My whole life has been changed.

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4/30/98 - Mark

Yesterday I had my first guitar lesson, and stopped my CD during the song "Calypso" before I left the house. When I got into my car and started the tape deck, it started playing at the exact spot where the CD had stopped...I could not believe it. Talk about the twilight zone! I was meant to hear the rest of that song.

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No date - Carol

I just went out to do a little shopping. As I walked across the parking lot I was singing to myself, "Welcome to my morning, welcome to my day..." As I entered the store I heard on the muzak: "I'm the one responsible, I made it just that way..." John singing from right where I had left off! What a thrill...John has the most amazing positive energy!

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EARTH RHYTHMS

May the element of Earth give you wisdom.  
May the element of Water soothe and comfort you.  
May the element of Fire inspire and guide you.



May the element of Air fill you with beauty.

Deborah Redfern, "Healing with Feng Shui & Color"

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<http://wonderofitall.com/>

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NATIVE AMERICAN INDIAN TRADITIONAL CODE OF ETHICS - Inter-Tribal Times, October 1994

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1. Each morning upon rising, and each evening before sleeping, give thanks for the life within you and for all life, for the good things the Creator has given you and for the opportunity to grow a little more each day. Consider your thoughts and actions of the past day and seek for the courage and strength to be a better person. Seek for the things that will benefit others (everyone).

2. Respect. Respect means "To feel or show honor or esteem for someone or something; to consider the well being of, or to treat someone or something with deference or courtesy". Showing respect is a basic law of life.

- a. Treat every person from the tiniest child to the oldest elder with respect at all times.
- b. Special respect should be given to Elders, Parents, Teachers, and Community Leaders.
- c. No person should be made to feel "put down" by you; avoid hurting other hearts as you would avoid a deadly poison.
- d. Touch nothing that belongs to someone else (especially sacred objects) without permission, or an understanding between you.
- e. Respect the privacy of every person, never intrude on a person's quiet moment or personal space.
- f. Never walk between people that are conversing.
- g. Never interrupt people who are conversing.
- h. Speak in a soft voice, especially when you are in the presence of Elders, strangers or others to whom special respect is due.
- i. Do not speak unless invited to do so at gatherings where Elders are present (except to ask what is expected of you, should you be in doubt).
- j. Never speak about others in a negative way, whether they are present or not.
- k. Treat the earth and all of her aspects as your mother. Show deep respect for the mineral world, the plant world, and the animal world. Do nothing to pollute our Mother, rise up with wisdom to defend her.
- l. Show deep respect for the beliefs and religion of others.
- m. Listen with courtesy to what others say, even if you feel that what they are saying is worthless. Listen with your heart.
- n. Respect the wisdom of the people in council. Once you give an idea to a council meeting it no longer belongs to you. It belongs to the people.

Respect demands that you listen intently to the ideas of others in council and that you do not insist that your idea prevail. Indeed you should freely support the ideas of others if they are true and good, even if those ideas are quite different from the ones you have contributed. The clash of ideas brings forth the Spark of Truth.

3. Once a council has decided something in unity, respect demands that no one speak secretly against what has been decided. If the council has made an error, that error will become apparent to everyone in its own time.

4. Be truthful at all times, and under all conditions.

5. Always treat your guests with honor and consideration. Give of your best food, your best blankets, the best part of your house, and your best service to your guests.

6. The hurt of one is the hurt of all, the honor of one is the honor of all.

7. Receive strangers and outsiders with a loving heart and as members of the human family.

8. All the races and tribes in the world are like the different colored flowers of one meadow. All are beautiful. As children of the Creator they must all be respected.

9. To serve others, to be of some use to family, community, nation, and the world is one of the main purposes for which human beings have been created.

10. Do not fill yourself with your own affairs and forget your most important tasks. True happiness comes only to those who dedicate their lives to the service of others.

11. Observe moderation and balance in all things.

12. Know those things that lead to your well-being, and those things that lead to your destruction.

13. Listen to and follow the guidance given to your heart. Expect guidance to come in many forms; in prayer, in dreams, in times of quiet solitude, and in the words and deeds of wise Elders and friends.

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**"Give wisdom and understanding to my leaders. Protect my warriors and bring them back safe. Give to the young, love and contentment. Give health and long life to my old people so that they may remain with us for a long time. Make my enemy brave and strong, so that if defeated, I will not be ashamed. And give me wisdom so that I may have kindness for all. And let me live each day, so when day is done, my prayer will not have been in vain."**

Big Lodge Pole, Blackfoot

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HEAVENLY CONNECTIONS

A beautiful channel from October of 1997:  
<http://theangelschannel.netfirms.com/KRUGER2.html>

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The real Allison DuBois (who inspired the TV show "Medium") has a website, and book similar to Patrick Mathew's book *Never Say Goodbye* (hers is titled *Don't Kiss Them Goodbye*):

<http://www.allisondubois.com>

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REALITY SHIFTS: Bringing Heaven to Earth - by Cynthia Sue Larson

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My nine-year-old daughter often saves her most perplexing questions for bed time, when she knows she has my undivided attention. I was tucking her into bed one evening this summer when she asked me, "When I have a dream about spirits, how can I tell if they are good ones or bad ones?"

I hugged her, and replied, "The same way you can tell whether a person you are talking to is helpful or not... by the way they behave."

"But HOW do bad spirits behave?"

"We can't always tell by what they look like, but we can tell by the way bad spirits do the opposite of the five qualities we recognize on our Star Chart," I replied. Our Star Chart is a list of five qualities that our family wishes to enhance and increase in our home. I keep it posted on our refrigerator with magnets, and use colorful crayons to draw a star for each quality that shone through for each of my two daughters that day.

The list consists of five qualities:

- COOPERATION - Work well together with others
- HONESTY - Tell the truth about your feelings
- APPRECIATION - Thank others and communicate your joys in life
- CLEAN UP - Tidy up after your messes
- KINDNESS - Treat others with love and compassion

"But HOW do bad spirits behave?"

