

April, 2003

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Thank you for this precious day
These gifts you give to me

John Denver

John would have me greet you that way this time, lol. With a smile and a wave (or perhaps a "thumbs up"), for despite the trials we have going on around us, they are NOT us, for we are not of this world, and we can rise above them spiritually, and help others to evolve as well. So that is why we carry on, and seek to heal our own hearts and spirits, and then we will experience the greater reflection of that in the world "out there." This is how the changes will come about. That is not to say that my heart does not go out to our troops in the Middle East, and right now they need all the support and prayers we can send them. But to every situation that comes our way we can respond with our highest choice, which we can arrive at by remaining free from judgment and asking "What would Love do?"

Here is a link to an article by Michael Thau that I came across:
 <<http://hilarion.com/thau.html>> Pretty high up there on the ladder of understanding, I would say, lol. And a beautiful message from Mother Teresa on
 <http://www.angelfire.com/mb2/diana_speaks/mother_teresa.html>
 Here's what's said about John in Name Art on
 <<http://www.goodworksonearth.org/johndenver.html>>:
 "An Angel of Peace. This Name Art has been rendered as soulful ballad. No music is yet set. Imagine John working at his crafts trying new sounds to his singings of new words, for surely you will hear JOHN DO ONE ODE ON JOHN DENVER. NO END ON ONE JOHN DENVER ODE."
 Now released.

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Dear Eileen,
I watched the video ["Remembering John Denver"] last night and WOW, what an AMAZING experience!!! I sat through the whole film with tears in my eyes ;-) John's oration and songs

were sensational!!! He truly is a VERY VERY special person.... Thanks so much for sharing the vid with me, it was truly a moving and beautiful experience!!!

Lotsa Love,

Jo

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The last newsletter came just when my spirit needed some calming! Thanks Eileen, as always, for doing such a great job with it! And thanks to everyone here who contributed to it. I love reading all the beautiful experiences everyone is having! Reading a few spirit experiences always puts everything back in perspective for me right away, and just fills me with a sense of peace and trust. Your whole outlook on life really does change when you see yourself as a spiritual being instead of a physical one.

Dorothy

Hugs From Heaven

When you feel a gentle breeze
Caress you when you sigh
It's a hug sent from Heaven
From a loved one way up high.

If a soft and tender raindrop
Lands upon your nose
They've added a small kiss
As fragile as a rose.

If a song you hear fills you
With a feeling of sweet love
It's a hug sent from Heaven
From someone special up above.

If you awaken in the morning
To a bluebird's chirping song
It's music sent from Heaven
To cheer you all day long.

If tiny little snowflakes
Land upon your face
It's a hug sent from Heaven
Trimmed with Angel lace.

So keep the joy in your heart
If you're lonely my dear friend
Hugs that are sent from Heaven
A broken heart will mend.

In the still quiet of pre-dawn, the silence speaks to me
It says there's more here for you, so listen carefully
You didn't want to hear me, you didn't even try
I sent you lots of signals; I sent you warnings too
I did all I knew how, it was really up to you
At last you hear my speaking, at last you hear my voice
At last you understand, it was you who had the choice
It echoes in my mind, it whispers in my ear
I tell you only wisdom, because I love you dear
We're on this road together, I'm trying to guide you through
Just listen very closely, I am the Divine in you

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Editor's Note: I apologize if the following story is a repeat for any of you. For some it may

not be, and I've added another site for adopting a soldier, as well. Thanks!
New Lyrics for Leaving on a Jet Plane - from <<http://www.baseforce.org/pressreleases.html>>

Why was the Base Force Foundation created?

In early January, 2003, teacher James Lippitt heard rumblings in his classroom that a number of his students' military parents were being deployed overseas. Realizing this was a hot topic prompted him to assign an essay on military deployment and what it meant to them. James was so amazed by the touching responses that the assignment became the emotional trigger for him to ask, "How can I possibly help these kids?"

One day while driving to work, he heard the old John Denver song, "Leaving On a Jet Plane" and had the proverbial "light bulb" go off in his head. "The song seemed to have the elements needed to express the emotions of my students," says Lippitt, so he re-wrote the words to reflect the experience of a child sending a parent off to war. Lippitt then turned his passionate pleas to the publisher of this classic ballad. In an unheard of amount of time, he had secured the rights from the publisher and the blessings of Denver's family. James soon related this experience during a casual conversation to fellow teacher, Melody Mayer, and through their conviction & dedication to a common cause evolved Base Force Foundation, a Las Vegas, NV based non-profit organization.

Melody, a military wife for 20 years and a choral music major, immediately saw the possibilities of James' lyrics. Melody recruited & directed a group of military children from a local church to lend their voices as the Base Force Foundation Kids' Choir. Featured on the song are four young men, ages 16-24, who came together on a musical journey to record under the name of Base Force. Three of the four male vocalists on the new rendition, "Leaving on a Jet Plane, 2003," are brothers who know first-hand the reality of deployment through their own military father's experience and that of many friends who face the fear of having a parent leave for war. Echoing those sentiments, they translated these emotions into the song.

Through a lot of hard work--and with many hours donated by other talented people such as music producers, videographers and webmasters who were inspired by the passion and determination of those involved in the project--James Lippitt's "light bulb" soon became a beacon. "Leaving On a Jet Plane, 2003" has become an incredibly moving musical composition, expressing the yearning of a child hoping for their military parent's safe return. Whether you are pro-war or anti-war, "Leavin' On a Jet Plane, 2003" echoes the viewpoints of most true Americans who believe in supporting our military men, women & families. Through the sale of the CD, contributions, and merchandise available at <http://www.baseforce.org>, Base Force Foundation will supplement deployed military families with basic needs, family activities, and trips to ease the anxiety of family separation. In addition, the Base Force Foundation Scholarship Fund is set up to subsidize educational costs for dependent children who have lost a military parent in service to our country. Lastly, Base Force Foundation intends to create a permanent memorial in tribute to our fallen military heroes.

"Leavin' On a Jet Plane, 2003" has received airplay on many different radio formats from rhythm to adult contemporary--even country-- because of its patriotic tone and musical diversity. The dream of Base Force Foundation will soon become reality through the generous support of patriotic Americans giving back to those soldiers and their families who have sacrificed so much.

WE BELIEVE THAT WE ALL MAKE A DIFFERENCE IN WORLD PEACE. YOU TOO CAN HELP:
If you go to the following site you'll be "assigned" a soldier to pray for until he/she is safely home. Please pass this site along to others on your e-mail list.
<<http://www.presidentialprayerteam.org/adoptatroop.php>>

Rivers gain more attention than the little streams that create them. You can name the great rivers of the world but you cannot always name their tributaries. However, without the tributaries there would be no river. It must be remembered, too, that the smaller streams, while less well known, are purer and are found on a higher elevation. Some of our lives are

tributary lives. It is our role to provide the pure water from the higher elevation that enables another to be a mighty river of power and influence.

Robert C. Shannon

More on soul relationships/soul groups - From *Only Love Is Real* by Dr. Brian Weiss

I like to think of soul relationships as similar to a large tree with a thousand leaves on it. Those leaves that are on your twig are intimately close to you. You may even share experiences, soul experiences, among yourselves. There may be three or four or five leaves on your twig. You are also highly and closely related to the leaves on the branch next to yours. They share a common limb. They are close to you, but not as close as the leaves on your own twig. Similarly, as you extend farther out along the tree, you are still related to these other leaves or souls, but not as closely as those in your immediate proximity. You are all part of one tree and one trunk. You can share experiences. You know each other. But those on your twig are the closest.

