

of our own soul. We have more of an idea now of the enormity of our own personal awe-ness and potential while at the same time experiencing deeper than ever before our own connectedness and oneness. Our society is evolving at a speed unlike anything this creation has ever seen. Great, mass life-altering changes can come about in a fraction of the time it took earlier civilizations. What used to take hundreds of thousands of years has taken place in our culture in merely the last 500. A simple but effective and powerful technique—sending someone a message—that once took a month on horseback may now only take seconds, and may be delivered to hundreds of people at the same time (except if you have Yahoo, lol). Imagine the possibilities. But where are we headed with such great urgency? Will we crash head-on into our own self-imposed walls, or will we at just the right moment burst free out of the confines of our third dimensional cocoon while still entertaining its graces? Well, I think we get to decide. As soon as we let go of our beliefs and perceptions, we will be able to experience the unlimiting Bliss of Truth. Right here, in this life. ALL us Gorbachevs need to tear down our walls. I love this thing called knowledgism that I've recently looked into again after finding the information I'd had tucked away. They didn't even have a website then. Now it's amazing. I feel so empowered after just visiting it. It's developers consider it part of the natural progress out of communism, socialism and capitalism. If you need to feel empowered and inspired at this point in your life, I urge you to check it out at <http://www.knowledgism.com/whatis.asp>.

Margit, Georgiann and I (and soon to be others as well!) have started an organization called Let This Be A Voice. It's all about exactly what the song says...advocating for all life on Mother Earth, and Lady Gaia as well. And we can sing to her, *"Lady, are you crying? Do the tears belong to me? Did you think our time together was all gone? Lady, you've been dreaming, I'm as close as I can be. And I swear to you our time has just begun...."* And we will raise her and humanity together to a whole new level. And since the Earth Rhythms section of this newsletter seems to be growing out of it's place I think it's time it became it's own separate newsletter – "Let This Be A Voice," along with the "Choices in Action" section, which will be published on the website separately from this one. All the information from past issues that are still pertinent will find there way on there sometime, as well. We're under construction right now, but we'll let you know as soon as it's ready!

I've got this analogy that life is a series of songs, as we go from one track to the next. One day I was driving to a JD event, listening to one of his CDs, when this suddenly occurred to me while making a turn just as a song ended. The song was "Home Grown Tomatoes." Not that it matters what song, but here's the analogy that revealed itself: You're just bouncing along in life to the tune of this happy song, when suddenly it starts to fade, and before you know it, it is OVER. And there's a pause and you may fear that there will be no more music. But then you hear the strains of a NEW SONG approaching, and it builds, gets louder, until suddenly it breaks into the melody...and the new song brings a whole new, deeper meaning to your listening experience. The moral? One song has to end before a new one can begin. But each song comes with its own meaning and experience. So perhaps we just have to learn to listen to all the songs of our life, even the tunes we don't resonate with...for they still have something to say, and their melody can enrich our overall human experience.

Well, the only other thing I have to say is to reiterate that if you read nothing else in this newsletter at least read "Choices In Action" (and maybe "Earth Rhythms") and go to climatecrisis.net and/or nativeenergy.com and begin saving our civilization if you are not already. And if you are, try and find a way to do MORE. Activism isn't just for tree-huggers anymore; it's for anyone who doesn't want humanity as we know it to perish. It is the only thing that will save us now. I was very pleased to hear Al Gore say on "Larry King Live" recently that global warming is a spiritual issue...everyone needs to realize this, so please PASS THE WORD!!!

Peace,

Eileen (With a little help from my friends...)

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#### CONTRIBUTIONS

A Universal Resolution by Philosopher Christian D. Larson

- Promise yourself to be so strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make optimism come true.
- To think only of the best, to work only for the best, and expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and greet every living creature you meet with a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

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Home Grown (Organic) Tomatoes – from [www.shirleymaclaine.com](http://www.shirleymaclaine.com)

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Energy and food; they go hand in hand. Without food you have no energy. But as you bite into a ripe organic tomato you may not realize that the energy being received from it stems from a larger consciousness than the nutrients it provides our body. Energy is an unseen power, a life force that inner-acts with us in more ways than we realize. Begin with the Earth. Rich, dark, fragrant soil, full of natural organisms that help produce the nutrients that will feed a seedling and create a strong healthy plant. It is a living energy.

Visit the farmers.

They do not know you, but they care enough the Earth, the environment, and about you to nurture the soil with natural compost and without chemical fertilizers that kill the living energy of the soil.

Hold the tiny seed.

A whole, unaltered, naturally reoccurring seed will provide you with crop after crop of delicious nutrition. This seed has not been genetically modified; it's pure and carries with it the energy of its ancestors.

Watch the growing season.

The seed sprouts and grows, strong and healthy, carrying with it the energy of the soil and the energy of the farmers until it finally produces a food filled with nutrients and energy that has not been polluted with chemical pesticides.

It's harvest time.

The tomato is not picked while it is green and still gathering energy. It is ripe, colorful and full of all of the energy that helped it develop to it's best. Take a trip to the grocers or farmer's market. When you pick the tomato up it feels smooth and firm, not waxy and soft. You are feeling its energy. Your mouth waters in anticipation of the taste.

It's time for dinner. You gently wash the tomato and place it on the cutting board. It will be the perfect addition to your salad. But do you stop and think about where that tomato originated? About the care of the farmer that planted it in rich organic soil and cared for it as it grew? Do you think about all of the energy that has gone into providing you with a tasty delicacy? Food and its source, how it was grown, and how it is consumed is a luxury we too often take for granted. The next time you are in the market and pick up an organic tomato, remember its source and the energy it is carrying into your body. It's not just about the nutrients.

Here's an article I found about sustainable gardening: <http://www.sustainablelandscapes.com/what%20is.htm>

The Mirroring World: *We Are Like Nature* - May 22, 2006

Nature is a mirror, inspiring and teaching us, deepening our sense of belonging in the world. Wherever you look, you can see that our patterns and the patterns of the natural world are the same. You can find this resonance in every form, from molecules to plants and animals and to planets. We live our lives according to the same principles as the trees, the mountains, the clouds, and the birds.

We begin our lives in the womb, folded in on ourselves like the bud of a flower. We can see our whole lives in the mirror of this natural form. When we emerge from the womb, we slowly begin our unfolding, just as the flower begins to open its petals. At its prime, the flower draws many insects to it and also the eyes of appreciative humans. When the flower's petals begin to fade and its life cycle comes to an end, it ceases to hold itself upright and returns to the earth. Traditionally, we return to the earth, just as all plants and animals do. Like flowers, we leave behind seeds in the forms of children and other gifts only we could have given. They continue to unfold even after we are gone. Rebirth is encoded into our lives, and death is just one part of the cycle.

Look around you, and you will find connection and insight. Notice how your moods shift from one to another like the sky shifts from bright blue to turbulent grays. Your thoughts are like clouds, appearing, changing shape, passing through, and then disappearing without a trace. The rain cleanses the sky, just as an emotional release cleanses your mind. The sky itself is your eternal awareness, unchanging underneath all these permutations. Let it reflect back to you your own abiding perfection.

As you walk through the world, find your own metaphors for connectedness in nature. Flesh them out fully and follow them as they lead you through the mystery and intelligence of life.

For more information and a free CD, go to <http://www.dailyom.com/articles/2006/3479.html>

From Alice Yeager, Peace Nouvella - MONTHLY MESSAGE: May 2006

Dear Friends,

Last year on May 10th I had a direct awakening experience of that infinite intelligence as a seamless Light. I experienced it and myself as a seamless Light that permeates everything, everywhere, eternally expressing itself as

"What is." It happened as an unexpected experience. It certainly helped satisfy my questioning the day before of what eternal life is. Many people seek proof in some way that life continues beyond the physical. The popularity of TV shows such as Medium, Ghost Whisperer and other TV shows and movies have dealt with this topic in fictionalized depiction. Numerous documentaries such as the Barbara Walters special a few months ago with interviews on beliefs about what Heaven is like. They serve as reminders that many are searching for proof that spirit exists in a way that demonstrates how it interacts with us in an interconnected way.