I continued, "While angelic spirits are kind, cooperative, clean, appreciative and honest... bad spirits lie and complain and are mean, messy and uncooperative."

This was basic enough that a child could understand it, and my daughter nodded her head in agreement. "So the things that make people nice are the things that angels do", she added.

"Yes!" I replied. "That's why when you are especially kind or honest or cooperative or appreciative or tidy, I draw a halo over the star on the star chart! When each of us is a bit more like an angel, we help make the world a nicer place to live... bringing heaven to Earth a little bit at a time."

I kissed her on the top of her head, and stroked her hair away from her face, seeing the love shine in her eyes.

These precious qualities are deceptively simple, yet exceedingly vast in their potential to change our world. Because we attract the qualities to our life that we embody, we are essentially summoning the "bad spirits" by choosing to be messy, complaining, selfish, deceitful and cruel. We summon angelic spirits whenever we choose to be clean, grateful, helpful, honest, and compassionate.

As usual, I don't ask you to take my word for this... instead, I ask you to notice the next time you find yourself in the midst of a "bad day". You can start with a day that is simply not going all that well, in which you can tell things will probably just deteriorate if left to their natural tendencies. Take a deep breath, and breathe out all the stress you're feeling, including any resentments, anger, and worries. Breathe deeply in all the love and gratitude and joy you can feel at this moment now... remembering times of your greatest love and happiness. Now, just pick one of those five basic qualities mentioned above... it doesn't matter which one. Pick something you can clean up... find someone you can tell your honest feelings to... take a moment and fully appreciate and feel grateful for something... help someone with something they are doing... or simply show great kindness and compassion for someone or something else. Doing just ONE of these things will pull you out of a tailspin, and start your day vibrating at a higher level.

And do you know what happens when you choose to embody those five qualities? Yup... you find yourself surrounded with angelic energy!

It really is that simple.  
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No, Mars Won't Look as Big as the Moon!

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Summary - (Jul 8, 2005) There's a new rumor going around the Internet. Maybe an excited friend has sent an email about a once in a lifetime chance to see Mars. Mars is going to make its closest approach on October 30th, 2005, and look bigger and brighter than it has in two years. Unfortunately, the closest approach actually happened two years ago, in August 2003, when the Earth and Mars were closer than they had been for 50,000 years.

You can read the entire article at  
[http://www.universetoday.com/am/publish/beware\\_mars\\_haox.html](http://www.universetoday.com/am/publish/beware_mars_haox.html)

Facts - Mars will reach opposition this year on November 3rd. However it will actually be at its closest on October 29th. It will shine at magnitude -2.3 and will have a disk size of 20.2". At this time Mars will be 43,000,000 miles from earth. Also this opposition will actually be superior to the 2003 opposition in that Mars will be twice as high in the sky allowing for clearer views.

This information was gleaned from Guy Ottewell's Astronomical Calendar 2005.

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FROM HE WHO SEES THE EAGLE

Through Margit:

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January 10, 2001

My heart is filled with joy because I live.....Life, you know, is much more than you experience right now in your third dimensional world. And then again, it is a beautiful world, that's why I am still close. The Earth is a planet unlike every other planet in this universe, even beyond, in some aspects. There was a plan, you know, many lifetimes –as you would say- we worked on that plan. Some things changed, but that is natural....Changes are natural ..... And as I so often said: We are all ONE. You can feel that Oneness extremely well now, don't you? It's not always like that, but this first intense connecting of soul and spirit was stronger than I expected. {He refers to the meditation I just had} So it will continue, and we are progressing.

The Earth is undergoing a progress and a process.....for now is the time to join in the song she is singing, and the new Life she will bring forward: she will give birth to something you cannot comprehend, yet. Trust, trust that it will be all right. I am aware of the struggle, the pain and conflict you impose on yourself and on Mother Earth. Let go. Become what you are – free. And free Mother Earth. She is ready, she is waiting. You are the ones who must wake up, and the moment is here. Time as you know it will cease to exist. You are eternal beings, full of possibilities. Use them. Learn to use them. We will help you. We are near. Go for your highest dream, for it will set you free. We are here. We are a family. You know that. Sometimes you seem to forget what it is all about. But I know how it is to be human. You are doing good, keep going! We will reach the Sun together.

This planet of yours has reached another level, she regrets that you struggle to hold on to what is no longer valid. She asks you to wake up to your full potential. Her spirit is strong, much stronger than you think. Let us come together in peace, in love, in harmony and in joy, and let us complete what we began once upon a time. We will have more conversations as time goes on. I refer to time as you are used to it, I align with what is familiar to you while you are on Earth. But this will be a different kind of existence, when we are done. You are advised to practice the things you will need in the future. We will help you with this, too. Don't be afraid. Release all the feelings that keep you bound. Ask the wind to lift you up, to carry you until you develop your own wings. And then soar.....higher and higher, for the higher we fly, the closer we are to each other. It is true. You'll see. And I can tell you: What is waiting for you – for us, is beyond all the beauty and wonder you are able to experience now. I know, because I've been there. And I have taken some of you with me.....you know who you are. Remember the feeling you had, remember and keep it in your consciousness. We are on a great adventure, a journey into the Light. Come out, hide no longer, for I assure you there is only love – no fear.

ILLUSIONS, you create illusions and think they are real. It is one thing you can see so clearly, when you are back here – and you will laugh, and sometimes shake your head, amazed. But – I was playing the game, too, and I enjoyed it quite a bit. The fun parts. The sad part were a part of this life as well. ALL THIS JOY expresses that duality. In every tear is a smile, and in every smile is a tear. You cannot fully experience one without having known the other. It's ok. In the end, however, is only Joy. That is who we are. Dance the Dream, sing the Vision. We have much to do – let us begin!

