ripples

Care for some more nectar-drinking ass-wiggling goodness.

inside u will find...

**Simple Daily Actions to:**
- Enrich your life and community
- Ease our foreign oil addiction
- Celebrate interdependence
- & jiggle w/ joy

$4
This is it, right here. THIS is where the magic's at.

C

ouldn't we all use a bit more of that dirty, as we roll thru the day? Give it a try. Stop, proclaim and feel yer insides come alive. In life, form often follows function and sometimes we gotta kick start the 'boundless hope' function by calling it into being, casting the spell. That's what spelling is, with well-placed letters and words, we incant magic into the moment. And the sparkle of the summer sun is what this moment is about. Are u ready to read, incant and own it? A few issues ago, we talked about basking in compassion everlasting. What this means on a daily basis is acknowledging our need to reinvent how we relate to food, air, water and each other. I-N-T-E-R-D-E-P-E-N-D-E-N-C-E.

While the spirit of our forefathers' vision to achieve independence from tyranny stands true, it's time to apply this creed to all life. It's time to celebrate with action, our individual and collective power to help all peoples break free from the tyranny of war, theft of their resources and the economic injustice that comes with a shortsighted idea of independence. We need a resurrection from this red, white & ballooning state of disconnection. It's time for an interdependent-luvfully-abundant approach to living, cuz all this super power, captain America shizzat isn't where we wanna be. How about some collective truths of the multi-race-elder-boomer-youth variety? Are u ready to speak w/ some 'shizamm... mm, hot damn I am glad to bypass that self-serving yippy-yap!'

How u ask? All sorts of ways. We're gonna get down w/ a smidge of summer jiggly and cruise the garden for sense of place. We'll power our cars on sun grown veggie luv and reclaim our Bill of Rights by unplugging from this media shell game that has us distracted with symptoms, when we need to recognize and reclaim the system. All those drawn out stories of personal interest; death of a princess, OJ, and Bill's lipstick mistress. Didn't yer mamma warn u about getting sucked by Saddama, Osama and the orange alert, tear-inducing weapons of mass drama? It's a scapegoat goose chase keeping us off Enron and WorldCom as they loot yer 401K.

The potent acts available in owning this moment are in empowering each decision to assist in clarifying and building our vision of the future. As we strengthen the relations in our bodies, lives and communities, we overcome this criminal corporate and political inertia. And I know, I'm getting a bit evangelical, but that's what this belly-full demands. When we alchemize our acts from the independent film-flam to some of that communal ju-ju hot-diggy-darn, we fortify that this ego-tripping warped opinion, claiming dominion over life's systems has got to gooo00.

This, my fellow rippers is what we're about. Indeed, charged up on summer's luv we're back and bringing it to the streets.

Tai Chi heart rock,
by Living Rocks.
lifegoodsmile@yahoo.com

"Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach...

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times... Struggling souls catch light from other souls who are fully lit and willing to show it."

- Clarissa Pinkola Estes, Ph.D.

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**ripples journal**
STATEMENT OF UNINHIBITED GOODNESS

Ripples is written with 100% good luv, recycled thru life gallons of times. By reading the following words on many occasions thru these pages yer insides will echo w/ awakeeyness:

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Above figures represent number of times each word was used in this issue of ripples

**ripples journal**C Visit us in cyberspace at www.daily.acts.org

cover: Cell Space mural program S.F. CA
photo: fred barducci

written and edited by trathan heckman w/ a lotta luv from all kinds of folks
layout by bisbec design

Tikal, Guatemala
photo: Suebils Carrassa
That Warm Tickle

Summer, it's just filled with flutters of thoughts, experiences and encounters, peoples zooming about, charged by the juice of sun-quenched days. Ewww, that sweet, enticing aroma of full bloom, saturating our senses and feeding life's libido. Does it ever give us butterflies in our stomach, like the ones from roller coasters and that rising up orgasmic sensation? That's summer alright, with enough fire on the rise to leave a warm tingle in your belly.