There are many other trees in this beautiful forest. Each tree is connected to the others through the root system in the ground. So even though there may be a leaf on a distant tree that seems quite different from you and very far away, you are still connected to that leaf. You are connected to all leaves. But you are the most closely connected to those on your tree. And even more intimately connected to those on your branch. And almost as one with those on your own twig.

You probably have met the other souls farther out on your tree in previous lifetimes. They may have been in many different relationships with you. Their interactions may have been extremely brief. Even a thirty-minute encounter could have helped you learn a lesson or helped them or the both of you, as is usually the case. One of you gave a heart's gift, allowing you to extend your compassion to another human being and allowing the recipient to learn about receiving love and help. You and the beggar may have never met again in that lifetime, and yet you are part of the drama. Your meetings vary in duration—five minutes, one hour, a day, a month, a decade, or more—this is how souls relate. Relationships are not measured in time but in lessons learned.

When I first read about Jenny's story (below), I was amazed because the book Denise and I are writing about John is similar in many ways. Now I am inspired for us to finish it and get it out there!!!

Ripples is the story of Ryan and Madeleine Fitzgerald, who lived in 17th Century England. It tells of how and why Jenny Smedley came to believe this was a past life involving Garth Brooks and herself.

Welcome to the world of Jenny Smedley and "*Ripples*", an inspirational place, which tells how a single second in time altered one person's life and led to a quest for truth. Jenny discovered to her amazement that she had lived before, in another lifetime, as Madeleine de Port. That discovery and the experiences that followed, changed Jenny from an overweight, depressed woman with no apparent future, into a successful song writer, author, screenplay writer and presenter of her own TV shows. To read the whole story click on 'Why Write The Book' on the side menu.

Why write the book?

The goal of writing *Ripples* was ... To share an extraordinary experience I had with anyone who wanted to share it. To tell anyone contemplating suicide, "if you turn your back on tomorrow, you never know what you might miss." To show anyone living with depression, that their life, anyone's life, can change in an instant. To demonstrate that LOVE is the only reality, and the only thing that lasts forever.

It was to put the record straight, and to tell the world what Margaret and Edwin de Port did to Ryan Fitzgerald. It was to maybe show Garth Brooks something about himself. I hope that *Ripples* will plant a tiny seed of spirituality in some people. Not necessarily the seed of reincarnation and karma, but ANY tiny seed of awareness. An awareness that the material world we struggle in is not the be all and end all some people think it is. That there are more

important things to worry about than having the best car, best house, best furniture that some people concentrate their whole lives on. That real violence is not glamorous, but is dirty and horrendous.

To show that love IS real, and that it endures and can overcome all odds.

To be a tiny cog in a gigantic wheel of world awakening. I hoped it would help me to meet Garth so that I could make sure he was not offended by my telling the story. I did meet Garth, and he satisfied me totally on that score. I am happy that *Ripples* seems to be doing what it was meant to do. It was never meant to move mountains - maybe brick walls though. It is a story of love for lovers, a story of romance for romantics, it is a story of openheartedness for those with open hearts, and a story of spirituality for those who believe there is more to life than we know.

This is the TRUE story. The film version has been changed by dramatic license.

My story began 7 years ago. The events that took place that day changed me from a suicidal and overweight housewife, with apparently no talent and no future, into a successful, happy author, screenplay writer, newspaper columnist, song writer and TV Presenter of my own show! I also lost chronic pains and weight. 6 years ago basically - I was a mess! However, my life changed in a second, all because one night I felt compelled to switch on the TV, and I obeyed the instinct.

For I recognized someone on TV that night - someone I thought I had never seen before - and yet in a few seconds I became sure that I knew him, down to every last facet of his character, although his current name did not seem to fit my memories. My depression was lifted instantly. It was the most wonderful release. Some dark cloud that had been hovering over me, was dissipated in those few seconds. I didn't understand it all. The most amazing part of it was that I knew also, that unlike in the past, this time the depression was gone for good. Somehow I could feel that the reason for it had gone. The man in question was Garth Brooks.

But in England Garth is little known, country music not being very popular in general, and I had never seen him before. I made a decision overnight. I decided to be a songwriter - and amazingly, that's just what I did. In the next two months I wrote over 200 songs, even though I had never written one before. I contacted a man called Barry Upton. Barry was a member of 'Brotherhood of Man, and incredibly he just loved my lyrics. By now I have had 14 songs recorded, one of which was on a UK Top 5 chart album.

I still didn't know why this was happening to me. Whenever I saw Garth Brooks, my certainty that I knew him, knew how he would react in any situation grew, but this knowledge was tinged with sadness - there was something I had to face I felt sure - something I wasn't going to like perhaps. A friend told me that she believed in past lives, and that she believed I had recognized Garth from a past life. That there had been some unresolved trauma involving him, which would account both for the depression, and also for its sudden resolution when I saw him. She even had an answer for my new found song writing talent, claiming that it was often the way with prolific writers, that they were people who had somehow accessed their subconscious memories, as she believed I had done. She told me that I should go to a hypnotherapist and find out. I was skeptical, and I was very scared, but I needed an answer so eventually I went.

Under hypnotic regression, I remembered vividly living in the 17th century, in Hambledon, Hampshire, as Madeleine Fitzgerald, married to Ryan Fitzgerald, and this man looked exactly like a younger Garth Brooks of today. Ryan and Madeleine were tragically and prematurely torn apart, and Madeleine never knew what had become of him. This explained the depression - it was actually a very old grief. It also explained the lifting of that depression, because my subconscious had recognized him instantly. It was spellbinding. Having been a Catholic all my life, I had not considered the idea of having had past lives, but I was immediately certain it was true.

I have visited the house where Ryan and Madeleine lived. It was an extraordinary journey. I was able to tell the occupiers of the house about a secret room which they had been unable to find. I went to the church where Ryan and Madeleine were married. This church was exactly where I had described it to be. The nearby village is no longer as and where it was back then. A painting of the original village matches my description of it perfectly. We discovered that it used to be called 'Middleton', as I had remembered.

The emotions and the changes in me left no room for doubt. I went to see Garth Brooks in concert in Dublin, and even though I was far away from the stage, two more extraordinary things took place. The abdominal pain that had become ever more acute in recent times, vanished completely that day, never to return. It seems that this was a sympathetic pain, 'brought through' due to guilt I felt at Ryan's fate. For Ryan was killed with a broadsword, his wound corresponding to the place where I felt the pain. Many historical and military facts from 'Ripples' have also been verified.

Then the extra three stone I had carried since the birth of my son, melted away, at a steady and sustainable rate - without dieting. Eventually I wrote down all my memories in my book, 'Ripples'. I had never written a book before. I sent the manuscript to Joan Cook at GB Management's offices, and she was so certain that it was true that she phoned me to say so. She said that I, someone who had never met Garth, had given such accurate details of his inner characteristics, that she felt it just had to be true.

Once I was signed to a publisher, the next metamorphosis in me had to begin. I had to re-invent myself from an 'ordinary' housewife, lacking in self confidence, into someone who was capable of doing TV and radio interviews, both in the UK and America.