I am here; in fact, I am able to be with many of you, now, who never met me while I lived as John Denver. Those of you who want to know who I am or what I am, and where I am..... Yes, yes, it's not the same, you say. Well, you are right but try to understand that physical appearances are just one piece of the cake. Close your eyes, and you will see the other pieces. They are as good as the one piece you tasted. Chocolate, too! My friends, never forget the FUN – take it lightly! Talk to me in a way that is comfortable for you. I'll give you more signs, opportunities to recognize me, soon. The hawks and eagles.....the whisper in the wind, a breeze.....a figure in the sunlight – there is much more, but I think I don't need to mention everything. You get the point. We will communicate in different ways, for I love to choose from the all that is inside and around me – splendid! Play. Sing. Howl! {Laughs!} And work by using creativity and imagination that flows freely. Let us create the World we always dreamed of. Do the things you started, let them grow, then take the next step. The mountain is high,

but we are helping each other in climbing to the top. We're going to make it, friends, we are getting there. I can see the summit, I can see the Miracle of Life – and I reach out my hands to you – follow me, and if you can see what I see....walk right beside me. Our time has just begun. Until we meet again....the One Creator, in Her Wisdom, may He guide you always. Peace my friends. I am with you.  
John.

February 5, 2001

Things are happening faster than they did only a short time ago. If you wish to be involved, listen but not with your ears, see but not with your eyes, feel but not human emotions. Be who you really are, I can't say it often enough – only then will you realize what is going on in your life and in this world. Be open to the touch of love in its purest form. Originating in 'Heaven', we are now making it a reality on Earth. Paradise on Earth. I'm repeating this, too, as it is her Destiny - the Goal she/we WILL achieve. But I need you, each and everyone of you who decided to help bringing the changes (although there are other ways, everyone is free in choosing their own way). Time doesn't matter in this process, because time doesn't really exist. Not here, not in the future world.

Do you know what CREATION means? Creating, flowing with and in the stream of All that Is. No standing still. No clinging. No holding on to whatever you think you 'own'. Creation is Life and all life is creation. Boundless and formless although we can give it form if we wish. And isn't planet earth a beautiful, magnificent creation?! It's finally time to honor this creation, this gift. That is why I am here.

Know, I am here with you, my family. It's time for you to remember. Many of us in the spiritual realm come to assist through the changes. If you choose to work with us, with me, you are more than welcome. Our contact will improve, but you have to do your part, as I do mine. Don't be afraid of things your human senses can't capture. It's so natural. Delight in it, trust in it. Sing your song to me – I will sing mine to you.

It is true what I once said/sang: "In the infinite beauty we're all joined in one." Infinite beauty can be this world I can see already. And we will join as one. All that is separated, will become one. I know, I explained much of this before... But there's more than just words as you know them: Feel the energy behind the messages! True energy can't be put into human words – it's a mere translation only to help you understand. Spirit doesn't need words, or a certain language. Always remember that there is more than meets the eye. And begin to recognize it in your own life. You will find new meanings, and my love. I'm not leaving because here and now is the only moment. Walk in the awareness that peace exists, now! So do I.

John  
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Connecting with John on the soul-level: a Meditation/Song exercise from John (07-12-05):  
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Dear Friends,

I'd like to invite you to participate in a little 'exercise', if you like:

Get comfortable, close your eyes...relax...take a few deep breaths...listen within...focus on your heart chakra, envision it being filled with a warm, golden light...feel it flowing through all your bodies...now the light radiates outwards, and it is forming letters you can see with your inner eye...words...the title of one of my songs.

When you see the title clearly, come back from this short meditation, and play the song. I'll be right there with you, and you'll notice it for I will give you a little sign.

Stay in your heart, and please don't limit this contact by expecting it to happen in a certain way. There are many ways, and I'll 'speak' to YOU individually. All you have to do is to FEEL the song in your heart. I'll be as close as you allow me to be.

Are you ready to try it? I'll be happy to meet you on that higher energy level we create through this exercise.

Namaste ~  
John

7/15/05

Hi Everyone,

After John gave me this exercise, I had to do it, of course ;-) ... I got a song (Eagles & Horses) during the meditation, and it was a wonderful experience to really FEEL the song rather than just listening to it!! It's not that I don't feel John's music in my heart, anyway; but this exercise is a step beyond that. I think it works differently for everyone, depending on whether one is already familiar with meditation and/or connecting with him/with the spirit world, or not. It is a gift from John to all of us, and especially to encourage the 'beginners', he wants me to add.

He loves to communicate with people, and he wants to show us how it works and that it is easier than we think. He also says that when you got the song in the meditation, it's ok to do the 'feeling exercise' using the same song for awhile. Experiment with it. You'll know when it's time to move on to the next song. Don't force anything to happen, go with the flow... everything will unfold gradually, naturally. Be ready for magic and synchronicity, and ENJOY!

To those of you who choose to participate: if you feel like sharing your experience/s (small or big, it doesn't matter -- every one is unique and has a meaning), please do so; and questions are welcome, too. It would be great to use this exercise not only to connect with John, but also to interact with each other. So we hope you'll join in!

Margit

"I'm looking for my family, and all of you are mine."

JD

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"If music can serve to further civilization, then it has performed its ultimate goal."

Bob Weir

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SONGS OF

Communing with Music

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Communing with Music is an innovative methodology developed by Matthew Cantello that helps people to heal, learn and blossom through the exquisite power of music and sound. Regardless of musical ability or level of challenge one faces, virtually anyone can benefit from the curative and therapeutic power offered by Communing with Music techniques. In either individual or group settings, practices such as Conscious Listening, Musical Imaging, Musical Movement and Vocal/Instrumental work allow participants to tap into the power of music to bring about their own health and well being.