I have been pondering lately the purpose of seeking "proof" that non-physical spiritual realms of reality exist and intelligently interact with this dimension we call the physical world. The presumption here is that there are limits on what intelligent interaction is and how it manifests for us to recognize it. It would seem that the only limit is our belief that we are limited and that we are not already at all times in communication with What Is as Infinite without limits.

The need for proof and doubtfulness can arise from an unawakenedness. That unawakened doubt expresses itself as the need for proof. An awakened Mind already knows it is Spirit. The call to awaken to this comes with an awareness that there is an Infinite not finite intelligence that communicates *through* each of us. This Infinite Intelligence is the opposite of sickness, aging and death. Sickness, aging and death occur when you repeatedly disconnect from this communication as Life itself. You might ask yourself what communicates to you telling your lungs to breathe, heart to pump and mind to think? When you awaken to the answer to that question there is no need for proof. You become the proof as an infinite interconnected extension of the Loving Presence of Life as What Is.

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**A great many people think they are thinking when they are merely rearranging their prejudices.**

William James

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IN JOHN'S MEMORY

John Denver is listed as being of Pleiadian origin at <http://www.lightconnection.org/planetaryorigin/pleiades.html>

The following contributions were generated from the UK FOJD
(http://www.fojd.org.uk/rss/News_Feed.asp):

I've spent the weekend reading Mitchell Fink's marvelous new book called "The Last Days of Dead Celebrities," published by Hyperion/Miramax Books (ISBN# 1401351980.) This is a must-read: I am not kidding. Fink — the former Daily News and People gossip columnist and CNN contributor — has done a remarkable job of interviewing all the people who knew and loved 15 famous people who have passed away, starting in 1980. He begins with John Lennon and ends with John Ritter. None of it is sensational or tabloidy. All of it is so well-written, researched, thoughtfully told and as they say "fully authorized."

Another terrific chapter is devoted to **John Denver**, about whom I knew very little. Fink got everyone together who knew Denver in his last couple of years. He tries to dispel the idea that the singer's death in a small private plane was a suicide. But the feeling lingers that somehow Denver made a wrong turn in his life from which he thought he couldn't recover.

(And on the same book from Emily Parris's RMH Newsletter):

The portion of the book that talks about John Denver is from pages 166 to 186. It is very interesting since the author did a lot of research talking to people close to John, specifically those people who were with him in the last few days of his life. On September 6, 1997 John sent Annie some flowers for her 51st birthday. He always did this and 1997 was no exception. In September he also had concerts in San Antonio, Fort Worth, Houston, Austin and Corpus Christi where some lucky fans got to see him in concert for the last time.

Interesting to note is the fact that John spent October 6th with his son, Zachary, who flew in from Durango, Colorado. They attended a Denver Broncos football game together and met the players during half time. Then on October 7th John had his daughter, Anna Kate, over for dinner at his house. On October 10th John talked in detail to Milt Okun about a record deal that was of interest and he had an appointment to meet executives of the record company on the 13th of October. So his career was on the upswing again.

Several pages are devoted to John's last day where he lunched with friends and played golf. He had a lemonade/iced tea at lunch and apparently he had not been drinking for some time. When John died the media talked a lot about his DUI's as though there was some relationship between his former drinking problems and his untimely accident. But this was not the truth. The final report from the NTSB showed that there was no alcohol in his system at the time of his death.

From <http://www.tahodailytribune.com/article/20060517/NEWS/105170048> :

What do John Denver, Evel Knievel, the Rolling Stones, Pizza Hut and EST have in common?
Apparently, South Lake Tahoe City Councilman Ted Long.

Long is running for El Dorado County District 5 supervisor against incumbent Norma Santiago and has mailed about 6,000 copies of his 82-page autobiography "Recycled" to county residents in Tahoe.

The book details a recall election early in Long's political career and his relationship with EST, a company that gave controversial self-improvement seminars, where Long said he was once number two or three in the ranks.

It also mentions his company was the first to manage Knievel when the daredevil was just starting his career (page 26) and a friendship with singer and songwriter John Denver.

In the book Long said he was with Denver at his home in Woods Lake, Colorado, watching a meteor shower and drinking Peppermint Schnapps with hot chocolate when the musician got his inspiration for the song "Rocky Mountain High."

"The meteor shower was lavishly intense and went on for a long time. We took it in, awestruck, like a couple of kids at a Fourth of July fireworks display. At one point John said something about wanting to write a song about it."

The song's chorus line says "I've seen it raining fire in the sky."

"I asked him about it the next time I saw him, and he concurred that he had gleaned much of the inspiration for the song from that memorable night," Long wrote on page 42.

The two apparently met through EST.

From http://www.starpulse.com/Music/Denver_John/Biography/index.html :

"One of the most popular recording artists of the 1970s, country-folk singer/songwriter John Denver's gentle, environmentally conscious music established him among the most beloved entertainers of his era; wholesome and clean-cut, his appeal extended to fans of all ages and backgrounds, and led to parallel careers as both an actor and a humanitarian." You can vote for him there also. His average Star Pulse rating is 4.71.

Would John have won American Idol if they'd had it back in the 60's? Read this!

From Mary Foley: http://www.bodaciousblog.com/2006/06/3_reasons_why_taylor_hicks_won.html

It would be hard to miss these days the factoid that a record number 65 million votes were cast for Taylor Hicks to become the next American Idol. If you've seen Taylor Hicks perform, you know he's not your usual Idol. He's the ripe old age of 29, he has grey hair, and he sings soul. (Not to mention his unique dancing!) But, he won and he won big. Watching him progress through the show I took away three reasons why Taylor Hicks came out a winner and how you, I and everyone can be a winner, too, in pursuing our own dreams.

Reason #1: He Oozed Passion

Taylor was nothing if not enthusiastic! It oozed out of him. No matter what he sang you felt it – in his eyes, his smile, his body language, how he moved around the stage, everything! Believe me, I like him as a singer and I especially like that he sings soul and blues music so well. But, I LOVE his passion! That's what made me a Taylor fan.

I realized the impact of Taylor's enthusiasm on me one night while watching the show with a friend. Without prompting I blurted out "The thing about Taylor is that he's always entertaining. If he came out with a CD today, I'd buy it." I even surprised myself with these words. Then I knew why I felt that way. I simply wanted to soak in the incredibly positive feeling that Taylor was so willing to put out there for me to absorb.

Reason #2: He Stayed True to Himself

Another very endearing characteristic about Taylor that won people over is that he didn't stop being himself. And who he is turned out to be very appealing to a lot of people.

He didn't try to hide his age, even though at 29 he was the oldest person to make it to the American Idol finals. He didn't color his grey hair to look younger. He didn't move away from his preference to sing soul music, even though you can't find a soul tune in the today's Top 40. He didn't stop dancing, even though Simon often called it "hideous". Plus, he didn't minimize that he's from the deep South of Birmingham, Alabama, to avoid any negative, "ignorant" stereotype. For goodness sake, his last name is Hicks! Can you get more southern than that?!

Instead of avoiding anything, he stayed true to himself. His "Soul Patrol" legions of fans and others responded because he validated something about them personally. That's far from being ignorant; it's powerful.