Lately some of that tingle has come as I crease a ridge, and roll into a new community. This blissfully simple sensation sprang in part from a chat with Brock Dolman, as he joyously gawked out over moments had while dropping into a new basin, where the water feeds plants and people of a different watershed. It's these subtle acknowledgments of and connection to place that we often zoom past, amidst the seemingly endless choice and abundance that has become a given. With access to near limitless cultural wisdom gathered over millennia, the hidden gift of summer's creation is in how we apply and are shaped by the plethora of offerings and experiences all around us. I'm sure my belly tingle is different than Brock's or yours, but it's more about choosing to grow and create.

With a stupefying pile of options set to sidetrack and numb us, now isn't the time or place to get distracted.

Why leave personal bliss to chance, when you can grow your connection to life with inextinguishable intent? Grab those moments and map em out, retrace the route and bring others back, to share where it's at. Or maybe you fear taking a chance in this age of folks afraid to speak loud and speak out. Sure Icarus got jacked flying wings of wax to close to the sun, but the beauty of these highs is that our wings stay whole, built with the connected acts tracked by yer soul. This isn't to say compartmentalize creativity, but with all that is available to us, we need to consciously create the space for awareness and connection to flood in. We could use all the strength and vitality summer has to offer, to reclaim the Bill of Rights we've had stolen from us since 911. We also need the joyous, abundant ties to life that will help us move beyond 'Rights' and step to 'Responsibility', being responsible for all that we witness and create in our lives.

Food is a big something we all share in common. Food grown by the summer sun, connecting us to people all over the world, offers us a sense of place. Where and how was the food grown that physically makes up your body at this moment? The current state of our agricultural system is that when we aren't buying locally grown organic, dinner often comes from far away, requiring an immense amount of resources, and leaving us unsure of who grew it and how. Large-scale farms subsidized by our dollars are squeezing out family farms and degrading life. 28 BILLION of our tax dollars annually fund the destruction of our soils and rural communities. Take the offerings of summer as a chance to better connect to the earth, water and sun we consume with each meal.

Recently, our government courted leaders from around the world in a strategic move to gain support for us to forcefully make Europe accept our genetically modified crops at an upcoming World Trade Organization meeting. The propaganda is that we want to feed the world; the reality is that large-scale agriculture subsidized by our dollars is trying to cram Frankenfoods down the throats of others, to make a buck at the serious threat to our environment and health.

When we grow any portion of our lunch or tea and do our best to get the rest from local organic farmers, there's a cellular satisfaction of being intimately connected with the life we are of. Our values and love of life is what literally makes us up and grows our being. Ewww, damn that rocks. Each day and summer as the sun rises high; it's good to recalibrate our lives, as the season reminds us what a well-lived life is. How our body manifests the spirit of summer is with a healthy heart. Compassion and love is our true life blood.

Of course another side to summer's fun is making love. That's right, nookie is what I'm talking about. Do it for life. After all, the rich stew of biodiversity is Mother Nature's way. One of her tricks w/ this is to create resiliency in plants less adapted to particular stresses by reseeding and creating the space for more adaptable ones to grow. So get your luvin, but hook Mother Nature up as well, by broadening the biodiversity in your grocery basket. Seek out heirloom tomatoes and lettuces; ask for other unique fruits and veggies. By accepting the commodification of our food supply and only eating bland beefsteak tomatoes or iceberg lettuce, we inadvertently support the short-circuiting of nature's master plan. In the last 100 years we've had an 8 fold drop in the mineral content of our food and have lost 97% of the plants our forefathers ate. So for life's sake, let the tomatoes hump and let the corn get some. The DNA of corn shrinks and grows by the amount of genetic diversity put in. Start a campaign, use your wit and words to enlist friends and store clerks.

What you can do:
- Make more love
- Support local organic farmers who encourage plant nookie
- Eat Better
- Check out: www.bioneers.org www.fegp.org

1 Fred Kirshenmann, Bioneers 01
2 JJ Happala, Bioneers 01
People have to fall deeply in love with the Earth.

The Earth is being decimated; Western Industrial Civilization is AT WAR with the Natural World.