To learn more about Matthew visit: <http://www.shirleymaclaine.com/ieradio/about/next>

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**Money can obtain your possessions, although it cannot establish your true ownership. Whatever truly belongs to you is determined by what your heart attracts and your love commands. Only the properties of your heart can bring fulfillment and nourishment to your life.**

(LWE: 191)

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CHOICES IN ACTION

*Editor's Note: I included the following article in this section because it again validates that we are on the brink of change, and the choices we make NOW...TODAY...are going to determine whether that change will be disastrous or whether we as a human race will rise to the occasion and bring forth the highest possibilities. At least read the highlighted sections so you won't be thrown totally off-guard when it happens.*

Part Two in our series on the coming crisis of oil politics and production shortages:

When Matt Simmons hears someone describe him as a "Bush energy advisor," he winces. Yes, he talks to President Bush about oil sometimes, but what he has to say isn't colored by partisan politics. Simmons wants everyone to realize the energy crunch we're in, and that's why he wrote *Twilight in the Desert: The Coming Saudi Oil Shock and the World Economy* (Wiley, \$24.95), which will be published in July.

Simmons, chairperson and chief executive of the energy-oriented Simmons & Company International investment bank in Houston, is a member of the National Petroleum Council and the Council on Foreign Relations. He writes, based on considerable research, that "Saudi Arabian oil production is at or very near its *peak sustainable volume* (if it did not, in fact peak almost 25 years ago), and is likely to go *into decline* in the very foreseeable future [emphasis in the original]. There is only a small probability that Saudi Arabia will ever deliver the quantities of petroleum that are assigned to it in all the major forecasts of world oil production and consumption."

The implications of this are huge, since Saudi Arabia has the planet's largest proven reserves and is the world's largest oil exporter, from which the U.S. buys 1.5 million barrels a day (15 percent of total consumption in 2004). Some 60 percent of the 20 million barrels of oil the U.S. consumes every day (enough to cover a football field with a column of oil 2,500 feet tall) is imported, and replacing the supply from Saudi Arabia would be no simple task.

E Magazine: You're doing the world a real service by shaking up commonly held assumptions about future energy supplies, specifically about how much oil remains in the Middle East, and in particular Saudi Arabia.

Matthew R. Simmons: First of all, thank you. The last thing I wanted to do over the last two years was write a book, but I was unbelievably surprised when I started reading very specific technical papers about these oil fields. It was only when I'd gotten through a hundred of them that I realized that I had done a thorough examination of Saudi oil. And in fact the real risk is not the question of proven reserves, which is a very fuzzy area. The real story is that there are basically just five old, mature fields that account for 90 percent of all Saudi production, and a remarkably small number of wellheads that produce the oil from these fields. It leaves the Saudis with no diversification if any one of the fields suffer a production collapse.

You say in your book that the water injection methods they're using to pump oil out almost always lead to such a collapse.

They always lead to collapse; the only question is when. Take a look at Ghawar, the most important field in the world, with 70 billion barrels of proven reserves. It turns out that North Ghawar, about 20 percent of the field, was producing about four and a half million barrels a day of the total field's 5.3 to 5.5 million barrels in 1979 and 1980. And the other 80 percent of Ghawar is a totally different series of reservoirs that will take years and years to produce oil.

The basic assumptions of energy planners at the highest levels have been that the Saudis will continue to increase their output to meet rising demand. But you're saying that they couldn't really produce more oil if they wanted to.

I'm basically asserting, without complete proof, that from a planning-for-risk point of view we should start assuming that it is quite risky for them to keep producing oil at high levels. It is not at all certain that the Saudis could sustain high rates for even as much as a decade, let alone what they claim. They said in Washington recently that they could increase their production to 15 million barrels a day and keep it there for at least 50 years.

Wasn't that one of the reasons for the recent Saudi visit to the U.S., to get them to increase oil production and ease prices?

I don't think it's at all unusual for the head of state to come see a president. I also think it wouldn't be that unusual for the President of the United States to quietly and politely ask for real data about oil reserves and pumping capacity. For 30 years, we just have had numbers stated in the public domain without any verification. Saudi Arabia never once said, "You know, guys, that's an interesting concept but don't count on us to actually achieve that." History is rife with times that we just basically assumed something and then finally realized that there was no basis for it.

**Iran's oil has peaked and Iraqi production isn't being ramped up to previous levels either. What is your understanding of that?**

**Iran's oil peaked in 1971 or 1972 at six million barrels a day. And when it was at that peak level they had four fabulous fields that each produced over a million barrels a day. Each of those great fields now struggles to produce between 100,000 and 150,000 barrels a day. Iraq has two great fields, Kirkuk and Rumaylah, which have been about 80 percent of its production for the last 25 years. Kirkuk was discovered in 1927; it's the oldest producing field in the Middle East. Rumaylah was discovered in 1951. And those fields have been badly abused. And the real question is: Until Iraq develops some new fields, how much longer can Kirkuk and Rumaylah sustain the current 1.5 to 1.8 million barrels a day before they go into a production collapse?**

There are an awful lot of energy analysts who thought that as soon as the war was over we were going to get Iraq back to six million barrels a day. A year before the war I would occasionally get a call from some planner in Washington saying, "Apparently you're on the list of people who really seem to understand Iraq's production." I used to say, "Well, bear in mind I've never been there; I've just read reports." But anybody thinking they can get back to six million barrels a day is basically wallowing in naivety.

**Do you agree with analysts like Colin Campbell who say we're at or near the world's peak oil?**

**I recently spent time with Colin Campbell and some of his scientific colleagues at a large peak oil gathering, and I recently spoke to the Swedish Royal Academy of Sciences about the same issue. And what I was basically saying is that we urgently need an overhaul in our energy data transparency. We need a global mandate to force every significant oil producer and energy gas producer to start releasing timely historical and current field-by-field production statistics. We have to start mapping out a reliable roadmap. We need to know if we've exceeded peak oil on a sustained basis.**

In the absence of such detailed records, we're basically guessing then?