Reason #3: His Practice Paid Off

Being a speaker and somewhat of a performer myself, I couldn't help but want to better understand how Taylor was able to let his passion ooze and be so comfortable with himself on stage. Then I learned that for years he had his own band in Birmingham where he performed over and over again. I began to put the pieces together. Taylor was able to easily let his passion and true self come through in front of millions of views on national TV each week because he had

been practicing for years on a smaller stage. I'm sure the first time he sang in front of a crowd he wasn't nearly as good as when he sang Elvis Presley's "In the Ghetto" in the last few final weeks of American Idol.

By singing over and over again he got better. Just like I've found being a speaker, it's in the doing that you improve. Simple and as hard as that. You don't get much glory practicing. True winners keep at it and hold onto to the dream that one day all their practicing will pay off and they will be ready to be on a larger stage. Oozing passion, being true to yourself, and practicing so you're really ready are three big reasons why Taylor Hicks won this year's American Idol. And they are the same reasons why you can be a winner in your own life, too. Here's to all of life's winners!

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**"Great spirits have always encountered violent opposition from mediocre minds."**

Albert Einstein

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IN JOHN'S WORDS

Foreword to *Goodbye to Guilt* by Jerry Jampolsky

What I most appreciate about Jerry Jampolsky is his ability to articulate emotions and describe experiences that all of us have had, in a way that allows us to understand our own problems, to make clearer who and what we are as human beings and what makes us tick. He helps us to begin to know why we do some of the things we do. When I read Jerry's words or talk with him, I am constantly reminded of how I related to certain troubling feelings or relationships in my own life, and I find myself saying, "Oh, I see, that's what was going on."

I, too, am a student of *A Course in Miracles*. I have read Jerry's books *Love Is Letting Go of Fear* and *Teach Only Love*, and now this manuscript of *Goodbye To Guilt*. These books have been invaluable to me, not only in understanding myself but in organizing and articulating my thoughts about life and the world we live in to others. Most importantly, Jerry supports and strengthens my concept of where the human race is going, and how it will get there—how we can create the world of peace, a dream we all have.

In the recent "Me Decade" there were myriad programs, training centers, workshops, and seminars, which allowed us to focus on ourselves as individuals, and to use self-awareness and self-expression as tools for self-help and the expansion of consciousness. For many, myself included, it was also a step toward spiritual growth and understanding. What was rarely, if ever, included in the descriptions, analyses, and criticisms of the "Me Decade" was its possible impact on the world we live in and its potential for affecting society as a whole.

Many of us have wished that the world were different and wondered aloud about how we could change it and make it a better place for everyone to live in. I am one who believes that we cannot change the world, but that we can only change ourselves, and in the process, the world will be different. I truly believe that we can create a new and better world.

A Course In Miracles tells us that "you cannot change your mind by changing your behavior...but that you can change your mind." And when someone truly changes his mind, "he has changed the most powerful device that was ever given him for change."

Our world is one of conflict and separation. It is a world of judgment and punishment, where others are responsible for our problems. It is an unstable world. As we learn about guilt and fear, and the power they exercise in our lives and relationships, their effect on society and the world as a whole becomes clear. As we begin to understand the power of love and forgiveness, it becomes easier and easier to choose the environment in which we wish to exist. By making the conscious choice, we find that the space in which we live is different; we begin to experience the peace of mind and fullness of heart that is the gift of a loving God.

I know that the thousands all over the world who love Jerry and whose lives have been enhanced by his message are eagerly looking forward to this new book. They have a treat in store. In clear and beautiful prose Jerry tells us that peace is a conscious choice. Saying good-bye to guilt is a vital step in making that choice.

John Denver

Windstar

Aspen, Colorado

November 1984

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MY SPIRIT STILL SINGS!

6/3/06 – from Georgiann

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I went to see Ken Dravis play outside in the patio area of the Grand Vista Hotel in Grand Junction. He was great, as usual. The setting outside was awesome...bright blue Colorado sky, flowers set on top of the stone wall that was about four feet high surrounded the patio area. Ken sang from 7p.m. til 10:30p.m. So it was light out when he started, then there was the most beautiful sunset. As Ken sang "Sunshine on My Shoulders", John's face appeared superimposed over Ken's face, just as a plane flew overhead. I gave John a "thumbs up". The plane was John's validation to what I was seeing. I later told Ken about it and he said, FAR OUT.

6/3/06 – from Eileen

At the same time Georgiann was listening to Ken and seeing John's face, I was at Wal-Mart and got this strange urge (from John?) to call her. I got her voice mail, but later she confirmed that my call came in around the same time she was having this experience. Another validation!

6/16/06  
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Tonight I attended a Tastefully Simple home party given by Nancy, one of my JD sisters, and the consultant turned out to be Georgiann's daughter, unbeknownst to either of us until she (Kim) got to Nancy's house, heard John playing, and they got talking and it went on from there! But Georgiann and Nancy have never met, even though Georgiann used to live in Nancy's hometown before she moved to Colorado.

Nancy met Kim a few months ago at a woman's fair where she (Kim) had a Tastefully Simple booth set up. The thing is, I almost didn't go to Nancy's party because of Pete Huttlinger being in town also, but that didn't work out, and now I know why!

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“You cannot teach a man anything; you can only help him to find it within himself.”
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Galileo

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EARTH RHYTHMS

From the June 3, 2006 Crimson Circle Shoud/Tobias, with the 'guest energy' of AA Metatron:

...As teachers you're gonna be working with those who truly want to move forward. You're not going to be going out and try to wake up those who want to stay asleep; you're not going to try to be converting any who love the games they are playing, no matter how miserable they think they are. This isn't about converting, this is about answering the prayers of millions of human beings each and every day. We are a small group of a 100,000 plus, a small group to handle millions and millions of requests every day. But these are people who are genuine and sincere, they truly want the change in their life. The change that you experienced in some other lifetime of yours, or perhaps in between lifetimes. The change that took you from being stuck in the old human cycles into a place of enlightenment and ascension. You see, you already did it, you already went through it. You are prepared, ready to be a teacher.

...The world right now needs stewards and teachers of Earth, more than ever before. Of Earth, of Gaia; but the understanding of Earth in a bit different and new way. Gaia is a spirit, a collective; Gaia is here to support the physical processes on earth. Gaia, by her own right, is strong, it can sustain herself as you've seen. She can cleanse with a storm, or a volcano, or an earthquake; she can shift energies in many different ways. But it is not Gaia's intent to run out humanity from her body; it is Gaia's intent to be here to support the work of old earth and also to be a presence on the new earth as well. You can say right now, operating in the old modality, in the old energy, that the saturation point is just about achieved for the number of humans on earth that Gaia can support in the way she's currently doing it. In particular the way humans right now are haphazardly, perhaps even stupidly damaging the very things that protect them, and feed them. Damaging the atmosphere, damaging the temperature levels on earth, damaging the eco-balance.

Now, some of you are worried that "how's Gaia going to handle all this?" Well, Gaia will handle it quite well; it's more of a question of how HUMANS will handle it... Gaia has all the capabilities to renew herself, but she doesn't want to do it if it causes the lives of thousands or millions of humans. So Gaia is calling out right now for humanity to come to a new point of consciousness. Even a new type of ECOLOGY CONSCIOUSNESS - that's different than what's there right now. A new type of green, let's not even call it green, let's call it GOLDEN. A new type of understanding about Gaia's abilities to rejuvenate herself.

