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Healing Spirit

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EACH IS BOUND TO ALL.

Future issues of *Healing Spirit* will be sent electronically. To remain on the mailing list, please e-mail ... or phone in or mail your snail-mail address. Thanks.

Recently, I mentioned to someone who had never read one of my newsletters that I was preparing to put out another issue after a hiatus of more than two years. "What's it about?" she asked. I told her it's meant to be inspirational and provocative in the sense of encouraging people to ponder things they might not otherwise entertain. The thoughts and words come through my Spirit to promote awakening, healing and progression, processes that tend to go hand-in-hand.

A dozen or so years ago, when I first drafted my hand-book for Reiki I healing classes, I wrote in the introduction some words that even the least aware among us is actively in the shoes of experiencing today:

"We are living in extraordinary times, texturally rich and spiritually compelling, for our own lives and the life of Mother Earth ...The unsettled terrain of our personal and global worlds at times erupts over rocky roads ... Pain, suffering and loss surround us and may, at times, engulf us. *Life has our full attention.*"

Life is tough. And when the going gets tough, the tendency in our individual-focussed culture is to hunker down and take care of "number one." There is no question that we need to take good care of ourselves, perhaps now more than ever. But beyond the beauty of its poetical ring, followed to its root, the implication of the saying "Each is bound to all," serves the best and highest, not only of ourselves, but of our neighbor and all living things.

Viewed in the context of how events are moving in the world these days, this notion has implications worth exploring if we are to successfully mount the challenge of achieving at least some modicum of sanity in a world gone mad ... as well as the individual and collective strength to contribute to overcoming the onslaught.

None of us is immune to the assaults upon the Earth nor upon our Brothers and Sisters, whether they are next door or across the waters. Even the individual who attempts to ride above or below the news waves is subject to the shock waves of what is shaking our lives from the core of its very foundation. The energy of, and behind the explosive that shatters the bones of those at a faraway destination is propelled from a distance to us, whether or not we consciously acknowledge the fact.

Living with Spirit in an upside-down world

Starting Tuesdays in October

The challenges we find ourselves faced with, both globally and personally, are manifestations of the breaking of the Sacred Hoop of Life. This weekly series explores the timeless relationship between the Inner (material) and Outer (non-material) Energies of Life and engages participants in the goal of achieving healing and reconciliation with ourselves, others and the Earth towards mending the Sacred Hoop of Life.

The class is designed for committed students who are open to illuminating their consciousness and enriching their spirits. Two-hour sessions will feature a combination of instructional and experiential activity with suggested assignments in between.

Areas covered include:

- the Living Past and how it influences and affects our everyday movement
- exploration of authentic Power as a pathway to healing
- honoring Spirit in our everyday movement
- staying informed and grounded in a climate of imbalance & denial
- the collective vs. the individual
- bringing Spirit to the principle of Sustainability
- engaging humor as an exercise for the energetic body and a balm for the spirit

Let it be said that Life "has our full attention" at the point of desperation because collectively we have failed to direct our attention to Life and the principles of Creation. It's past time to reverse that tide. The way out of this morass is by consciously acknowledging through action the spiritual reality; we are, indeed, connected to all life and all living things.

(cont'd/over)

IN THE THICK OF IT

Our Earth, Air and Water have been polluted with toxins we absorb through what we put in, and on, our bodies. Farm workers who harvest the food we put on our tables get the direct hit, many suffering from cancer, Parkinson's disease and other illnesses caused by working directly with pesticide-riddled produce. Contaminated animal products and even produce are causing illness and death in human and animal populations according to news stories in mainstream media. A variety of vaccines contain contaminating, debilitating ingredients. Even commercially available flowers are sprayed with harmful chemicals to ensure marketability at transcontinental destinations.

Wings of life, wings of steel

The ramifications for our food supplies of Bee Colony Collapse Disorder is the stuff of science-fiction movies. Yet, sadly, if the present course continues, it presents us with a waking nightmare given the devastating impact on the entire food chain.