We have no data whatsoever and we're guessing. So if we're going to guess, I think the quicker we start assuming that we're beyond sustained peak oil today the better off we're going to be. So, within this lunatic fringe group of peak oil people, I've probably moved to the head of the class.

**Oil demand is rising, and there seems to be this serene assumption that we can meet this rising demand with a diminishing supply. What do you think are the implications for a post-oil peak world?**

**It's going to be one of two courses and there's not a lot of middle ground. It can easily be one of the really awful events that have ever happened to the world. And that is probably where we're headed today; it's the most likely course. Or we can come to the recognition that we now need to go on a war footing. It's like we're drifting to the end of 1938 with war clouds all over the horizon. And if we can conduct some intense analysis of where we actually are with the world's oil supply, we'll realize that what we have is a very scarce and invaluable resource. Maybe if we**



**had good, scientific data people won't get quite as pessimistic and angry when the price starts to soar.**

**Do you foresee a hydrogen-based energy economy being ready to take over when the oil runs out?**

**Nope. The problem with a hydrogen-based energy economy is that we need fuel-cell technology that we don't have yet, and we need a primary form of energy to extract hydrogen, and that's in scarce supply. So it actually has to be a far more basic sort of overhaul. I think, for instance, that we have to get our freight business off the roads and back onto rail. That would be five to 10 times more energy efficient. Tearing up our rail network was just a tremendous mistake, but luckily we didn't do away with the right-of-ways. Over a five-year period of time we could go on a crash course and we could basically take the existing right-of-ways and build a super generation of railroads. And get all the goods that now travel on highways onto rails. By getting rid of truck traffic, we would also do an enormous amount to alleviate traffic congestion. And traffic congestion is public enemy one through five of passenger car efficiency.**

**Do you have any optimism about the future of, say, wind technology?**

**Yes, but I am even more encouraged about developments in solar technology. Once you start using layers of solar films on roofs you can have some big energy breakthroughs. On the other hand, in the case of both wind and solar you don't have a constant source of energy. You're still heavily reliant on the wind happening or the sun shining. We're desperately in need of battery technology that can actually store electricity overnight. Our nuclear plants and power plants have to run all night; you can't shut them down. So we have vast amounts of electricity that just disappear into the atmosphere during the dark hours of the day.**

Let's go back to scenario one, in which you say we would fight over the remaining oil supplies and eventually drift into chaos.

We drift into chaos thinking that these current prices are just a spike. And so as the prices keep going up we start thinking that someone's ripping us off. And the more we think someone's ripping us off, the madder we get. And in the meantime India and China, both of which are nuclear powers, decide that they are terrified that we have scarcity, so they buy up all of the world's energy supplies. Meanwhile, we sit around saying these are just spike prices. And then we find that Nigeria collapses, and Hugo Chavez in Venezuela decides that he is actually in the catbird seat of all time. He is the most beloved politician in Latin America because the higher the energy prices go, the more he distributes wealth to the lower class. And so finally he decides to actually hurt the U.S. economy by cutting off his oil. And at the same time, China and India bought all the extra oil of the world and so our economy goes into a tailspin. In a panic, it might be us that starts the war.

How far do you think the U.S. is prepared to go to keep the oil channels open?

I think we have an ability to do some simple things, if that was the problem. If someone blocked the oil chokepoints, we would basically unblock them. But we have many other problems, including the fact that we're challenged by a lack of refinery capacity. I thought it was really interesting when the Bush administration suggested recently that we would be happy to open up land on any of our military bases if some third party wanted to build a refinery. Guess how many people lined up to do that? Zero. But why would anyone build a refinery? What if prices collapse?

And nobody wants to build a nuclear plant either.

It would probably be 2010 before any power company applying for a license today could start construction, and 2016 to 2020 before they have a nuclear plant in operation.

**In the long run, are you optimistic or pessimistic?**

**History has shown that we react really well when our back is against a wall. And I go back to my analogy of perhaps we're basically in 1938 today. It's amazing that in the fall of 1939, World War II began in earnest and England, Canada, Australia, New Zealand and the United States had zero war machines. The U.S. on Dec. 6, 1941 didn't fully realize we were at war and the war was already 40 percent over. But from late 1939 until the early fall of 1945, the Allies put together from scratch a military force that actually stopped dead the most lethal war machine ever created.**

**Even more remarkably, in another unbelievable burst of creativity starting in early 1947, we created what's known today as the Marshall Plan. And the U.S. single-handedly organized an effort to create the architecture and the blueprints and the foundations for rebuilding Europe and then Japan. So I say if you look at those two world-class crisis events between the start of 1940 and the start of 1951, we destroyed Europe and then rebuilt it. If we could do those two things back to back, then we can actually win the energy war.**

CONTACT: Simmons & Company at [www.simonsco-intl.com/research.aspx?Type=msspeeches](http://www.simonsco-intl.com/research.aspx?Type=msspeeches)  
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**YOU** can join the March to Stop Global Warming at <http://www.stopglobalwarming.org/>  
And read about ethanol as an alternative to oil at  
<http://www.stopglobalwarming.org/march/indianapolis>  
as well as an article in USA Today about the situation:  
[http://www.usatoday.com/news/world/2005-06-12-global-warming-cover\\_x.htm](http://www.usatoday.com/news/world/2005-06-12-global-warming-cover_x.htm)  
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**WHAT ONE MAN (OR WOMAN) CAN DO**

There are other small choices you can make everyday that make a difference! Here are a few examples:

1 – Stop using pesticides on your lawn.