Humanity needs teachers and stewards of a New Ecology of Earth. There are many groups right now who've done wonderful work, who are devoted, dedicated towards the preservation of the ecosystems on Earth. But even they lack an understanding of what's going on; they don't understand New Energy. They've gotten caught in as much drama as the very forces they oppose. They have taken on an energy of being [word omitted] rather than an energy of being/working from a higher level, a higher perspective of balancers - there are very very few earth balancers right now. For humanity to go forward into these next years of time; somebody has to come forward, somebody has to teach, somebody has to take a few risks, get on television, write some articles from a new perspective of Earth Ecology. For what will happen on Earth is that the ability to produce food will begin to dry out; the weather patterns will change and affect those areas that produce the food for Earth; on top of that Earth will start running out of its current fuel source; you combine those things together, Shaumbra, you have a very chaotic earth, very chaotic. When people aren't being fed, when people don't have the energy for the transportation, for the operation of humanity on earth, it sets up a very chaotic environment. So those of you who are going to be teachers and stewards of the

New Ecology are really going to preventing wars; you're going to be keeping governments from fighting with each other, you're going to be helping to prevent some type of mass catastrophe on earth, from human to human. Earth - Gaia- will survive, definitely; but what about humanity...can they take what's coming along in these next few years?

(TO BE CONTINUED – ALSO, THIS WILL BE POSTED ON OUR WEBSITE AND YOU CAN GO TO WWW.CRIMISONCIRCLE.COM TO READ OR LISTEN TO THE AUDIO CHANNEL.)

From <http://www.crystalinks.com/hopi3.html>

The Native Americans have been not only the forefathers of we Americans who came to this country a few hundred years ago but they have been the Keepers of the Earth for a long period of time. What they believe is very sacred to us. This knowledge is re-emerging at this time in the Earth's history.

The Hopi believe that they descended from the Pleiades and that even before that they came from Lyra which is the Ring Nebula that the Pleiadians have spoken to Bill Meier about. They call Lyra the "Eye of God".

Robert mentions volcanoes going off in the Pacific Rim. This warms up the water making fish change their migration patterns. For example salmon from Alaska are not as plentiful as before. The El Nino' is also swelling to record proportions. He says this means Hopi legends are being fulfilled and we are at the end of the Dream.

Asked what we can do about this, he said we need to return to the Earth and one way to do that is to restore our bodies to health by eating natural grains such as wheat, rice, millet, and corn. He travels around the world doing the Ghost Dance which is to raise the consciousness of people. He said we have got to stop fighting each other. He said people are not the enemy, the Corporation is the enemy because they are being greedy and taking profits now without regard to the future impact on our environment.

The 3 days of darkness of Hopi Prophecy will be 1998/1999. [This did not occur, but the concept of three days of darkness may yet occur in another timeline as it appears in other religions.

Phoenix Bird would raise its wings and fly. Fire that burned it was the consumption of human desires. We are still not in balance.

Hopi Clan Rocks were given out to all four races a long time ago.

They are stored by race in the following locations:

White - Switzerland

Black - Kilimanjaro Mountains in Africa

Yellow - Tibet

Red - Hopi land

A white man will come and restore the Fire Clay tablet.

The Hopi Rock has a + sign and a - (minus) sign on it with a circle. They represent positive, negative and neutral forces in a magnetic field. Where they cross is a vortex into the next dimension.

Greatest thing we have for healing is the human spirit.

We are children of the Sun.

Prophecies which should have happened 10 years ago have been put off. We have been given a window of opportunity.

Spiritual Love is the answer. True knowledge is beyond words.

Comets are a sign of prophecy. Hale-Bopp was the twin Kachina, white and blue. The next one will be red. It is the Purifier. It will stop and observe us. If we are not purified enough it will finish the job for us.

If there is an Armageddon it is within each of us.

We have 12 strands of DNA in our blood. Scientists don't know what they are for since they are not being used. But we can activate them ourselves. One way is through drumming and ceremony.

End time should be seen as the Beginning time.

We are creating at this moment what our Tomorrow will be.

A Bit of Spiritual Information by the Hopi Indians - by Simon Hunt

From <http://kryon.com/inspiritmag/articles/index.html>

Hopi Elders Say Earth Changes Are Upon Us

During the past week there have been a few events that deserve our attention, thought, and examination.

In an unprecedented and totally unexpected way, Hopi Elders for the first time in history have openly shared their sacred, and heretofore secret prophecies with the world. Robert Ghost Wolf, noted Native American Prophet and author arranged for two Hopi Elders to appear for three hours on the nationally aired Art Bell show (out of Pahrump, NV) and freely discuss their sacred, and heretofore secret prophecies. It has been said by many who have had limited access to the prophecies in the past, that the Hopi prophecies of the coming earth changes are among the most ancient and accurate available.

The Elders have come forth at this time because they believe that we have passed the point of no return and major changes are imminent, beginning within the next few months.

It is their hope to "soften" the effects by appealing to all to return to a simpler, more spiritual way of life.

Last month at Spiritual Endeavors (and returning again this coming month) noted author, environmentalist, and channeler, Rev. Fred Sterling carried much the same message. Rev. Sterling emphasized that "The Great Shift" has already begun.

It is happening now. In other related recent events, Gordon Michael Scallion, Robert Ghost Wolf, and other modern day prophets began predicting major Earth Changes, especially noticeable in the state of California among other places, beginning this summer. And now the Hopi Elders have gone on national radio with the same message.

So, the Earth is changing? The Great Shift is upon us? What is one to do? I offer the following in reply.

First of all, if you are in denial - get over it. Open up your eyes. Take a look around.

How's the weather in your neck of the woods?

Perhaps it's a little different than it's ever been for your locality?

Try to find out what's really going on. You won't find out by watching Hard Copy, or even the Evening News. Try Nexus magazine at your newsagent. Read back copies.

You'll have to get away from the latest political scandal of who is sleeping with whom and dig just a little deeper to find the things of real importance.

Did you know that tornadoes have been spotted, for the first time in history, that are spinning the wrong way?

Did you know that there are places in Mexico where the ground temperature is heating up in excess of 200 degrees?

Did you know that during a seven day period in early June there were 772 earthquakes recorded on the California - Nevada border near Mammoth Lake? (Gordon Michele Scallion and others are predicting a volcanic eruption there this summer.)

Did you know that on May 31st, the jet stream (an extremely fast wind current that flows through the upper atmosphere) touched ground for the first time in recorded history?

Did you know that all over North America, migratory birds have stopped returning to their nesting grounds? And that salmon are no longer returning to their spawning grounds? And indigenous tribes throughout the world have stopped having children?

OK, so much for denial.

Once you accept that change is happening, LET GO OF FEAR.

Realize that it is a time of change and not necessarily a time of fear. Fear clouds good judgement and put heavy blocks

between the inner intuition, which will be so important during this time, and your conscious mind. The earth changing will not kill you; it changes all the time! But fear, denial, and not being open to your Inner -Self and your intuition may.

Once accepted, and FEAR IS NOT AN ISSUE, investigate.

Learn all you can about what is happening. The Internet can be an invaluable tool here. Through the Internet, you'll be able to discover what you'll never hear on the six o'clock news. You will no longer be at the mercy of news programs governed and determined by entertainment ratings.

When one steps out from under the umbrella of mainstream media and begins to learn what is really happening in the world, there is often the tendency towards anger.

"Why hasn't anyone told me this before?"

"Why isn't this on the News?"

"There's a conspiracy going on to keep us in the dark!"

My advice here is to let it pass. Finding out who's responsible and the inner workings of the government or large conglomerations is a tangent that will not only waste your time, but probably lead you into deeper anger and fear and further away from love and truth.

Instead, take the path advised by the Hopi Elders and offered to the world on June 15 over national radio.

Rediscover your spirituality! "If you change now, and change your life around, it will help in the alleviation of much of the terrible outcome from the cataclysms. There is a lot in store for all of us. And the intensity of this will be a lot less if we can all settle down and behave, and not be in the actions that we are right now."