I traveled with my husband, to the USA to meet this man from my past. This in itself was a minor miracle, for I had always been totally phobic of air travel, and I simply overcame it in one day, with no pills, and no therapy, just because my need to meet Garth face to face was so vital to me. I needed two things from him. Forgiveness for my part as I saw it, in Ryan's demise, and an assurance that he did not find my story offensive. (see "When Jenny Met Garth" link above to see photos.). This was the second visit - the first time I wasn't able to link up with him. But this time, I succeeded. And it wasn't until a few days after this meeting that I realized that my back pain had gone - it has not returned.

Bob Jarmon (author of *Discovering Souls*), had the answer - as Madeleine, I had committed suicide, jumping from a rooftop. It makes sense that perhaps I broke my back in the fall. Meeting 'Ryan' again took away that 'brought through' pain. The healing was complete thanks to this wonderful soul.

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**"My life as I lived it had often seemed to me like a story that has no beginning and no end. I had the feeling that I was a historical fragment, an excerpt for which the preceding and succeeding text was missing. I could well imagine that I might have lived in former centuries and there encountered questions I was not yet able to answer; that I had to be born again because I had not fulfilled the task that was given to me."**

Carl Jung

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IN JOHN'S WORDS

Foreword to *The Macrobiotic Way* by Michio Kushi

A few years ago, as I was preparing a major concert tour in the United States, I realized that I wanted to have someone to cook for me and help me to keep my body in good shape while on the road. I was beginning to eat less and less red meat and sugar, and knew then I wanted to pursue a "vegetarian" diet. (Albeit, I was and still am a chocoholic, and was a great admirer of ice cream.) Lo and behold, a man named Ron Lemire, who was an expert (professional) cook and masseur, appeared and offered to take on the job. In the following months, I did 125 concerts in 100 cities across the country. The general procedure was to be out on the road for two weeks, then at home for two weeks. While on the road and eating Ron's food, I

had incredible energy, great clarity of mind and inner peace (a lack of susceptibility to stress and pressure). My voice was stronger and clearer than it had ever been, and I felt light and good and healthy.

At home, following my normal diet, I felt quite different. The food was very rich, lots of sauces and spices, and sugar and cream. To be honest, my discipline at home is not what it is on the road, and I could not keep my hands out of the cookie jar or stay away from the ice cream in the refrigerator. In reality, I didn't sleep well, felt quite lethargic and stiff, and was more prone to anger or upset basically, I didn't feel good.

Now my Dad and Mom didn't raise any stupid children. After about five mini-tours, I realized that the only difference in my life on the road and at home was the food I was eating. Also, I began to notice that there was a pattern or form to the food Ron was giving me on the road. My main meal in the middle of the day consisted of a soup, a grain, some beans, some steamed vegetables, a salad and a great dessert. It didn't seem to be "just vegetarian." There was a discipline involved. I then began to learn about the Macrobiotic Way; about yin and yang, about balance and about Michio Kushi and his good work.

Since that time I have had the privilege of getting to know Michio and Aveline, their family and friends in Brookline, Massachusetts, and other macrobiotic friends at East West centers all over the world. I have had the opportunity to play a small part in their ongoing work to bring about a more healthy and happy life for all people and to create a world of peace.

In the process, my own feelings of a human family have been strengthened and clarified. As my knowledge of diet and health increases, so does my conviction. We can end hunger on this planet. We can cure cancer and heart disease. Peace is possible.

No one is working more energetically or effectively toward those ends than Michio Kushi and his family and friends; all those who follow the Macrobiotic Way.