How can we, as a species, remember our intimate, sensual, sensory, and even sexual and activist relationship with the Natural World? How can we as artists and activists educate people about the critical value of this primal relationship— with trees, for instance?

Will these photos stop the U.S. Forest Service and multi-national corporations from clearcutting, from raping the landscape? Probably not. But how can we as individuals begin to love the places we see, touch, smell and experience, enough to save them?

The wild (what's left of it) is where we belong as humans— sometimes naked, in humility, in vulnerability.

We are part of nature.

It is the primal relationship we have forgotten. As soon as we put ourselves back in creative collaboration with nature, in reciprocal partnership, the dance of Life can begin again, and the destruction will end.

Giant Sequoias (Sequoiadendron giganteum) are the most massive living beings on Earth, and one of the longest living species, living up to 4000 years old. Almost logged to extinction, there are currently only 65 groves left, containing less than 1000 trees.

Julianne Skai Arbor, M.A., M.S., when not making love with trees, paints, performs and teaches environmental art education at New College of California's Santa Rosa Campus. Contact her @ www.treegirl.org

Divots in My Head

So there I was grooving with a gourd of tea, a fresh pile of epiphanies and the morning's sun on the rise. The day was feeling fine fine fine, as it wrapped itself around me. It was nice n' sunny, I was boogying with Stevie Wonder and just thinking, "Damn... check this morning out!" Somewhere in that delightful stupor, I stumbled upon the notion that I could use a haircut, and that I myself could handle the task from the porch.

With electric buzz in hand, Stevie rockin' the tunes and the sun just right, I dove in. By the time I came up for air to peruse my progress, it was ALL bad. There were a mass of divots in my head; highs, lows and I don't know what else, but it was screwy up there, and something sunk in my gut.

Crenulations where extra edges aren't supposed to be, a crazy unplanned clear-cut over one ear, an overgrazed patch by the other. Humble be thy name. It was such a far fall from grace, with the morning's disproportionate highs only adding velocity to freshly salted ego wounds. Then there's the Daily Acts booth coming in a few days at this ginormous top-shelf conference. Sweet move there Buddha boy. But maybe they'll understand and sympathize: they're environmentalists and my head sort of looks like the planet with our shorty-ass resource management.

While this is a heavily oversimplified analogy, it holds truth. The fact that I look like a mutant after 20 minutes w/ a buzz will mend as quickly as my hair grows, but with many of our other simple actions, the damage is harder to see and holds harsher consequences. Burgers from overgrazed land, toilet paper and patio tables from clear-cut forests and disposable lifestyles transferring resources from each corner of the earth to our trash bin.

I'm not saying give up sunny days w/ Stevie, your lunch or deck chairs, we just need more and better feedback loops to strengthen and support our less obvious relations. Whether it's a mirror and minimally intelligent plan for a hair cut or the developed trust, certifications and education, that signify each aspect of our lives are linked to products and processes carried out with a modicum of intelligence. For the health of our bodies, families, communities and earth, grow your relations and speak to others about why this is important. Choose to use feedback loops that empower unrestrained, whole grain, ethically made decisions which speak truth to mindless degradation and bad haircuts.
Interdependence:
It's about the Nectar-Drinking Ass-Wiggling Goodness

The call of the garden, once again she was there to save me from too many hours in front of the computer. Beckoned beyond that incessant hum and a screen full of to-do lists by an urge to feed the plants, which I hand water w/ this trickery can. It's a nice way to simmer down and absorb what's blooming, buzzing about and getting munched, while saving water. As I rounded a bend by the comfrey and apple trees, a pleasant buzz tickled my senses. When I stopped to check things out, this bee was growing through these beautiful upside-down comfrey blossoms. Each time she stopped and buried her head in another purple flower, her ass wiggled, in clear delight. Aahh! The beauty of mutualistic associations, flowers feeding bees while filling their needs. There to remind us what interdependence is all about. Yep, uh huh, it's the nectar-drinking, ass-wiggling goodness in our relations.