The Hopi Elder went on to explain that it makes no difference whether your spirituality falls in line with an organized philosophy or religion, or if it is something that you have come up with and practice on your own.

"Practice your spirituality, whatever it may be, like you have never practiced it before." And realize that your consciousness affects the outcome.

Your consciousness effects everything.

Realize that your thoughts, words and actions of today contribute to what the world will be like tomorrow.

There you have it. Four easy steps to surviving the earth changes and all the prophecies.

1. Keep your eyes open.
2. Let go of fear.
3. Learn all you can.
4. Live your spirituality.

It all sounds pretty simple. It almost sounds like it could even be fun. And that's a very important point to keep in mind. Fun. True spirituality is fun. Very big fun. Joy is probably a better word; bliss perhaps even better. If your spiritual path is not leading you on a path of joy, I would suggest that it's perhaps time to start shopping around. I have come to the understanding (and it has taken a lot of sorrow to get here) that experiencing joy is the most spiritual thing that one can do in the course of their day.

Joy is infectious. It changes and charges the very air that you walk through. It lightens the hearts of those around you. And in these troubled times I can think of no better healing energy to saturate the Earth with. Joy! Why not take a few moments during each day just to pause and think of something that makes you very happy? Try it. You'll like it. It might even become a habit.

Well, I guess there's only one more point that need to be addressed here. It's usually the position adopted by most skeptics and those in denial as a justification for their position.

"What if the Hopi Elders are wrong?" "What if Gordon Michael Scallion, Robert Ghost Wolf, Edgar Cayce, and all those other modern day prophets are wrong?"

"What if the weather changes back to the way it has been in the past?"

"What if the birds, and the fish and babies come back?"

"What if there are no big earth changes?"

"What if absolutely nothing happens at all?"

To this I can only reply, "Wouldn't that be nice?"

We'd all be able to breathe a collective sigh of relief and joy, take a look around at the Heaven we've created here on Earth, and take great satisfaction in the fact that we didn't have to go through Hell to get there.

Yes indeed, "WOULDN'T THAT BE NICE?"

2012 Unlimited philosophy

1. Humanity and Planet Earth are currently going through a huge change shift in consciousness and reality perception.
2. The Mayan civilization of Central America was and is the most advanced in relation to time-science knowledge. Their main calendar is the most accurate on the planet. It has never erred. They actually have 22 calendars in total, covering the many timing cycles in the Universe and Solar System. Some of these calendars are yet to be revealed.
3. The Mayan fifth world finished in 1987. The sixth world starts in 2012. So we are currently "between worlds". This time is called the "Apocalypse" or revealing. This means the real truth will be revealed. It is also the time for us to work through "our stuff" individually and collectively.
4. The Mayan sixth world is actually blank. This means it is up to us, as co-creators, to start creating the new world and civilization we want now.
5. The Mayans also say that by 2012- we will have gone beyond technology, as we know it. We will have gone beyond time and money. We will have entered the fifth dimension after passing through the fourth dimension Planet Earth and the Solar System will come into galactic synchronization with the rest of the Universe. Our DNA will be "upgraded" (or reprogrammed) from the centre of our galaxy. (Hunab Ku) "Everybody on this planet is mutating. Some are more conscious of it than others. But everyone is doing it" -
6. In 2012 the plane of our Solar System will line up exactly with the plane of our Galaxy, the Milky Way. This cycle has taken 26,000 years to complete. Virgil Armstrong also says that two other galaxies will line up with ours at the same time. A cosmic event!
7. Time is actually speeding up (or collapsing). For thousands of years the Schumann Resonance or pulse (heartbeat) of Earth has been 7.83 cycles per second, The military have used this as a very reliable reference. However, since 1980 this resonance has been slowly rising. It is now over 12 cycles per second! This mean there is the equivalent of less than 16 hours per day instead of the old 24 hours. Another interpretation is, we, or rather Consciousness have been down this same road seven times before over the last 16 billion years. Each of these cycles of Creation runs 20 times faster than the last one. The same amount of Creation is paced 20 times tighter. This is why time seems to be going so fast. It is not "time" but Creation itself that is accelerating.
8. During the Apocalypse or the time "between worlds" many people will be going through many personal changes. The changes will be many and varied. It is all part of what we came here to learn or experience. Examples of change could be- relationships coming to an end, change of residence or location, change of job or work, shift in attitude or thinking etc.
9. Remember, in any given moment we are making small and large decisions. Each decision is based on LOVE or FEAR. Choose love, follow your intuition, not intellect and follow your passion or "burning inner desire." Go with the flow.
10. Thought forms are very important and affect our everyday life. We create our reality with thought forms. If we think negative thoughts of others this is what we attract. If we think positive thoughts, we will attract positive people and events. So be aware of your thoughts and eliminate the unnecessary negative or judgmental ones.
11. Be aware that most of the media is controlled by just a few. Use discernment! Look for the hidden agendas. Why is this information being presented to you? What is "their" real agenda? Is it a case of problem reaction solution? Do "they" create a problem so that "we" react and ask for a fix, then "they" offer their solution? The "solution is what "they" really wanted in the first place.

12. Remember , almost nothing happens by accident. Almost all "events" are planned by some agency or other. Despite this, it is a very exciting time to be alive!

Another (similar) version can be read at <http://www.wovoca.com/prophecy-hopi-earth-changes.htm>

More Hopi prophecy links: <http://www.wovoca.com/prophecy-hopi-ninth-sign.htm>,

<http://www.zetatalk.com/info/tinfotoc.htm>

Some earth changes links (courtesy of Allison Rae): <http://www.earthchangestv.com/> ,

<http://velocerautor.blogspot.com/> , and an article about a new ocean forming in Africa:

<http://service.spiegel.de/cache/international/spiegel/0,1518,405947,00.html>

An Inconvenient Truth

What's the most important movie of the year? It's a movie I think will knock your socks off. It's so important I'm sending this request to all 6 million Care2 members. I'd like you to see the movie and then come back to Care2 and talk about it. A simple and fun request that I believe could help change the world.

The movie is called *An Inconvenient Truth*. It received standing ovations during its world premiere at the Sundance Film Festival, and Roger Friedman, the movie critic for Fox News said:

"Not to be missed. It doesn't matter whether you're a Republican or Democrat, liberal or conservative... your mind will be changed in a nanosecond."

It's an incredible look at the facts about global warming presented by former Vice President Al Gore. I know this sounds a little crazy: you could go see Tom Cruise or Tom Hanks, and I'm thinking you'd rather watch Al Gore?! Trust me, this is a movie that will leave you more stunned, with more to talk about around the water cooler than any other you'll see this year.

I thought I knew a lot about global warming, and frankly, that I had watched enough documentaries about it. But this is not a movie about some distant island nation getting submerged or endangered species in Africa dying off. And it's not about problems that will happen in 50 or 100 years. This is a stunning look at facts (that some folks don't want us to know about) that will shatter your image of what you thought "global warming" was and how it will affect you.

Be among the first to see it when it opens this week in NYC and LA, or during the next couple of weeks as it opens across the country. Bring your friends and family. This is an important movie you'll want them to see.

After the movie, join in the conversation at the global warming site on Care2

(<http://www.Care2.com/globalwarming/>) to talk about what we can do to help stop this crisis from happening. We'll have experts on hand to help answer your questions. We've also gathered together dozens of ideas for easy ways that you can make a difference.

Please join us.

Randy Payntor

Founder and President

Care2

p.s. I was fortunate enough to meet Al Gore a few weeks ago and see his incredible presentation on global warming. I told him Care2 members were changing the world and I was going to ask all 6 million of you to go watch this movie and become a powerful force for good in this campaign against global warming. Let's show him we care!

EDITOR'S NOTE: www.climatecrisis.net is Al Gore's website for the movie.