Peace,
John Denver
Aspen, Colorado

~~~~~  
**"The soul would have no rainbow if the eyes had no tears."**  
unknown

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ARCHIVES

April, 1998

It seems now is the time for us to share in John's glory and his peace within us. He truly is within the heart of each and every one of us, and he seems to be telling us all to get up and get on with our lives while keeping him close and doing what we can do, as he is still doing what he can do. For some, it is a whisper on the wind. For others, it is a small bright bird on a branch. For many, it is a meeting in the realm of dreams. For still others, it is a sudden awakening within our own hearts. But literally every one of us has been touched by John since his passing, and very few of us have missed this touch. Sure, we may feel a bit strange with this touch and not know how to put it into words (or fear to because some may think we are nuts), but we all know it when John has touched us. We will all continue to feel him and see him as long as we keep our eyes open and our hearts free. Please continue to share these incredible experiences with "the family." Maybe your words will put someone else's feelings into words as well.

Peace, Love and John;
Jane

4/13/98

Happy Easter, everyone. So many things have happened the last six months to remind me that John is still with us, and today there was one more. I was excited about everyone playing

"Wings That Fly Us Home" at 5:27 and pulled out my albums to find Spirit...to play a trial run and "Wings" was scratched! I was horrified! This is my favorite JD album and this is one of my favorite songs and I only had an hour before time to play it with everyone. Well, I had been watching the Aurora memorial service for the first time--I was saving it for today--when the phone rang and it was my mother-in-law. I love to talk with her but my mind was on finding a way to play "Wings" on time. Anyway, we hung up a little after 5:00 and I had decided to just play the song as is, skips and all, and returned to watch the end of the memorial. It was wonderful hearing all the stories from John's family and friends. Then at the very end, what does Ron have them play? "Wings That Fly Us Home!" I looked up at the clock and it was exactly 5:27. If it had not been for the delays it would not have played at that exact moment. Thanks for the miracle God and John, too, of course. I know he heard us all playing his words in unison, around the world. What a wonderful, joyous sound. Peace to all,

Susan.

4/21/98

About four weeks after John left this earth, I wrote down my feelings and experiences I had at that time. John is in my dreams quite often, some of them seem so real! Two or three weeks ago I dreamed that some of us did meet; we were sitting in a circle, talking, when suddenly John appeared and sat down among us. He told us that he was pleased to see his extended family coming together, and that we are on the right path. He reminded us to continue to focus on the work that needs to be done and said that he has many ideas and plans; that he wants to inspire those who are willing to help this planet. Then I awoke. I could fill a notebook as well, and I hope that I don't sound weird, but I am sure that a spiritual connection to John is possible, and that we already communicate with him that way... Peace, Margit from Germany

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#### READERS' EXPERIENCES

From Margit:

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On October 8, 2002 I met with Eileen at the Denver Airport, and a magical week began! Actually, for me (or I should say 'us', right Adriana?) synchronicity started on the plane as among the movie selection was SPIRIT, the wild mustang! A story about freedom, with Horses, Eagles & Native Americans ... And we all know, John's statue at Windstar was named SPIRIT.

We had several encounters with animals during our stay in CO: The fox that greeted us as we arrived at our Snowmass condo the evening of the 9th. He/she was there every morning (at one time there were two of them!), then quit showing up 2-3 days before we left. A blue jay at Ashcroft that kept us company for quite awhile & even 'posed' on a tree branch long enough for me to get real close & take a picture. The weasel at Maroon Bells that seemed to be stuck between rocks, but just as we got ready to see if we could help, it started running back and forth for several minutes, a funny sight! If I remember correctly, the weasel appeared shortly after we started our little ceremony!

One morning, we had breakfast at the bakery in Aspen, sitting by the window, and there was this beautiful dog (size & features of a wolf) waiting outside. At one point she/he looked at us & I told 'it' how beautiful 'it' was. The dog jumped on the bench standing beneath the window, and looked straight into my eyes. Then she/he began to HOWL, and I mean it sounded like a real WOLF HOWL - three times!!! I was stunned, but when I mentioned it to Eileen, she said she didn't hear the dog howl!... As if it was a 'message' only for me to hear. The Wolf is my Animal Spirit Guide, so maybe it was she letting me know that she's with me. However, it sure was a magical moment! I also think that having a ceremony each day, connected us on a deeper level to Mother Nature and the animal life.

And here was a card that I picked on-line to tell us something about our trip:

### Guardian of Crystals/Gaia

"Both the Earth Crystal suit and Inner Child Cards end with Gaia, the gentle caretaker of planet Earth. The Guardian of Crystals is a head of state, teacher, politician, lawyer, physician, or spiritual healer at the highest level-someone who holds a universal vision and a panoramic view of life. In this card, Gaia holds the Earth sphere in her gentle hands, radiating warmth and nurturance. She offers the wisdom of time, reminding us that there is a season for every divine purpose and a meaningful cycle for every earthly transformation. She is the loving presence we may contact when we visit mountains, oceans, waterfalls, gardens, forests, meadows, and canyons. Her greatest strength is felt when the Sun, in opposition to the Earth, moves through Cancer and the Earth travels through Capricorn.

"When Gaia appears in your reading, be thankful for gift of life. Treasure your deepest friendships. Give gratitude to the parents and relatives who raised you and to the elders who inspire you with great visions of hope and the triumph of the human spirit. Devote yourself to beautifying and enriching the land. Get involved with recycling, gardening and planting trees. Donate funds or volunteer your time to an environmental cause. Visit a special nature sanctuary and explore the wisdom teachings that emanate from the heart and soul of the Earth." (She said that John emphasized the last sentence for us.)

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3/23/03

I felt John's energy very strongly while doing a Reiki exercise a few days ago (I invited him before I started). The One World CD was playing, and I was looking up a certain prayer in my email box when I realized I didn't thank him for coming & doing the usual Namaste greeting ... So I thought: "Oh, I hope he's still here..." A split second later, he was singing: "Here I am standing beside you..."!!! I had focused on Reiki and the prayer, not so much on the songs playing in the background, but he made sure I heard the words from Love Again exactly at the right moment!

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From Nancy:

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Yesterday I awoke after a wonderful dream about John and was savoring the moment when I jumped up realizing how late it was. I passed through my living room and when I got into the kitchen I heard John singing--- on TV!! It was the new Arbor Day ad and it is beautiful . Remember how I told you guys that the movie Spirit seemed to be part of John's work (at least the songs and the theme with the horses and eagle racing together? In case you haven't seen it the Arbor day Foundation have taken clips from Spirit of the horses and eagle with JOHN singing his Trees for America song . Then they play their message about Arbor Day. I felt like John was right there with me. I can actually say I felt high! I can only feel that he wants this Windstar Connection Group to happen and one of our projects is to be to plant trees for him. So, now I feel compelled to find a name for the group relating to the Forester trees. I just knew when I saw Spirit that it was a sign of something to come. I have loved trees forever. One of the things I knew I had to have when we were looking for a house was tall trees. Even at my mom's the trees breathed life into me. There was nothing better than standing in my backyard on a really windy day and listening to them. You know now that I am surrounded by them and it is still the same. I have also had very real dreams of flying over the treetops like a spirit would. I have never had a dream of falling like many people talk about. Perhaps I have spiritual wings that prevent it.

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From Kim B:

This is just incredible!! It's unreal that Denise has actually had other psychics \*see\* Jim [Morrison] with her!! Boy....talk about having outward validation for your experiences!!! This reminds me of my first experience with John in a contact dream....my friend Caron in Nashville also saw me in her dream at the same time with John. The situation in the dream was different, but I asked her to describe him as she saw him...what he was wearing, etc...and when she wrote me back with the details of his clothing, they were exactly the same things he was wearing in mine. But that's the only outer validation I'd had with someone else \*seeing\* someone with me.

The experience...also brought me to finding John's \*Forever, John\* CD shortly after the shared

dream. When I got online that morning, I was just getting on to write to Caron about what happened in my dream. In mine, I was standing with John on an one of those landing strips out in the middle of a body of water. It was either sunrise or sunset, I couldn't tell for sure, but I knew it was one of those because the color of the clouds overhead were this bright orangish/pink color. John never said a word....he was just watching out over the water as if he were waiting for something. And then he turned to me and we laid down on the pavement and as strange as this sounds, it felt like making love. LOL! It was very bizarre because I always felt a much more spiritual bond with him than anything else. However, later that day, Adriana said that she'd recently read that contact with spirits often comes through as feeling sexual... because they have to enter through your lower chakras...so then this made a lot more sense to me. That was all there was to my dream.

However, on Caron's end, there was more activity. Incidentally, when we considered the time difference, we both woke up from the dreams at exactly the same time....I believe it was about 7:45 my time and she awoke at 9:45. She said it was the weirdest thing because she thought she was awake two hours earlier, but even her first waking up turned out to have been a dream...so it was as if she was kept sleeping long enough to experience the dream. It didn't turn out too good for her though because she wound up being two hours late for work, which she'd never done before because of oversleeping. I guess it was just meant to happen.

Anyway...her dream went like this. She said that she was at a street fair, where they block off a street in order to have the stands and things. She was walking through the crowd when she suddenly heard my voice. Now...we've never met...we've only known each other through email. But she said she knew it was me. And she said she looked through the group of people and saw me standing in front of a stage with a man who had his arm around me for support. Apparently, a man on the stage was singing the song Lucy In The Sky With Diamonds....and for some reason, the people of the crowd were angry over him singing this song. But she said that I was defending the song to the people. The man with me (which at the time, she didn't even know who it was...it was only when she described him to me that I knew it was John because he looked just like he did in my dream) never said a word. She said he looked like he was just there for support.