Look up in the sky any one of most of these days and ask yourself why jet contrails that used to dissipate, now are clearly *non-dissipating*. But don't ask officials for answers, because there will be none forthcoming from those quarters. Chemtrails routinely leave a cross-hatched pattern of striated spew from high-flying jets that create cloud cover in clear skies in less than a half-hour. Take note as these jets often sign off with their signature "X".

Cloud cover would be one thing; but credible investigations the world over are tying this seemingly sinister practice to human and animal illness which often first presents with "flu-like symptoms" that lead to weakening of the immune system, serious illness and even death.

Global warning

There is evidence to indicate our weather patterns have been tampered with.

The anticipated rate of melting polar caps that had scientists worried in the past, now has them sounding deeply dire warnings about the surprisingly accelerated situation. It used to be we were fighting for our children's future. Now we're faced with a speeded up global warming scenario that puts into jeopardy, not only our children's future, but our own as well. While we have for many years been confronted with a threatening global storm "watch," now we're smack dab in the midst of a clear and present global "warning."

Banks are folding, bankruptcies abound, mortgages are defaulted left and right, Never mind the cost of gas. "Depression" versus "recession" is no longer a far-fetched, unspeakable possibility.

These stresses and spiraling economic declines add to the load on our increasingly compromised immune systems

WHAT CAN WE DO?

The Earth has been in danger for a while. As my young neighbor, Cameron, affirmed the day we first planted our community garden (next page), we depend on the Earth for our Life. It doesn't take a scientist to determine that we, too, are endangered, though, if we're honest, many of us would rather leave the worry to someone else, most notably the "experts" ... or adopt as another option, the attitude "Don't worry. Be Happy."

Solutions

True: like attracts like and worry attracts more of the same. When faced with a challenge, one of my Dad's routine responses often was, "Worry never solved anything. Let's look for a solution." But, I would add that denial never solved anything either. The deadliest temptation in the whole mix among many circles, is to pursue escapist thinking cloaked as positive thinking as a way of coping. We *do* need to cope, certainly. And of course we need to hold onto our positive thinking; without it, we would open the door to depression, characterized by inaction, and so, to abandonment of pressing issues which must be addressed.

Ingenuity, creativity, resourcefulness

This is a time, perhaps more than any other, where our *action is needed* -- individual and collective, physical and mental, emotional and spiritual, to resist the manipulations of those who feed the "power over" machines ... and instead direct our will, our choices, our energy, our ingenuity, our creativity and our resourcefulness to join in embracing the options we have for caring for the Earth, for ourselves, for our children and for each other.

Our options/ What we can control: staying connected

With so many demands on our time and energy, it is often a challenge to reconnect daily with Creator, though ironically, doing this arms us against the myriad assaults on our physical, mental, emotional and spiritual bodies.

Moving from a place of gratitude is always an avenue that opens positive possibilities. Remaining actively linked with like-minded others through information sharing and individual and collective action that takes many constructive forms are other routes.

Keeping open to the many life-affirming, encouraging and sustainable efforts underway in our world means we focus on reverence for life and steer clear of the arrogance, short-sightedness and denial that got our world into the mess we are facing.

At the same time, we must keep our eyes and ears open to tracking the *realities of what we're facing*. Unless we retain a discriminating stance about where we bank our positive thoughts, where we put our trust, and where we take our actions, we run the deadly risk of contributing to the accelerating assaults that threaten all forms of life.

The story of a “wayward” garden

“These are not flowers. They are veg-e-tables.” The emphasis hung in the air and my heart sank a little, because the words sounded so confident. After all the sweat and labor, speculation and promise of a beautiful field of flowers, I wanted so much for this assertion to be only this woman’s opinion. I wanted it so much, I could smell the fragrance of blooms blowing in an imaginary field of denial.

A sense of community has always been important to me as evidenced by the breadth of community involvement that filled my life in Connecticut. So after settling into my new home in Worcester just over three years ago, it was a natural impulse to begin gathering my neighbors together to meet informally as a community circle.

As an extension of that, when I had the inspiration to spearhead a community garden in the Spring of 2006 with the support of the Regional Environmental Council, these neighbors were the folks I called on first.