From "Keep Off the Grass! - The Modern American Lawn is a Chemical Nightmare, but Alternatives Abound by Wendy Munson Scullin

It was the early 1960s when Barbara Munson left her job to join her husband, an Army reservist, at Fort Huachuca, Arizona. While there, she witnessed a tragedy. In order to eliminate weeds growing along the road (and reduce scorpion habitats), trucks were used to spray herbicides. Two young children from a family attached to her husband's unit were caught in the spray. A year and a half later, one of these children was dead from cancer. A civilian doctor attributed it to the exposure of the child to herbicides. It is likely this spray included 2,4-D or 2,4,5-T, both of which were frequently contaminated with dioxin (a known carcinogen) during the 1960s and 1970s.

A decade later, the Munsons had their own children and a yard.

They occasionally applied "Weed-B-Gone," declaring the yard off limits to the kids for weeks. In the 1980s, professional lawn services exploded onto the scene and a grub infestation led the Munsons to employ one. Already uncomfortable with chemicals, Barbara Munson discontinued service after the fourth visit in as many months. She subsequently refused to use lawn herbicides and pesticides and took plenty of flak from her neighbors for it. Munson is neither a scientist nor an activist. She made her decision the way most people do—based not on research, but on personal observation and intuition. "You see and hear so many conflicting things about chemicals that you decide nobody really knows and you have to use great caution deciding for yourself," Munson concludes.

What are the Alternatives?

People don't tend to think too much about preventing problems—we react to them. Herbicides are a reaction to a preventable problem. Almost any book about lawns, old or new, promotes keeping a lawn healthy as the best way to prevent weeds. Grasses that are healthy grow densely and shade or out-compete weeds.

"From our perspective it is not worth the risk to our water, children and pets [to use conventional herbicides]," says Wilson. The advocacy group Beyond Pesticides points out that passing local ordinances restricting the use of herbicides and pesticides is very difficult, because "41 states, whose legislatures have been subject to chemical industry lobbying, have acted to preempt local authority to regulate pesticides." However, there are many ways people can tend beautiful, healthy, functional lawns without a deluge of industrial chemicals.

- A healthy lawn occasionally requires fertilizer. Potassium, nitrogen and phosphorus are often recommended, but use care with phosphorus because surface runoff leads to aggressive overgrowth of algae. Too much nitrogen will give you a lawn full of thatch. You can have your soil tested for nutrient deficiencies through a local nursery or agricultural extension office. Organic fertilizers combine various nutrients and are less likely to “burn” the grass. Fertilizer alone can get rid of some weeds.
- Not much off the top, please. Cutting grass too short forces it to grow faster to get enough leaf surface, robbing energy from the roots. Longer grass is healthier, keeps moisture from evaporating and shades weed seedlings. Most lawn grasses can be cut at three to four inches, especially during hot weather.
- Water the lawn, not the weeds. Inadequate moisture weakens grass, giving drought-tolerant weeds a chance to get established. Watering too often encourages shallow roots, which can’t reach deep into the soil for moisture during dry spells.
- Plant the right kind of grass for your area. When you buy seed, its tolerance for trampling, sun or shade is often listed on the bag. It is often mixed with quick-growing annual types for fast cover. With sod your choices are more limited.
- Soil pH can hinder the health of a lawn. Inexpensive soil pH testing kits can be found at some nurseries and garden centers, although a professional test is more accurate. If the pH is too high or too low, weeds have the advantage.
- Manual removal. That’s right, pull weeds! Or better yet, if you have kids (or know neighbor kids or scout troops) make it worth their while to do it for you. Set a good example. Short of spraying herbicides or burning your lawn (not likely to be legal or socially acceptable if you live in town) you have to either pull them or live with them. Dandelions, crabgrass and plantains can be removed with a paring knife; a triangular hoe can be used while standing. Products like the “Weed Hound,” a long-handled device, remove weeds, roots and all. If you don’t get the roots, you’ll be pulling the same weed several times.
- What about clover? If you have clover you probably have a nitrogen-poor soil, and consistent fertilizing can help over time. But clover is not so bad to have. Clover seed used to be mixed with grass seed for healthy, dense cover and as “built-in” fertilizer.
- Stop weed seeds from sprouting. A product called corn gluten meal, a by-product of corn syrup manufacturing, can be purchased from organic lawn care companies like Gardens Alive. Corn gluten meal won’t get rid of what is already there, but it will keep new weeds from sprouting. If you have dogs, don’t be surprised if they want to eat it. Corn gluten meal is a common pet food ingredient.
- Hire a natural, organic or “green” lawn care service. These new businesses are popping up around the country, and can be a great way to transform your lawn into a natural paradise with minimal effort.
- There is room for compromise. If you have a lawn full of weeds and cannot pull them yourself, you may want to convert to low-toxicity management. Perhaps you could spot spray, then switch to all “organic” methods over time. Change is challenging and it’s better to do what you can reasonably handle than overwhelm yourself and go back to the chemicals.
- Who needs a lawn, anyway? Some homeowners are simply giving up on green lawns and planting fast-spreading, no-maintenance native covers instead—or simply letting their acreage grow wild (a solution that may run afoul of local zoning ordinances). Another solution is a rock garden or woodland. In 50 years, herbicides have become so ingrained in our culture that we may not think other methods are effective. Trading the ease of applying herbicide for hand pulling weeds and improving your lawn’s health takes effort, especially at first. But one day the “perfect lawn” may be redefined as one that is pleasing to look at and safe to live with. An ounce of prevention is worth a pound of herbicide.

WENDY MUNSON SCULLIN, *an Iowa-based freelance writer, also studies native plants and horticulture.*

## 2 – Use environmentally friendly pet care products.

From Earthtalk Magazine

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One of the leaders in the “greening” of the pet care industry is Planet Dog. Beyond its large selection of safe and healthy pet toys and accessories, the company offers biodegradable pet shampoos and conditioners that are pH-balanced with aloe, eucalyptus and chamomile. The Green Home Environmental Store also offers an all-natural and biodegradable pet shampoo, and guarantees that it contains no harmful ingredients such as petroleum distillate, ammonia, benzene or formaldehyde.