Now...after we'd gotten on that morning, both eager to get our dream off to the other, I went outside to do some chores. As I was in the backyard, I began to hear the song 'High Wind' from JD's Forever, John CD. It made me feel sad for a moment because I'd lost that CD about 8 months before and every time I tried to find it, I came up empty handed. But the song persisted in my head and I was having this strong feeling that I needed to find the CD. So, I came inside the house to go to my bedroom and start looking again, but got distracted by my dad when he asked for a cup of coffee. I quickly got it for him and by this time, I was actually almost running to the bedroom. I don't know how else to describe the feeling, but it was like almost like being pulled to it like a magnet. When I got to my bedroom door, I opened it and stood there for a moment. It was like being in a trance or something because I felt 'zoned'. That's the best I can do for a descriptive on that one. Anyways...my eyes scanned the room and then zoomed right in on this one particular CD case sitting in the rack. I walked over, opened it up and what do I see....the words "Forever, John" as soon as I open the case! I nearly burst into tears, it was so incredibly moving. Even before Adrie told me later that day that spirits will help you find something you've previously lost when they visit...this was already a confirmation to me that the experiences that morning were not just a dream, but a contact. Later that evening, just before sunset, I went into the bedroom again and was looking at a website about the book, Hello From Heaven. Adrie had sent me the link when I told her about the days events, and as I'm looking, it talks about the signs you get regarding contact with spirits. One of the things it said was that there are often \*rainbows\*. And just as I'm reading about this, the walls in my room began to change colors. I couldn't imagine what was going on outside to make the room such a color, so I got up and looked out the window. Behind my house was this brilliant double rainbow....I'd never even seen a double rainbow before, so I ran through the house and out the back door to witness the most beautiful rainbow I'd ever seen. The sky in the background was so dark that the colors in the bows were all dark and rich as well. I wished I'd had a camera to capture that because it was amazing. A few minutes later, my sister and her husband stopped by the house and I asked them if they

saw it. They said they had been watching it too as they came down the street. They were on their way to Sedona to visit my brother in law's mom.

So....there's most of what happened that day. I also had some other things going on as well and could go more into the things that happened prior to the dream that led up to it, but that was the basic gist of it. Otherwise, I'd be writing all day! LOL! I should also mention though that this event occurred after a very intense period of synchronicities between Caron and I. And interestingly...just weeks after our shared experience, I happened to catch an episode of \*It's A Miracle\* where two women were talking about how when the one woman's husband passed away, they too had a shared dream...and interestingly...the main focal points of their dreams seemed to be a penny that her husband was putting focus on in the dream. Right after their dreams, she began having pennies show up everywhere in front of her....no matter where she was. Her husband was letting her know that he was around her by leaving pennies in her path. It was so interesting to see this right after our experience.

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"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web we do to ourselves. All things are bound together. All things connect."

Chief Seattle

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EARTH RHYTHMS

Since our "Sacred Connections" website opens with the above quote, I thought it fitting to include more of Chief Seattle's words here, which I came across on The Sage Place website:

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The following is a copy of a letter that was said to have been written by Chief Seattle, a man of great wisdom and sorrow. It's been widely reported that Chief Seattle wrote this letter to President Pierce as his people were being forced off their ancestral land. There is substantial evidence that this claim is in fact not true. Irregardless of who indeed the author of this piece truly is, the words are chillingly prophetic and have haunted me since the first time I read them over two decades ago.

"How can you buy or sell the sky, the warmth of the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?  
"Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people. The sap which coursed through the trees carries the memories of the red man.

"The white man's dead forget the country of their birth when they go to walk among the stars. Our dead never forget this beautiful earth, for it is the mother of the red man. We are part of the earth, and it is a part of us. The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices in the meadows, the body heat of the pony, and man--all belong to the same family.

"So when the great white Chief in Washington sends word that he wishes to buy our land, he asks much of us. The great Chief sends word he will reserve us a place so that we can live comfortably to ourselves. He will be our father, and we will be his children. So we will consider your offer to buy our land. But it will not be easy. For this land is sacred to us.

"This shining water that moves in the streams and the rivers is not just water but the blood of our ancestors. If we sell you land, you must remember that it is sacred, and you must teach your children that it is sacred and that each ghostly reflection in the clear water of the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father.

"The rivers are our brothers, they quench our thirst. The rivers carry our canoes and feed our children. If we sell you our land, you must remember and teach your children, that the rivers are our brothers, and yours, and you must henceforth give the rivers the kindness you would give any brother.

"We know that the white man does not understand our ways. One portion of land is the same to him as the next, for he is a stranger who comes in the night and takes from the land whatever he needs. The earth is not his brother, but his enemy, and when he has conquered it, he moves on. He leaves his fathers' graves, and his children's birthright is forgotten. He treats his mother, the earth, and his brother, the sky, as things to be bought, plundered, sold like sheep or bright beads. His appetite will devour the earth and leave behind only a desert. "I do not know. Our ways are different from your ways. The sight of your cities pains the eyes of the red man. But perhaps it is because the red man is a savage and does not understand. "There is no quiet place in the white man's cities. No place to hear the unfurling of leaves in spring, or the rustle of an insect's wings. But perhaps it is because I am a savage and do not understand. The clatter only seems to insult the ears. And what is there to life if a man cannot hear the lonely cry of the whippoorwill or the arguments of the frogs around a pond at night? I am a red man and do not understand. The Indian prefers the soft sound of the wind darting over the face of a pond, and the smell of the wind itself, cleansed by rain or scented with the pine cone.

"The air is precious to the red man, for all things share the same breath: the beast, the tree, the man, they all share the same breath. The white men, they all share the same breath. The white man does not seem to notice the air he breathes. Like a man dying for many days, he is numb to the stench. But if we sell you our land, you must remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandfather his first breath also received his last sigh. And if we sell you our land, you must keep it apart and sacred, as a place where even the white man can go to taste the wind that is sweetened by the meadow's flowers.

"So we will consider your offer to buy our land. If we decide to accept, I will make one condition. The white man must treat the beasts of this land as his brothers.

"I am a savage, and I do not understand any other way. I have seen a thousand rotting buffaloes on the prairie, left by the white man who shot them from a passing train. I am a savage, and I do not understand how the smoking iron horse can be more important than the buffalo that we kill only to stay alive.

"What is man without the beasts? If all the beasts were gone, man would die from a great loneliness of spirit. For whatever happens to the beasts soon happens to man. All things are connected.

"You must teach your children that the ground beneath their feet is the ashes of our grandfathers. So that they will respect the land, tell your children that the earth is rich with the lives of our kin. Teach your children what we have taught our children, that the earth is our mother. Whatever befalls the earth befalls the sons of the earth. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

"Even the white man, whose God walks and talks with him as friend to friend, cannot be exempt from the common destiny. We may be brothers after all. We shall see. One thing we know, which the white man may one day discover --our God is the same God. You may think now that you own Him as you wish to own our land: but you cannot. He is the God of man, and His compassion is equal for the red man and the white. This earth is precious to Him, and to harm the earth is to heap contempt upon its Creator.

"The Whites, too, shall pass; perhaps sooner than all other tribes. Contaminate your bed, and you will one night suffocate in your own waste.

"But in your perishing, you will shine brightly, fired by the strength of the God who brought you to this land and for some special purpose gave you dominion over this land and over the red man. That destiny is a mystery to us, for we do not understand when the buffalo are all slaughtered. the wild horses are tamed, the secret corners of the forest heavy with the scent of many men, and the view of the ripe hills blotted out by talking wires. Where is the thicket?

Gone. Where is the eagle? Gone."

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My name is Standing Elk of the Yankton Sioux Reservation and this is my formal apology to all the elders of Turtle Island and I accept full responsibility for my words and actions in the future concerning the spiritual knowledge we are about to share with the people of the Americas and the world. My actions and words are none other than my own based upon the spiritual teachings of the Tunkasila and the spiritual knowledge of the Star Nations. If any Elder of the Red Nation feels that I am wrong in my actions or in any verbal statement, please feel free to correct me according to the Laws of the Kit Fox Society, that we as spiritual human beings have chosen to live by. "If it be necessary to punish a child do so in such a way that will improve his spirit or mind, but do not lay a hand on him for you may damage the possession of the Great Spirit, his gift of life to you."

As a Red Nation we have lived through dreams and vision of our Spiritual Tunkasila and we have always chose not to stray beyond our limits of the power of our spirit. My personal dream has directed me to contact certain Ikce Wicasa that will greatly increase the spiritual awareness that is to be shared with our brothers of the four directions. Through my personal contacts, some medicine men have agreed that it is time because of the closeness and the fulfillment of prophecies that are vital for our existence as a human race. This sharing of dreams and vision of the Tunkasila will strengthen the foundation of Nations that are sincerely interested in being that element that will be the foundation of the "thousand years of peace."

My hand is open to all those Elders of the Turtle Island who wish to share their message, dream and vision with the people of the world, for I cannot do it alone. Through our teachings, we know that not one individual holds the knowledge and mysteries of life, we were all given a piece of the puzzle. We are all a part of the Sacred Hoop that needs to be mended and we must make a humble effort in this task, if the seventh generation, our grandchildren and unborn are to survive this next awareness. My life was molded around the teachings of the Tunkasila that you have instilled in our spirit as children, and my spirit has directed me in this effort to help our brothers and sisters of the four directions and I have already chosen not to fail the Tunkasila.

Mitakuye Oyasin - Hehaka Inazin (Standing Elk)

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And here's something interesting from a post on the Almost Heaven group:

"We had a discussion on another group and a lot of John's fans have this attraction to Native Americans and the Old West. We all felt we may have all lived a life together there as Native Americans. Perhaps John was the Chief."