While many were glad to hear about the effort, to begin with, we ended up with more cheerleaders than gardeners. Remaining undaunted, one late spring day, I rounded up two neighbor boys and we ceremoniously set a variety of seeds into the tilled and composted Earth. We spoke about how we rely on Mother Nature for life and that She always has the last word. Then respectfully and carefully, we watered the freshly-planted seeds.

The Earth laughs in flowers.

Ralph Waldo Emerson

The plan was to cultivate flowering plants so people’s spirits would be lifted and brightened as they passed by the median and to create a visible sense of caring and community in the cultivation of it. The seeds began to sprout ... and excitement built as we eagerly awaited the sproutlings and first buds.

The initial sign that something was amiss came in the nature of a suspicious uniformity of growth ... but no buds. The speculation began, some observers saying we had a potato patch in the making. I had never cultivated potatoes, so I started polling people to see if *somehow* we did, in *fact*, have potatoes growing!

One day, we spotted an older gentleman pulling out the seedlings. Why on Earth was he pulling out our flowers! I ran out to investigate, but he didn’t speak much English and I spoke none of his unidentified Asian tongue. Finally though, he understood that whatever he was harvesting, I wanted it to remain in the ground. Amid many apologies, this poor, dear man turned and placed the seedlings in my hand ... and somewhat righteously, I immediately began replanting them in the garden bed.

“Pedh-pedh” (known to English-speaking peoples as purslane) is a low-spreading succulent green, a Middle-Eastern delicacy that volunteers itself in gardens and elsewhere in the soil. My grandmother used to cook it up with onions and my Mother has always talked about how nutritious it is.

As the old man left the garden, that memory suddenly surfaced, and I had an “Ah hah!” moment: I realized he’d been picking the greens because he intended to *eat them!* Just as my family used to pick grape leaves from country roadsides, he obviously thought these plants growing “wild” on the median were “open season.” He had no intention of taking something that was being consciously cultivated by others.

This incident was the first in a string of events that revealed an amazing and widespread attraction to, and desire for, *whatever* was growing in our little community garden ... starting with this Asian grandfather and then later that day, the woman who lives on the other side of the city: Mary from Kenya, the passer-by who informed me that our “flowers” *were*, indeed, vegetables.

The next day, neighbors I’d never met before came by to enquire about our mystery greens. These vegetables were widely known and well loved in their native Viet Nam ... and the two women offered flowers from their gardens in exchange for some of our sproutlings as well as a favorite recipe for preparing them.

Before the week was out, I had another exchange with a woman and her young daughter who live a mile or so away. A native of Jamaica, Marlene had a lot to say about the prized green-growing “callaloo” and later came by with a plant she had purchased especially for the garden in exchange for some of the highly coveted greens. She shared other information about the green as well as a lot of sweat equity.

The name callaloo “took” and was used exclusively until DeRoy, another Jamaican native, came by the second year to introduce himself and provide us with more information about the history and care of this highly nutritious vegetable, which he identified as one of the varieties of amaranth.

Though we did, indeed, have vegetables, not flowers in our little garden, still bent on having a floral presence, I planted some perennials on one side and left the other half of the 30-foot long bed for the sought-after amaranth. Before the season ended, we had it all: vegetables on one side ... and a medley of perennials, herbs and annuals on the other.

(cont’d/over)

Why they want it ...There are 60 amaranth species.

Several, are cultivated as leafy vegetables; others for cereals or as ornamental plants. An annual self-seeding herb, our variety has a long, though interrupted, history of being a prized food of indigenous peoples the world over. Very highly nutritious, it was a staple in the diets of pre-Columbian Aztecs, who, viewing it as having supernatural powers, incorporated it into their spiritual ceremonies. Amaranth seed is high in protein (15-18%) and contains considerable amounts of lysine and methionine, an unusual claim for grains. It’s high in fiber and contains calcium, iron, potassium and vitamins A and C. Prepared like broccoli raab, tender amaranth greens taste a little like spinach. and

Bread & Roses

And that's the story of how our "wayward" garden came to be known as "Bread & Roses." As the garden developed, it became only the first of many stories; others have continued to unfold in surprising and moving ways that connect both neighbors and strangers through Mother Earth to the Earth and to one another.