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**"The Soul is crying for a reality experience which only physical life can give to it. The body is crying for an immortality experience which only the soul can give to it. As you permit this union to fulfill itself, you will directly know what it feels like to be the love that you are."**

"Love Without End " by Glenda Green

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HEAVENLY CONNECTIONS

Beyond Death : theological and philosophical reflections on life after death - by Dan Cohn-Sherbok; Christopher Lewis (ISBN: 0312124821 031212483X)

Throughout history human beings have been preoccupied with personal survival after death. As a consequence, most world religions proclaim that life continues beyond the grave, and they have depicted the Hereafter in a variety of forms. These various conceptions constitute answers to the most perplexing spiritual questions: Will we remember our former lives in the Hereafter? Will we have bodies? Can bodiless souls recognize each other? Will we continue to

have personal identity? Will we be punished or rewarded, or absorbed into the Godhead? These issues serve as the basis of this collection of essays which provide a framework for understanding traditional conceptions of the Hereafter as well as new perspectives.

More books of this nature can be found at <http://www.cygnus-books.co.uk/index.htm>, including one I picked up in Glastonbury last year, entitled *Awakening: A Guide for Living with Death and Dying*, reviewed here: http://www.cygnus-books.co.uk/mind_body_spirit_books/awakening.htm.

From www.photos.mccartney.net/john.htm

"Peace ... The Message is Peace." That's what the producers of a pay-television seance to contact John Lennon claimed the former Beatle said when communicating with them from beyond the grave.

The show aired on Monday on pay-TV service In Demand and was organized by the producers of a failed 2003 attempt to channel the late Princess Diana's spirit, a show that earned scathing reviews but was estimated to have grossed close to \$8 million (4.5 million pounds).

People who paid \$9.95 to watch the pay-per-view Lennon special from 9 p.m. (2 a.m. British time) to 10:30 p.m. saw audio crew members, a psychic and an expert in paranormal activity claim that the late Beatle's spirit made contact with them through what is described as an Electronic Voice Phenomenon (EVP).

The EVP was discovered during a taping of a seance at La Fortuna restaurant in New York, which Lennon frequented.

The show's organizers said psychic Joe Power's voice feed went dead for a few seconds and the message was found on it when the tape of the voice feed was played back.

EVP is based on a belief that spirit voices communicate through radio and TV broadcast signals. On the television show, filming at La Fortuna suddenly stopped and a narrator said something odd has happened. Show participants said that a mysterious voice can be heard on Power's voice feed.

The producers called in "EVP specialist" Sandra Belanger to examine the voice and she proclaims it Lennon's.

Producer Paul Sharratt, who heads Starcast Productions and calls himself a skeptic, said hearing the voice has made him a believer.

The program was made without the knowledge or consent of Lennon's estate or his widow Yoko Ono, who declined comment. Ono's long-time friend and spokesman Elliot Mintz has called the entire exercise "tacky, exploitative and far removed" from Lennon's way of life. "A pay-per-view seance was never his style," said Mintz. Lennon was murdered by a deranged fan in New York 25 years ago.

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#### SONGS OF...

'Idol' Winner Touched By Mine Tragedy - NEW YORK (May 30, 2006)

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His fans are known as the "soul patrol." But American Idol winner Taylor Hicks admits he has a soft spot for one certain country song. The silver-haired crooner says he started singing the old John Denver hit "Take Me Home, Country Roads" after the Sago Mine tragedy. Hicks says he was so touched by the story, that he started singing the song for the people of West Virginia and for all coal miners. Appearing on "Live With Regis and Kelly," Hicks says his great-grandfather was a coal miner in Alabama.

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Songs to Awaken the Heart by Jehanne Mehta  
from <http://www.cygnus-books.co.uk/features/songs-awaken-heart-jehanne-mehta.htm>

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As a child I was lucky enough to have lots of music and singing, both at school and at home.

At university in the 60s I met traditional folk music for the first time and fell in love with its richness, subtle melodies and harmonies and its connections with the land and the seasons. My husband Rob and I met then, playing in a folk group together. From student days onwards I made attempts at writing songs, but it wasn't until our first child was born that I composed anything I felt I could share with others and that first song was written for our son. I still sing it. I had a deep longing to create songs that could speak to us now but still somehow incorporate a little of the magic and lovely familiarity that is so special in traditional music. Though I couldn't have articulated it at the time, my brief was to create songs that spoke to the heart, but hiddenly, awakening a dormant part of ourselves to meaning and joy.

That brief became conscious in me later on when I heard and read about the medieval troubadours of France, who were the news carriers, protest singers and disseminators of unorthodox views of their times, and dangerous times they were indeed. Their art had to be subtle and multi-layered to avoid political and religious censure. It was a question of 'he who has ears, let him hear'. That resonated so strongly with me. Leaving people free to hear or not is of the essence, so, for me, a song has to have more than one level.

I don't achieve that easily nor all the time by any means. When I was younger, songs and poems sometimes fell into my lap almost fully formed and that was very exciting, but now most of the time a lot of work has to go into fleshing out the original inspiration. The melodies also have branched out and taken on somewhat different styles, the French songs for instance having found their own distinctive flavor.

Fundamentally I have the sense that whatever we are told is happening 'out there', 'something else is going on!', (my very favorite expression), on deeper levels, that 'out there' doesn't know about. We can create a new reality, a reality constellated around the central axis of our being. In that place we 'know' the truth of our experience.

In my own small way I'd like my songs to foster that knowing, that trust in our own experience, and also the courage to explore further and deeper. To combine words from several of the lyrics: 'Don't let your heart stop at the surface. When you recognize your power to transform everything, you will know that you are the secret which the gods hold, and *'All the earth is listening for your heart's song.'*

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FROM HE WHO SEES THE EAGLE

3/31/06 – from Eileen

A few weeks ago John and I had a conversation that went something like this:

ME: I wish I had a physical body to communicate with sometimes!

J: Let me put it this way. It's like I just took off my coat. I'm still *me*, even though I've discarded my coat! Don't mistake the coat for ME, PLEASE. It only serves to create a distraction from our purpose.

Then just yesterday I was guided to this site:

<http://www.loveandlight.com/mb/index.php?fuseaction=bazooka.viewMessages&topicID=1908009197> where I read the words: "The only thing dying does is help you release, slough off, and discard the 'jacket' you once wore (more commonly referred to as a body)." WOW. Gotta love those confirmations....

From 4/25/06

We have had some rather interesting developments lately in our spiritual unfoldment. (Not a word????!!) [Laughs as I "add to dictionary," making it one.]

As you might be able to tell, the Course in Miracles can really speed you through your lessons, if you allow it. I wish I wouldn't have neglected its wisdom in my later years; I got a bit sidetracked. But I am thrilled to be able to share it with you now and we can all progress together. For you see, your learning doesn't stop along with your physical body. It continues for eternity because that is the nature of the soul! The reason that is so is because it is the nature of Spirit to create. And I'm going to leave it to you to fill in the blanks there.

Now, what has happened over the course of the last few weeks of 3-D time (and even the definition of THAT is changing as we speak) has to do with the integration of the male and female energies in various localities (both physical and non-physical). It makes no difference that it's not apparent everywhere...if you understand the ONENESS you need no further explanation at this point. Separation can only be experienced by the ego, and the ego can certainly be put in its place, and needs to be if humanity is to move forward. That's what the Course in Miracles assists you in doing. (Yes, other paths have similar benefits, as well, but this is the one that connects us, that draws us together....)

We're moving up a big step as this is the NOW of healing our separation consciousness (which involves a little bit of human work on your part) and moving into oneness, or unity, consciousness. Of course you have a choice here, but YOU ARE ALL ABOUT TO BECOME ASCENDED MASTERS.