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"So the idea of reincarnation contains a most comforting explanation of reality by means of which Indian thought surmounts difficulties which baffle the thinkers of Europe."

Albert Schweitzer

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#### HEAVENLY CONNECTIONS

If anyone fears hell, the devil, or other such influences relating to the after-life, and after-death communication, please read the following stories from

<<http://www.near-death.com/guggenheim.html>>

Here is one of them:

#### A Sinner Goes to Heaven

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Emily, an office manager in New York, was deeply concerned about her brother, Leon, after he died of cancer at age 49.

"Leon was not a religious man, and when he was dying of cancer, I decided I would try to get him to accept Jesus into his life before he passed over. The Lord had made a big difference in my life, and I wanted my brother to be with him, too.

"But when Leon died, he still had not accepted the Lord into his life, and that really worried

me. I was so fearful he was in hell, and I just couldn't accept that. I prayed about it a lot, and I told everybody how worried I was. I had many, many other people praying for my brother, too, and each day I asked for some sign that Leon was finally with Jesus.

"About five months later, I was driving home from my sister's house one afternoon. It had been raining hard with thunder and lightning, when suddenly the storm started to clear and the clouds separated. A vivid ray of sunshine came down through the clouds, and when I looked up off to my right, my brother was there with the Lord!

"They were life-sized - very, very real, very solid and distinct and three-dimensional. They were very close, shoulder to shoulder, and I only saw the upper portion of them. Leon was facing me, the Lord was wearing a robe and facing him, and they were both smiling. My brother appeared younger than when he died and looked very healthy. Nothing needed to be said - Leon was with the Lord, and that's all I wanted to know.

"That was so wonderful! I was so relieved to finally have my answer, and I was so thankful. It was absolutely total relief for me because I knew Leon was finally at peace and with Jesus. "I had assumed you could not be saved once you died. I suggest that anyone who is under the same assumption I was to not give up their prayer vigil. I think prayers finally made it possible for my brother to be with the Lord.

"I gained an awful lot from this experience, and my own walk with the Lord became that much stronger. Anything is possible through the Lord. I believed it before, but now I know there is nothing that is impossible!"

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More on spirit communication:

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Q: In the book I read that you are able to "see" your wife and daughter sometimes and you have even commented on what you observed them doing. Does this mean our loved ones can actually see us? They can observe us any time they want to?

A: Yes, I did visit with Lynn and Emily. They were on the Earth and I lowered my speed, my vibrations so I could see them. It wasn't an easy thing to do. I had to really concentrate on getting things just right or they would start to fade. Others over here can do it when they want to, but not many people that I know want to do it, at least not when the people on Earth are awake. It is much easier to visit loved ones when they are sleeping--or in a dream. So, I don't visit that often because it is a difficult thing to do and my family visits me where I am. Some spirits keep their connections to the Earth very strong. These spirits usually end up being very frustrated and after awhile unhappy because they are just observers. I do know there are guardians, but that is a different story.

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Spiritual Guidance--Signs And Omens - by Rev. Jeff

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Spirit is constantly offering us signs and omens in our lives. But, we are often so blind to them. It is not necessary to be a professional "psychic" in order to receive information from Spirit. All of us, all the time are given signs from God, from the world of Spirit. These signs are usually ignored, or thought of as "just a coincidence."

When you ask your Spirit Guides or Angels or God a question or for guidance, you WILL receive an answer. Do not feel that unless you have fantastic visions or hear a booming voice in your head that your plea has not been heard. All questions are heard and all questions are answered. It may not happen immediately, but it will happen. When you ask a question of the Higher Powers, expect that you will receive an answer. But don't sit around waiting for it. Go about your life, and be open to receiving your answer.

Spirit works in many different ways to reach us. If Spirit knows that [if] we are not ready to receive answers in a telepathic or clairvoyant way, they will find other means to reach us.

The signs, the omens, the guidance is all around us, all the time. All we need do is open

ourselves to receiving it. Look around your world, really look at it, pay attention. Do not go about your life blindly.

Some examples of the many different ways that Spirit gives us an answer or sign may be:

**The first song you hear when you turn on the radio. Or a song that keeps repeating in your head over and over. You know that song that you "can't get out of your head."**

You turn on the television and someone is speaking about the same concern that you are having.

You overhear a conversation between other people that has meaning to your condition.

You may see or hear something repeatedly. An example is constantly seeing the number "11". You may see "11" on a clock, a label, a license plate. Seeing "11" many times means that something spiritual is happening or about to happen in your life.

You open to a page in a book and your eyes fall upon a paragraph that has meaning to your current situation.

Maybe you are fretting about a situation with another person, and you decide you are going to call them and "have it out". But, every time you dial their number they are not home or the line is busy. This could be Spirit telling you that now is not the right time to talk about the situation. Or, perhaps you are not in the right frame of mind to talk to that person. Possibly you don't know whether or not to talk to someone about an issue and the phone rings and it's the person you were thinking about.

Signs often come from the animal world. Maybe every time you leave the house, a crow flies by and caws, or you constantly see two squirrels chasing each other.

You are about to buy something that you really desire, but don't necessarily need. When you go to pay, your credit card mysteriously won't work or you will have forgotten your checkbook. Spirit could be telling you that the item is not beneficial for you, or it could be that the purchase could put a stress on your finances.

You're in a hurry to get somewhere, you're racing along in your car, and every light you come to is red. You would probably start cursing and driving even faster. But, perhaps Spirit is telling you to slow down. Maybe you are being told to stop and think about your actions. Maybe Spirit is trying to prevent you from having an accident.

Once I was hiking in the woods and got very lost. I could not find a path back to the road. So, I asked Spirit to please guide me out. Moments later, a crow appeared in the sky above me and circled a few times. Then the crow flew in a certain direction. I knew this was a sign, I followed the crow and made it out of the woods quickly and with no problems.

Don't have expectations and don't read into things. Just ask for guidance and allow it to happen. Not everything you see or hear is a sign. But, if you are open and receptive, the signs will be clear. Through practicing the act of asking for guidance and following it, you will soon understand when you are receiving an answer from Spirit and when you are not. The more often you ask for guidance and follow the guidance given, the stronger the connection will be, and the guidance and symbols will become much clearer.

When I go to a bookstore, I ask my Angels and Spirit Guides to show me exactly what book would be best for me at the time. I have always received an answer. You'd be surprised how many times a book will literally fall off the shelf, or someone I don't know recommends a book, or I just feel that I should pick up a certain book and flipping through it I see it contains exactly the knowledge I was seeking.



Many signs from Spirit will come in a way that you will easily relate to and understand. If you receive symbols that don't instantly "click" with you or you are unfamiliar with, then get a good book on symbolism. For example, we often receive signs from the animal world, but if you are not familiar with the character of each animal you may miss the sign or misunderstand it. In this case, you could find a book on animal symbolism and look up the animal that is showing itself to you. After a while, you will develop your own personal symbolism. For example, if you constantly see a squirrel burying food in your yard and soon after you receive a little money, it could be your sign that when you receive extra money you should store it away for the future. Don't always rely on a book to interpret a sign for you. Books on symbolism are good resources, but ultimately it is what the symbol means to you that is most important.

One of the oldest forms of divination or seeking guidance is "bibliomancy." Originally, one would hold the Bible and ask for guidance on a personal issue. Then you would open the Bible at random, and without looking, place your finger on the page. Reading whatever passage you pointed to would provide the guidance you were seeking. You can try this any time and you don't have to use the Bible. Pick any book that is inspirational to you. Hold the book in your hands, ask God, your Spirit Guides, your Angels to guide your hand to the right page and passage to answer your question. When you feel ready, pick a page, point to a passage and read it. See how it relates to your issue. You'll be surprised how often the answer is right there, "at your fingertips."

If you ask for guidance, if you ask for a sign, it will be given. Be patient and be open to receiving the guidance. So often, we ask for a message from Spirit and then are disappointed that we didn't receive guidance in some "fantastic" way like flashing lights or neon signs. Be secure in knowing that if you ask for guidance, it will be given, always. But, you must be open to receiving the message in any form.

Remember that your guides and angels are always around you, ready to assist you. But, they can not and will not interfere with your life. That is not their role. You must invite them in, you must ask for their guidance, then they are more than happy to help you in any way they can.

Start today. Communicate with your Spirit Guides and Angels, even if you cannot see or hear them. Ask them for guidance on an issue that concerns you. Ask them to show you a sign to guide your way, and then be open to receive their guidance.

Blessings and love,  
Rev. Jeff  
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Seeing the Signs By Linda Johnson 1/9/03

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You've probably heard this old joke but....

A devout man was drowning and he called on God to save him. Presently a guy in a canoe came along and said "Let me help you." The drowning man said, "No. I have no need of you. God will save me." Shortly a fishing boat saw him and offered to take him aboard but he refused to go. "God will save me", he said. As he was gulping sea water and calling for God an ocean liner arrived and offered to rescue him. "No, no", he said. "God will save me!". Eventually he drowned. Upon arriving at the pearly gates he said to God. "I have prayed to you all my life. Why didn't you save me?" God said, "Have you any idea how much organizing I did to get that canoe, boat and ship there to pick you up?" !!!

So the moral of the story is that 'signs', messages and communication are not always presented in the way you expect, or the way you're used to. However, there are many clues to what your guidance is trying to communicate if you look a little harder and think outside the square.

Not everybody is clairvoyant, but most people interested in spiritual growth have awakened their intuitive abilities to various degrees.