Most importantly, the spirit of our modest little garden has reminded us again of that perennial principle we would do well to bear in mind, especially at this critical time in our experience. Mother Nature always has the last word.

The lessons of Bread & Roses

Dick Bornman, God rest his Soul, was a neighbor as well as a dear, unforgettable friend from my Atwater Street days. He made no secret of valuing vegetables over lilies, zinnias, cosmos, roses and peonies and often teased me about my dedication to my flower gardens. I can still hear his scolding voice: "You can't eat flowers!" So, of course, one day, I made it a point to track down and buy him some of the freshest, most beautiful eatable flowers I could find. It still makes me smile to think about his reaction to the gift: momentary silence punctuated by a broad grin.

Passers-by of all ages often express openly and jubilantly their appreciation for our community garden. The flowering plants are an unexpected uplift, a treat from Nature that marks that spot with a brilliant sampling of the Earth's bounties bringing color and life to the sterility of urban asphalt.

Hearts starve as well as bodies; give us bread, but give us roses! James Oppenheim

At the same time, one of the lessons of *Bread & Roses*, is that my friend, Dick, had a point. Many folks take pleasure in the flowers. At the same time, a surprising passion has been sparked by the unintentional amaranth crop. And it's served as a magnet for people from around the globe including Africa, Viet Nam, Jamaica and Cambodia, who have embraced the green like a long-lost friend.

I still love my flowers; don't get me wrong. But what started out as an effort to create a garden of posies, has turned this flower gardener into an equally passionate vegetable gardener. Last summer's broccoli yielded the most tender and delicious I've ever tasted, and the post-harvest stalks of tall yellow "flowers" were a sunny addition to that corner of the Saffers' rear corner garden.

For the People

The roots of "Bread & Roses" reach back to a poem written in connection with a famous labor strike in Lawrence, Massachusetts nearly 100 years ago. The poem appeals for fair wages and dignified conditions and since has been appropriated, as in this case, to highlight the fact that we Spirits having a Human Experience need to feed our Spirits as well as our Bodies, along with our Minds and our Emotions. For most of us, this used to be an unquestionable given ... and that would be that. Considering the realities of what we're facing today, there is an essential and implicit question that arises from this basic picture: With *what* are we feeding our bodies and with *what* are we feeding our minds?



FOOD FOR THOUGHT

"No country and no people can be free and ignorant at the same time." Thomas Jefferson

Reporting and tracking chemtrail activity:

<http://groups.yahoo.com/group/chemtrailtrackingusa/>

Germany - first country to admit chemtrails:

<http://www.abovetopsecret.com/forum/thread332930/pg1>

Top 10 anti-inflammatory foods:

http://www.dlife.com/dLife/do/ShowContent/food_and_nutrition/top_10_anti_inflammatory_foods.html

HAARP - Weather Control (BBC report via You Tube):

<http://www.youtube.com/watch?v=QkLTzesBxGE>

World Water Wars: <http://www.worldwaterwars.com/>

Military Monitored Cyberspace; a Subset of Homeland Security:

www.afcyber.af.mil/

Homeland Security Czar: New Anti-Terror Laws Needed:

http://disc.yourwebapps.com/discussion.cgi?id=192635;article=24618;show_parent=1

22,000 calls from Veterans on Suicide Hotline:

http://news.yahoo.com/s/ap/20080728/ap_on_go_ca_st_pe/veteran_suicide

Frances Moore Lappé: Getting a Grip: Clarity Creativity and Courage in a world gone mad

Audio: <http://mefedia.com/entry/frances-moore-lappe-getting-a-grip/10155674/>

Protecting Americans Health Freedoms; Natural Solutions Foundation:

http://www.healthfreedomusa.org/index.php?page_id=193
"The only safe vaccine is the one that is never used."
James Shannon, Former NIH Director