I will write again, but wanted to present to you a glorious possibility that awaits us in the days to come. And may I remind you that perfection is simply LOVING ONE ANOTHER...it has nothing to do with wealth, status, degrees, lifestyle, or any of those trivial matters. But you already know that.

Peace,
John

The next day I found these other channelings, which verified and/or exemplified what John said:

http://www.kryon.com/k_chanelstaugustine06.html

May, 2006

I am thrilled at the progress being made on Earth at this point for humankind! We are moving into divine timing very appropriately. Many more of you are beginning to realize that your struggles are unnecessary. You may not know how to move out of them yet, but to see them as the illusions they are is an important first step! Sometimes we don't get to move out of them so quickly because on a deeper level our higher selves accept these experiences for a reason. But like the breath I've mentioned in the past, we cycle in and out of oneness and separation, for that is the flow we have created. The idea is to be conscious of these cycles if we wish a smoother ride. Then we won't panic and have to "catch our breath," so-to-speak.

(Oh you ask why I speak as though I'm experiencing these cycles also? Well, being so close to the Earth plane, I still get a sense of this.)

Now I would like to address your most recent concerns. [I was thinking to focus on raising awareness about alternative fuel, but then got that it was really too late now for anything like that. I was getting that it would be more practical to help people with spiritual preparedness for—as the Hopi have put it—the "last days."] There are no "last days." And you mustn't think you should just abandon all your efforts to make THIS world a better place. It's never too late to take action. Besides, the flow is continuous from one world to the next. Both of these things you want to do can be a valuable contribution. ANY service to your fellow man is appropriate. Yes, there is talk of great destruction upon parts of the world. Sometimes that type of a cleansing is necessary in order to move to the next level. But it is nothing to fear." [Then he showed me the Hopi messages that I have included in the Earth Rhythms section...one before we had this conversation, one after. Note the last one, in italics. Then I saw Al Gore on Larry King Live and he made the comment that we might still have 10 more years...but we need to get enough people to listen NOW.]

6/8/06

I was looking for a place in one of my JD memory books to put a picture of him when I came across a picture of the engine of his plane after it had been pulled out of the water. As I started to get choked up, he said to me, "The real engine was no more real than that picture of it there." I asked him how that could be, and he replied, "Because they're both illusions; everything in 3-D is a projection of the mind. What you get to determine, though, is how you experience these illusions...with love, or with fear. If you think loving thoughts you will have loving experiences. If you think fearful thoughts, guess what you will get? The timing of the reaping in 3-D reality is what gets people confused, and why they think sometimes they are innocent victims. Believe me, I know—I traveled down that long hard road many times in my life—as J.D. and in others, as well.

Within the hour I was checking out some links I hadn't had time to explore from the previous day, one being the website of a company that Georgiann had mentioned she was taking some courses through. I came across this description of the site owner's experience: *"I saw the nature of how we create and interact with our reality. I saw an image of a movie projector. There is a light bulb that shines through the film and the projector casts the image onto the screen. In a similar manner, we each are an individualized aspect of God/Spirit, and this is the light source. Our DNA is the film. Our brain is the projector that creates a holographic projection, which is what we perceive as reality. So everything that we perceive as "real" in the physical world is really a holographic image; including our bodies, other people and all form in the third dimension."* <http://realitycrafting.com/mysacredunionjourney.htm>

6/11/06

I know you think it's been a long "time" since I last got in touch this way, but you forget that here our activities are not measured by days, weeks, months, years, etc. and instead are determined by readiness. Anyway, the way you see it, the less need we have for this type of contact the better...it means we are getting closer to our true source of communication. Yes, it's more direct with no need for pen, paper, computers, etc. It's mind-to-mind [clairvoyant and clairaudient] and emotional [clairsentient]. Then even that will evolve/return to purely spiritual-emotional energy at the time of our AT-ONE-MENT [atonement].

Peace!

John

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**"If we continue to think as we have always thought; we will continue to get what we have always got."**

Carroll R. Johnson

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CHOICES IN ACTION

From www.climatecrisis.net

Humanity is sitting on a ticking time bomb. If the vast majority of the world's scientists are right, we have just TEN years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced.

Be informed! Visit <http://www.nexusmagazine.com/>
www.responsibleshopper.com gives information on the ethics of companies on topics such as the environment, human rights, and company finances. For example, Coca-cola has a ton of terrible issues, one being the murder of a few people in a developing nation who we trying to get a factory there unionized (sent by Ginny Cowie). And http://www.mbdc.com/c2c_ee.htm shows ways that businesses can be eco-effective.

Alternatives

Take a "greener" vacation this summer: <http://www.greenhotels.com/>
And offset your travel costs here: <http://www.nativeenergy.com/TravelCalculator.php5>

Cob housing info: <http://www.cpros.com/~sequoia/>, and <http://www.cobcottage.com/>
Also, check out this solar Earth house in Manitou Springs, CO:
<http://www.touchtheearthranch.com/Unrultire.htm>

Hybrid car info: http://www.greencarcongress.com/2004/08/a_short_field_g.html
<http://4wheeldrive.about.com/od/hybridcarselectricvehicles/>
<http://www.sciencenewsforkids.org/articles/20050608/refs.asp>

Medicine: <http://www.molecularenhancer.com/>

Health: Learn about and ease your way into vegetarian living with some help from <http://www.tryveg.com/cfi/toc/>.

One Simple Word – Column by Jaime Richards

MOVE. It is, perhaps, the most magical word of all.

Simple, yet deep. Easy, yet arduous. Master the capacity to move and you've mastered life. Move and you'll be happy. Move and you'll be successful. Move and you'll be a genius.

Don't move and you won't. Movement's antonym — inertia — is a dream killer. A life killer. Literally. Sit around — don't move — and your body destroys itself. What doesn't kill us makes us stronger. What doesn't challenge and threaten us makes us weaker.

In every area of our lives, it's move or die. So why won't people move? Because, innately, we're lazy. It's hard to start. It's hard to start cooking, cleaning, studying, exercising, working. It's hard to start anything. But if laziness ruins lives, why are humans so lazy? We may never know. It's one of those unexplained mysteries of the cosmos.

Whatever. It doesn't matter. The late John Denver wrote, "Sometimes the answer is just that it's just that way."

We have to accept that moving is hard — and then move anyway. How? By beginning, but beginning conservatively. Even if it's only a small, subtle move, it's still a move. Any move is better than no move. So, without thinking about the thousand miles, take that first step. Fry that first egg. Vacuum that first room. Read that first page. Do that first push-up. Inevitably, it leads to more. But even if it doesn't, moving — doing something — always trumps doing nothing.

Ignorance and fear are inertia's allies. We tell ourselves that we don't know enough, that we're not ready. We need another course. Another degree. More experience. More help. More time. Because we don't know exactly what to do, we wait. And wait and wait and wait. Waiting kills us.

The magic starts when you listen when your heart is telling you — imploring you — to move. If your spirit sensed contentment with your current state, it wouldn't be sending you those uncomfortable signals. Which are telling you to get off the couch and clean the house, finish the project, join the gym, begin the course, ask her out, apply for the job or start the business. It's telling you to move. Ignoring it isn't healthy. Pretending it's not there won't make you happy or prosperous. It will make you neurotic.

Moving is magical because, once we start to move, it doesn't even matter if we make the wrong move. Mistakes are good because it's about moving and adjusting, moving and adjusting, moving and adjusting. Even the wrong move, after enough adjustments, will lead to the right place.

Not sure? What diet? What workout? What major? What city? What business? What investment? What cause? What change? What anything?

Just move. I dare you.