CONTACTS: Orange Guard, [www.orange-guard.com](http://www.orange-guard.com) ; DoctorDog.com, [www.doctordog.com](http://www.doctordog.com) ; Planet Dog, [www.planetdog.com](http://www.planetdog.com) ; Planet Natural, [www.planetnatural.com](http://www.planetnatural.com) ; Only Natural Pet Store, [www.onlynaturalpet.com](http://www.onlynaturalpet.com) ; Green Home Environmental Store, [www.greenhome.com](http://www.greenhome.com) .

3 – Follow the example of another.

Also from Earthtalk Magazine: Who Are the Greenest Celebrities?

While there are no precise standards by which to judge how “green” any given celebrity may be, a number of entertainment luminaries come to mind for their outspoken support of environmental causes and their commitment to greener lifestyles. For instance, television actor Ted Danson started the American Oceans Campaign in 1987 to advocate for stronger coastal and marine ecosystem protections (the organization merged with Oceana in 2002). His views on marine conservation have spurred thousands of volunteers nationwide to take part in letter-writing campaigns as well as coastal clean-ups and other related events.

Not to be outdone, fellow Cheers barkeep Woody Harrelson drives a biodiesel-powered bus around the nation campaigning for clean energy and organic agriculture. The Ron Mann documentary “Go Further,” which ran in select theatres last fall and features rockers Dave Matthews, Natalie Merchant and Rob Weir, documents one of Harrelson’s wild rides down the Pacific coast to raise environmental awareness.

Meanwhile, Cameron Diaz--who drives a hybrid Toyota Prius--is hosting “Trippin’,” a new MTV show about eco-tourism. During the first season, Diaz travels with singer Justin Timberlake, comedian Jimmy Fallon and rapper Talib to locales as diverse as Costa Rica, Tanzania and Yellowstone National Park to enjoy, showcase and encourage the safeguarding of these breathtaking natural environments.

Actor Ed Begley, Jr. was an early adopter of energy-efficient car technologies. These days, he makes a point of showing up at Hollywood events on his bicycle, and lives in a self-sufficient house powered by solar energy. He serves on the board of the Environmental Media Association (EMA), a non-profit that consults with producers and actors about placing pro-environmental messages in TV shows and movies.

Daryl Hannah walks her talk by solar-powering both her Colorado and Malibu homes, maintaining and eating from her organic gardens, and running her vehicles on biodiesel pumped from her own home processing facility. She recently won EMA’s Greenlight Award for her environmental commitments.

Leading man Harrison Ford has served on Conservation International’s Board of Directors for 10 years and has actively participated in the work of the organization. Harvard Medical School recently honored Ford with its 2002 Global Environmental Citizen Award.

And Leo DiCaprio has been working since the mid-1990s on environmental issues. His foundation has funded projects by the Natural Resources Defense Council, the International Fund For Animal Welfare, the Dian Fossey Foundation, Reef Check, Oceana, Santa Monica’s Heal The Bay, and others. DiCaprio’s foundation places particular emphasis on the issues of global warming, alternative and renewable energy sources, and the preservation of biodiversity.

CONTACTS: “Go Further,” [www.sphinxproductions.com/pages/film\\_gofurther.html](http://www.sphinxproductions.com/pages/film_gofurther.html); MTV’s Trippin’, [www.mtv.com/onair/dyn/trippin/series.jhtml](http://www.mtv.com/onair/dyn/trippin/series.jhtml) ; Ed Begley, Jr., [www.edbegley.com](http://www.edbegley.com) ; Environmental Media Association, [www.ema-online.org](http://www.ema-online.org); Leonardo DiCaprio, [www.leonardodicaprio.org](http://www.leonardodicaprio.org) .

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A compilation of many metaphysical updates and MORE can be found here:

<http://www.answers-and-more.com/>

And a nice spiritual development site here: <http://www.yourtruespirit.com/>

For INDIGOS:

<http://www.sunfell.com/unveilin.htm>

<http://www.starchildascension.org/starchild/index.html#top>

<http://www.theindigoway.com/mypurpose.html>

Lightworker.com has a wonderful new section to support the light:

<http://www.lightworker.com/virtuallight/VLPDream.htm>

At [www.cherylrichardson.com](http://www.cherylrichardson.com) you can join or start a Life Makeover Group for free. Her latest book, *Unmistakable Touch of Grace*, is about those synchronous moments in our lives. We certainly know about those! Also, in her book she recommended the “Word Magic” section from THIS site: <http://www.innerworldmedia.com/> . The rest of it looks pretty cool, too!

Malcolm MacDonald's website: <http://www.dreamoncompany.com/malcolm/> (He was John's personal assistant and "medicine man," of sorts).

The Carter Center Peace Programs (founded by former Pres. Jimmy Carter and wife Roselyn): <http://www.cartercenter.org/peaceprograms/peacepgm.htm>

Making poverty history: <http://www.one.org/>

THE AMBULANCE DOWN IN THE VALLEY!

Be prepared for a flu pandemic...free info you can download at  
<http://www.truthpublishing.com/survivinginfluenza.html>  
<http://www.jennyleenaturals.com/>

Making the change to a healthy lifestyle work in your life:  
<http://www.drmcDougall.com/misc/2005nl/june/050600mary.htm>  
<http://www.drgreger.org/>

*And if you have to eat meat (from [www.realage.com](http://www.realage.com)) :*

Cooking meats may create carcinogenic compounds, especially if the meat is cooked at a high heat. However, a recent study reveals rosemary may minimize those compounds. In the study, adding a bit of rosemary extract to hamburger patty mixtures before cooking helped reduce the formation of the harmful substances.