I have written elsewhere about the benefits of learning to muscle test or use a pendulum to contact your guidance. This is great if you're the one initiating the communication with your guidance - but what if your guidance wants to get your attention? Often the signs are all around you but you don't realize what they are. This will be more so when you start consciously working on your spiritual growth and increasing the communication with your guidance.

#### Signs from Nature

Your guidance may work with the nature kingdoms - animals, plants, minerals and elements - to bring messages, warnings or communications to you. Once you realize they are trying to get your attention, you can muscle test, pendulum or meditate upon the course of action.

I'll give you an example of a sign my guidance sends if there is something I need to look at. As I am consciously working on my ascension I regularly check all my subtle bodies, moving energy systems, gridwork, records and the like - usually every day, but sometimes I get slack. This is usually when I lose something or something is added that I need to be aware of.

One morning I was driving to work and there was a dog standing on the road. I had to slow right down and mentally ask it to move. I then drove on oblivious for a few more miles and another dog was standing in the middle of the road. I had to come to a complete stop. It looked me straight in the eyes until it knew I'd noticed then calmly walked off the road. 'Wow - that was weird' I thought. Later on I was meditating and noticed there was something wrong in my field that needed urgent repair. It was then that the penny dropped and I realized the dogs were trying to give me a warning.

Once the dog kingdom (through my wolf guide) had got my attention this way, they knew they had a means of communication that I would understand next time it was used. Since then I have had a lot of 'danger dogs' as I call them. They are a good early warning system for me. They just stand on or near the edge of the road and get my attention. Once I say 'OK - I got the message', they move off the road. Thankfully, none of them ever seem to get run over.

Sometimes the birds give me warnings when I'm at home as I have no dog. When birds fly into my glass doors there's something happening I need to look at. It's a shame they have to concuss themselves to get my attention! The kamikaze animals were much more active when I was working on mapmaking ascension. A lot more drama happens during that job - but that's another story.

For those simply working on their spiritual growth the signs may not be so frequent or obvious, but what you are looking for is something out of the ordinary - but not necessarily extraordinary. Then simply check with your guidance and ask 'was that a sign for me?', so you know whether to delve further.

You may find a dead bird on your lawn, or have a low-flying bird zoom across in front of you when you're driving. I seem to get a lot of messages from birds - but then they are the most populous and obvious of the nature kingdoms and able to move freely around the city - you can't always find a roaming dog when you need one!

Not all the bird signs are warnings. They also bring a lot of joy. As I write I have had a 'Peace Dove' practically living in my yard for around 2 months (see photo). He is a very calm, beautiful, ascending bird and often flies round and round my house clearing the space - he even does aerobatic flips and fly-pasts. He gets very close when we feed him without seeming afraid and never fights with the other birds - he just minds his own business. I do feel he is anchoring the vibration of peace in the area and I am honored he is using our home as his headquarters.

Signs from the plant kingdoms are usually a bit more subtle, but if you are a person who spends a lot of time in your garden and knows all the different plants, then your guidance may

work with the plant kingdom to get your attention. For example you may get a flower blooming completely out of season, or a hardy plant suddenly die. As a gardener you are more likely to notice this than someone who is not.

Signs are not always from the nature kingdoms. Something like a broken glass or crystal could represent 'shattering' or breaking up. Losing something could represent a loss of moving energy systems, records or gridwork from your field.

Because I spend a lot of time on the computer at work and at home my guidance kindly makes it play up to get my attention. Like recently when I turned everything on and the keyboard wouldn't work and nothing would type on the screen. I then picked up a pen that despite working fine when I scribbled it, would not write any words. I got the message. There was a bit of a 'communication problem' in my field I needed to repair. Once I got the message everything worked again.

So you see, your guidance will try to find ways to attract your attention through a medium you are familiar with - so that you know when something is out of the ordinary. There are no hard and fast 'meanings' assigned to each sign, animal, kingdom or incident, but between you and your guidance you will learn what various signs mean for you, then they will be used more frequently as a language between you.

#### Interpreting the Signs

OK, you've seen the sign, but what does it mean? Again, interpretation is a subjective and personal thing. This is where regular contact with your guidance will narrow down the possibilities and you can then use your pendulum or muscle testing to check. For example, if you are working on ascension and understand about 'shattering', something breaking could mean shattering in your field. Something becoming unattached could indicate the releasing of attachments (or the need to).

When a sign happens, try to think of the key words that are associated with the sign, including feelings, to narrow down the possible meanings. Once you have understood the interpretation your guidance was trying to give you, the sign may be given more frequently when that same message needs to be imparted.

There are other ways to narrow down the meaning of your messages using existing methods of divination, or by making your own system. Tarot cards are a way of receiving guidance about possible future events and influences that are moving down towards the physical plane.

The original Tarot Cards are a very ancient system put in place to assist mankind in remembering the spiritual initiations from long ago. From Atlantis they came to Egypt, and from there the Egyptians (Gypsies) carried them throughout Europe. As a harmless set of cards and pictures they were mainly ignored when other religious and spiritual texts were lost, burned or suppressed through the ages.

With the Tarot, there is already a traditional meaning associated with each card which will be reinterpreted by the author of the deck you buy and your own personal associations with that card. So with tarot it's best to start with the existing meaning - as the basis of your understanding, and your own intuition will build on that.

There are also a lot of newer 'tarot' style cards that don't use the traditional deck, but have new illustrations and meanings attributed by the author (i.e. dream cards, crystal cards, angel cards etc). Again, if you are attracted to these, and you like the associated meanings, learn these meanings.

However, you don't have to buy existing cards to contact your guidance. You can get some blank cards and make your own with whatever meanings you like, or get some tumble stones in a pouch and associate a different meaning to each (easy to add to as required). Choose 3 at a time for a reading.

What is important with these divination tools is that You and Your Guidance have agreed on what a particular card/rock/sign means to YOU. Whether that is a meaning handed down through time, from a recent author, or made up by you is not important. When you pull out a particular stone or card you know what your guidance is telling you because you've already established the meaning in advance.

Having said that, I recommend using the traditional explanations with Runes, as these ancient symbols (like the original tarot and I-Ching) are part of the existing human unconscious and ancestry, not something just made up recently. As such you will find you can ask for guidance, pull out a rune and read the explanation in a book without ever having learned the meaning beforehand and find it quite accurate. I find pulling a rune is a good way to sum up a reading or for some quick guidance.

Learning or using an auxiliary divination system in addition to getting the yes/no answers from your pendulum will give you a broader idea of the influences leading up to the 'sign', the current influences, and possible outcomes.

So you see, you don't have to be psychic or clairvoyant to use your intuitive abilities. Like most abilities, using and practicing them regularly will make communication more fluent and signs more obvious. And don't just look for external signs. Start to notice feelings you may get about a place or person, or 'vibes' you feel as these are your subtle bodies at work. The more you notice them, the less isolated you will feel from your non-physical self, and you'll know that you are more than your physical body, and using more than your five physical senses.

#### Important Tips

As always, I stress the importance of being Grounded and Protected before you do any sort of divination work to ensure that the guidance you get is from your highest self and not personality entities or entities outside of yourself which may not have your best interests at heart. I also do not recommend using a Ouija Board for guidance as these are designed to attract entities from a low level, and involves other people who may not be as spiritually aware as you are. Do your grounding and contact your own higher self, earth, the ascending nature kingdoms and elements who are willing to help and guide ascending humans.

#### Keeping Track

I recommend getting yourself a diary or exercise book to keep all your spiritual stuff in. You can write up dreams, readings you do, signs and their interpretations to look back on and check your progress and accuracy. There are often messages in dreams which are quickly forgotten. If you write them down while they are fresh in your mind you can interpret them at your leisure.

You can write lists of intents and affirmations, snippets of information, diagrams, poems, stories, feelings and ideas. Write up the visions and messages from meditations. It not only makes a very useful tool, but also allows you to look back and see how far you've come - especially on days when you feel you are not making progress.

So to conclude... nobody reading this site is so psychically challenged that they cannot learn to use a pendulum or muscle test. For many people, this is a stunning breakthrough and they can't believe it actually works. It's an excellent starting point to develop your intuitive abilities and connect to your own guidance/higher self. Tell your guidance 'I want to communicate. Give me a sign when you want to talk'..... and see what happens!

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"A man who has the Grace of God, who lives in this world with the thoughts of God and with God's three thousand gracious qualities and His ninety-nine sovereign powers; such a man will merge with God and live in Heaven. Every one of those good thoughts and qualities he fosters within himself will become angels, saints, heavenly beings, heavenly messengers and celestial beings who will serve him in heaven. This is the house he builds while he is here."

M.R. Batua Muhaiyaddeen

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## FROM HE WHO SEES THE EAGLE

John gave my friend Denise a little lecture one day recently when she was fretting about the fact that the house they're getting ready to buy failed one of the inspections, and since they can't stay in the house they're renting right now, she was worried they would be homeless. I tried to tell her it would all work out, but I guess she needed John to appear standing before her and say, "Life isn't about houses. It's about people and families. Stop worrying so much about the house and take care of your family." She said he was acting just like a father, and he helped her to realize that there IS a bigger picture that is more important in the long run.

P.S. The only thing is that she was foreseeing problems with the house that I guess John didn't because it turned out to be a disaster that lasted 5 years until they moved...and I mean just up and left—walked away and let it foreclose, that's how bad it was. I guess even spirit can't foresee everything, as we have our lessons to learn.

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"I am only one; but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do."

Helen Keller, 1880-1968