Jaime Richards lives and teaches in Fremont. Contact him at jrichards2517@hotmail.com or visit his Web site: <http://www.what-it-takes.com> .

What one man can do: <http://www.ronmccray.com/modestproposals.htm>

The motto of Modest Proposals is *Spirituality with an edge* which simply means that I am not shy about taking on subjects in a way that doesn't use fluffy fanfare about angels and fairies floating around on pink clouds dispensing love rays. It's not that I don't believe in love of the unconditional kind. To the contrary I believe that's what we're all here to learn how to do, first for ourselves and then others and everything else. There's a lot of stuff that gets in the way of that simple goal, and I think that sometimes some straight talk is needed to awaken ourselves to remembering what we're here for. There is bad stuff out there in the world and it does no good to play ostrich and stick one's head in the sand. The bad stuff is there and having one's head in the sand exposes the rear end which may just get kicked, usually by surprise.

Albert Einstein is reputed to have said (although I cannot find a direct quote) that *today's problems will not be solved by the same level of thinking that created them*. I'm working to change the level of thinking by upping the ante by writing about various subjects in a way that will hopefully stir some folks to action. Every Modest Proposal will have a call to action. My job is to point out what I believe deserves action and to issue the call. My subscribers do what they're going to do (including nothing), and I honor them for that. My job is to create awareness and to inspire action not to judge what someone does or doesn't do.

The Way to Change the World...Uncommon thinking about common experiences, inspired by a quote attributed to Albert Einstein: *"Today's problems cannot be solved at the same level of thinking that created them."*

That's a pretty bold claim to make, and yet, why not? We're all equal in the eyes of the One; oh sure, different people have different skills, attributes, and life designs, but under the cover of skin, we are all equal. That's a lesson that I've only recently really gotten that just might be close to the level of wisdom.

Now about changing the world... I don't know about you, but I have shied away from even thinking about huge issues like the declining viability of our environment, the frustrating state of greedy governments, religions running rampant in the opposite direction from God, gross inequalities where billionaires co-inhabit cities with starving and diseased children, and on and on. These are such enormous problems that I've simply shrugged and said, *"Heck, I'm only one person, and there's no way that I can make any impact, so here's a few bucks for a donation. Have a nice day."*

Given enough people with that attitude (and I think there're a lot of us!), things tend to either stay the same or get worse – usually worse - so what can *just* one person, *any* person do? My reaction is to throw my hands up and say, *"Let somebody else handle it – I've got my hands full with my own life."* And y'know, that statement contains the roots of the answer: I do have my own life, so what am I going to do with it?

Let's look at the history of humanity, at least what the recorded distortions tell us. Permanent change (for the time that it's considered to be permanent) always comes about when it's from inside, either for an individual, a community, or a nation. Changes enforced from *outside* of the entity that is changed never last. Change which is not accepted by those being changed will simply be abandoned when the "foreign" agency attempting the change is no longer in control. On an individual basis look at the recidivism rate of people who are imprisoned... the vast majority of them return to crime after their release. The "correctional system" does not correct anything; most of the time it simply makes more effective criminals. The system presents no incentive to change so as soon as behavior is no longer controlled by the system, those who knuckle to it on the inside revert to their initial behavior because there is no internal drive to change.

Many historians of the US maintain that the establishment of organized crime in the US was enabled in 1920 by the 18th amendment to the constitution which prohibited the manufacture and sale of alcohol. The amendment was not supported by the majority of people. It was railroaded through the national and state legislatures by a small, powerful, minority special interest group who impressed their morality and beliefs on the entire population. Criminals organized to deliver alcohol to the majority of people, law enforcement (who wanted booze as well) looked the other way, and organized crime became a potent force in the US as it still is in one fashion or another today. [For you curious ones, the 18th amendment was reversed by the 21st amendment in 1933 having been law for only 13 years; we're still living with its aftermath today. Remember the *Godfather* and *The Sopranos*!]

The point has nothing to do with the morality of laws or belief systems. It has everything to do with the fact that permanent, effective change must take place internally within the entity for which the change is sought be that a person, community, nation, or planet. That brings us to, *"I'm only one person so what can I do about these, huge global issues that nations, much less individuals, are not able to solve?"*

It really comes down to us individually, and it always has. We just didn't realize it. There are two phenomena that serve to enable our ability to make a difference. The first one is by *example*, and the second one is *sharing*. "Example" is very powerful; in fact, most of what we learn is by the example that others set. Schools do their thing and have an important role in complex cultures, but in the matter of the business of living, example is how we learn. We watch mom and dad do whatever they do, and we start doing it the same way; perhaps not now, but eventually. Multiply that by all of the people that we observe and have contact with over the years and the behavior patterns get set. Dad throws fast food wrappers out of the window of the car, and a few years later, we are doing the same. Observation leads to learning which inevitably leads to behavior.

So where does that play on the world stage? If enough people in a community, state, or nation act on their own and independently to set an example, then others will emulate that behavior, and eventually when a critical mass is reached, the behavior (for example not throwing trash out of the car window) will become the norm and fewer people will do it. *Laws don't work to bring about effective change if not embraced by the people to whom they are directed, and the law quickly becomes ineffective.* How many people have you seen cited by the highway patrol for littering although all states and many countries have posted signs warning of the penalties for littering? I've driven over one million miles in the US and have yet to see or hear of anyone being cited for littering. Legislators pass laws and then pat themselves on the back (probably with another pay raise or other perk) and forget about the law as they toss wrappers out of their car windows.

Individuals aggregating into communities aggregating into nations aggregating into the whole world can bring about change because the people want the change and will embrace it whether governments want it or not. Remember prohibition! How then do we know what should be changed? That's a great question, and no doubt critics of this Modest Proposal will say something like "the will of the people is license for all manner of terrible things." Well, it's true that we deserve the consequences of our actions in all things. That's the defining nature of what it is to be spiritual, much less civilized, but there's a larger matter: namely doing what's right in our hearts and not what our heads (egos) tell us to do.

Western "civilization" is strongly characterized by a collective head trip by its collective citizenry. This head trip has led to Earth's northwest quadrant's monopolization of the world's resources and wealth. We rarely question how much is enough? When we do, the answer is generally, *"We can never have too much! If those folks in the other latitudes have a tendency to suffer, well gosh, I'm sorry but I really don't care as long as I got mine, and well, if I don't, that's a great reason to start a war"...* and you know how we love wars especially against a much weaker opponent

OK, such much for my ranting... how do we enable our hearts to shape our heads to choose the examples that we wish to set? It's not that tough... here are a few suggestions.

1. Think about something going on that you don't like.
2. Think about why you don't like it.
3. Think about where your dislike is rooted: is it about you personally or is it about what is fair and best for others?
4. If it's about more than yourself, there's a great possibility that you have a ripe opportunity for change.
5. When you have identified an opportunity, think about your willingness to change your actions with respect to it and resolve to do what you can. The more you do, the more powerful the example.

That brings us to the second part: sharing. How do we do that?

It's really simple: Do something! Rather than taking refuge in copping out by saying it's too big for you to make a difference, be in action. Everyone makes differences every day, either for positive or negative benefit. What do you choose? Sure, the differences are small. A sand storm is made up of small grains of sand. Tsunamis are made up of drops of water. It's in their union with others that makes them powerful forces. It really doesn't matter what you do in the matter of setting an example for the common good; it does matter that you do something. Let's take a look at things that *you* (no matter what your circumstances are) can do:

1. The very least that you can do is consciously infuse the energy of what you want changed with love. You don't even have to say it aloud; thinking it works too. "I love the idea that all children on the Earth are well nourished." *Everyone can do this.*
2. Along with consistently doing #1, find a well-intentioned and well-managed (there is a difference) organization that supports your desired change and make periodic contributions.

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