Environmental healing (global and personal but with a lot of technical info):  
<http://bob-dratch.org/>  
<http://www.transformation.net/coils/tools.html>

Distance Healing: <http://www.the-dhn.com/>

Fuel:

<http://www.rps.psu.edu/hydrogen/> (Penn State U. study on the feasibility of hydrogen fuel)

SOMEBODY HELP THIS GUY!!! NY NEEDS MORE FRIENDS OF JOHN DENVER:

<http://www.buffalonews.com/editorial/20050706/1011697.asp>

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SPIRIT WINDSTAR CONNECTION'S 2<sup>ND</sup> ANNUAL TRIBUTE TO JOHN DENVER

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"Rocky Mountain High in the Alleghenies"

Sat., Aug. 13, 3 - 10 p.m. (Rain or shine)

Seven Points Amphitheater, Raystown Lake, Hesston, PA

Performers: Chris Westfall, Mark Cormican, Tim Dabbs

3:00-4:00 p.m. ~ Children's Program

4:30-5:30 p.m. ~ Singalong

6:00-10:00 p.m. ~ Evening concert

Email [spiritwconnections@yahoo.com](mailto:spiritwconnections@yahoo.com) for more information or visit

[http://raystown.nab.usace.army.mil/WhatsHappening/calendar\\_of\\_events.htm](http://raystown.nab.usace.army.mil/WhatsHappening/calendar_of_events.htm) (please note the link to Windstar is incorrect—it should be [www.wstar.org](http://www.wstar.org) )

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Conscious Evolution and the Evolutionary Christ

A unique and intimate seminar with Barbara Marx Hubbard

Crestone, Colorado, USA, August 13-14, 2005

*"I dedicate this seminar to a New Communion of Pioneering Souls who experience within ourselves the emergence of a more universal human, a co-creator of worlds. We will evoke the spirit of the living Christ to encourage our own conscious self evolution. Drawing on my own experience of the Christ as recorded in an evolutionary interpretation of the New Testament (published as "The Revelation") and upon the great evolutionary sages, Teilhard de Chardin, Sri Aurobindo and the new physics as put forward by Ervin Laszlo in "Science and the Akashic Field" we will celebrate and make sacred our own potential to evolve as universal humans now." B. M. Hubbard*

Seminar Registration: Early: \$90 (before 7/12) / Full: \$100 / Limited Income: \$80 / Saturday Evening Talk: \$20

Due to limited space, RSVP is required for evening talk as well as the full seminar.

Register early / Information: 719-256-4439

Checks to: Conscious Evolution, P.O. Box 482, Crestone, CO. 81131

Credit card payment, electronically: <http://troubadour.crestonecolorado.com>

Lodging: White Eagle Inn, 1-800-613-2270

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Want to star or work on the crew of the "Conversations With God" movie?

Go to <http://www.spiritualcinemacircle.com/public/cwg/> for casting and other information!

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Sylvia Browne and Friends are Coming to a City Near You

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Audience members will be selected for live readings from a completely random drawing of ticket stubs. This could be your chance for a personal psychic reading. Good luck!

San Francisco - Saturday, November 12 with Sonia Choquette

Los Angeles - Monday, November 14 with Sonia Choquette

Honolulu - Saturday, December 3 with Sonia Choquette

Long Island (NY) - Wednesday, September 14 with Gordon Smith

Detroit - Sunday, September 18 with Gordon Smith

Philadelphia - Friday, September 16 with Gordon Smith

Seattle - Monday, August 15 with John Holland

Boston - Sunday, October 2 with John Holland

Ticket prices range from \$35 to \$75. With your ticket purchase you'll also receive a complimentary one-year subscription to *The Sylvia Browne Newsletter* (a \$19.95 value - current subscribers will get a one-year extension on their subscriptions.) Additionally, Sylvia and Hay House will donate \$2 from each ticket sold to The Montel Williams MS Foundation. From the Great Pyramid to Stonehenge, Sylvia reveals amazing facts about some of the world's most mysterious sites; and fascinating and mystifying subjects such as crop circles, vampires, voodoo magic, Atlantis, extraterrestrials, and much more are examined and clarified. Join us as Sylvia tears away the obscure explanations that hide the underlying truths about these phenomena, taking you on a fabulous journey to unlock the secrets and mysteries that surround us in this "wonder-full" world.

Go to [http://www.hayhouse.com/event\\_details.php?event\\_id=129](http://www.hayhouse.com/event_details.php?event_id=129) to order on-line, or call Hay House customer care at 800-654-5126 for personal assistance.

Sylvia is also delivering a keynote address in Orlando, Florida at the Hay House I Can Do It Conference on Sunday, October 30th. [Click here for details](#). Be sure to tune-in on Thursday's to Sylvia's new *Ask Sylvia!* talk show on the new [www.HayHouseRadio.com](http://www.HayHouseRadio.com) Internet radio station.

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You can sign up to participate in free fireside chats with Dan Millman at

<http://www.lifekillsu.org/register-FREE/Auditorium-On-Line/Dan-Millman-Fireside-Chat/visitorsignin.asp>

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8th ANNUAL "A MUSICAL TRIBUTE TO JOHN DENVER"

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OCTOBER 7-8, 2005, WHEELER OPERA HOUSE, ASPEN, COLORADO

IMPORTANT ANNOUNCEMENT!! - ON SALE DATE AT THE WHEELER!!!

SPECIAL GUESTS: THE CHAD MITCHELL TRIO (CMT) AND SONGWRITER MIKE TAYLOR JOIN THE BANDMEMBERS FOR A SPECIAL 40TH ANNIVERSARY CELEBRATION OF JOHN DENVER'S JOINING THE CMT

The 8th Annual "A Musical Tribute to John Denver" will be held at the historic Wheeler Opera House on Friday-Saturday, October 7-8, 2005; all concerts begin at 7:00 p.m. The "gang" returns again this year, many former band members, songwriters and colleagues of John Denver's including some very special friends - the CHAD MITCHELL TRIO (Saturday only) and MIKE TAYLOR (Friday evening)!!!