~~~~~ CHOICES IN ACTION/EVENTS/FOR SALE

Since I just do not have the time to visit everybody's website for upcoming events and other activities, all I ask is that if you do host, sponsor, or know about anything that might be of interest to our readers, PLEASE send it to me so I can include them in future issues (holistic expos, pow wows, other spiritual gatherings, John Denver-related activities, etc. etc.) We don't want to miss any good stuff going on!!!

Heart of Ohio Windstar Connection presents
What One Can Do Earth Day Concert: A Tribute to John Denver

featuring Mark Cormican, Cottonwood Stone and the John Denver Memorial Peace Cloth
Saturday, April 26, 7 p.m. at the First Unitarian Church, 536 Linton St., Cincinnati OH
Donation \$4 at the door - under 16 free

Proceeds benefit John Denver's Windstar Foundation

For more information, contact Mev Wilson at macaddict@fuse.net and visit the website at:
<http://home.fuse.net/whatonecando>

From Mary Ledford:
Mack Bailey's CD Release

The party for his latest CD, "Why I'm Here" will be held at the Rams Head Tavern in historic Annapolis, MD (www.ramsheadtavern.com) on Sunday, June 8, 2003 at 5PM. Mack just returned from Nashville having recorded this wonderful CD of a mix of spiritual/folk ballads (including John's beautiful "Wandering Soul") and featuring Nashville's best: Chris Nole, Pete Huttlinger, AND Jim Horn!!!! (visit Mack's website for more details: www.mackbailey.com) They will ALL be there folks!!!! Get your tickets NOW by calling the Rams Head Box office at 410-268-4545. They just went on sale so great seats are available. If you would like to be placed on their e-mail list, go to the website indicated above, click on 'Events' and then 'Join e-mail list' and get notified of upcoming events.

Save the Dolphins at <<http://www.bluevoice.org>>

BlueVoice.org was founded by film star and ocean activist Ted Danson and wildlife film producer Hardy Jones in an effort to leverage the power of the Internet in the cause of preserving and restoring the oceans and its creatures.

How can I serve? <http://servenet.org>

Council of Peace: <http://www.councilofpeace.net/>, and to help create a U.S. Department of Peace, go to <http://www.dopcampaing.org/>

John Denver