Of course the product-pumping propaganda spin doctors who've seized control of our lives know how to manipulate our want of nectar into pushing narrow agendas and selling all kinds of noisy, shiny crap, leaving us anesthetized and busy, yet thoroughly deficient in nourishing ties in our lives. Their nectar is capital detached from the consequences it creates, via products and policies that don't equate with symbiotic anything. From the child-slay labor in our M & M's to Ford's part in feeding our foreign oil addiction, producing autos with worse mileage today than the Model T of 80 years ago, to the proposed rules of the upcoming Free Trade Area of the Americas being pushed down our throat. And there is no easy 'they', just a culture who's lost its way, in a time and place where it's difficult to understand and change how we relate. Nor is this a judgment on S.U.V., chop suey, u, me, or any of it, but we can't be afraid to offend, while witnessing the she-Hummel all-terrain vehicular manslaughter of the planet. We just gotta get back to our coveted source of mass delight. It's the nectar.... Remember? Healthy relations, BOOM-BOOM, wiggle that ass, BOOM-BOOM, wiggle that ass, BOOM-BOOM life is where it's at, BOOM-BOOM, u can't mask that. Of course these words n' beats aren't for everyone, and while the values we're rooted in stay the same, the language may need to change. We have to translate this truth into Rush Limbaugh conserva-talk, because we need a diverse, resilient approach that invites others to work towards some collective ass-wiggle. I mean traditional family values. Each day, try to better understand this and how we can make it appetizing to a wider audience.

Returning to the source often helps me make sense of things, so I head back to that bend in the garden, where there's more than booty jiggle going on. Comfrey roots deep into the earth, drawing nutrients to the surface and producing a heap of leaves, which get cut back to fertilize neighboring apple trees. Other flowers and plants bring in beneficial insects, while providing additional benefits and strengthening this plant community. How's that for ya, a guild of beneficial relations that also serves up medicinal tea, salad ingredients and buns of steel for the local bees.

Back inside, I peruse 2 hrs worth of headlines, with the bountiful symptoms of this systemic sickness showing up all over the place: a train crash in Brazil spilling toxic chemicals into a river, a ship running aground in Japan and spilling petroleum, chemical weapons from WWII leaking, Chinese freighter seeping oil somewhere in Sweden. What the hell do u do w/ all that? Most folks don't wanna even let it sink in, cuz it's so crazy. Who wants to relate to that?

This is how it often goes for us, painful but seemingly unconnected blips flashing across the screen: war, poverty, environmental degradation, job loss; all beyond our responsibility and control. Or some peanut like me, crams the complex issues of Fair Trade, free trade and the auto/oil conundrum into a sentence. While we're not gonna get it all at once, it's critical to recognize, these diverse problems are closely related. Each day we can have a powerful impact on them while enriching our lives and protecting our communities. The beauty of it all is that as we focus on healthy relations, these deeply connected issues grow simple. When we peel back the crap and regain meaningful control of our decisions, life's majesty floods in.

Root down in yer relations and hold on to that nectar-vision. Kevin Danaher of Global Exchange recently made a powerful point about these issues. Most of us are rooted in place; home, neighborhood, watershed, community and family, caring for our chunk of the world and the relations in it. This isn't the case for the dominating model of corporate globalization tied to all that hurt in the headlines I read. These corporations are not rooted in place. They have strong lobbies and trade agreements reducing their liability, while attempting to extract more from a locale than they put in. W/ decisions made in far off board rooms and focused on next quarter's profits, the people or ecosystems of a place often don't show up on the balance sheet.

But we've got the goods, you know, the nectar-drinking, I mean, strong family values, I mean luv of god, I mean...it's all the same damn thing. We have a want and need of place, embodied in a fondness for our chunk of the world, with all the people, places and spirit-filled in-between bits that enrich our exist-dance. When we develop a clear understanding of what this
"The nectar of rich relations isn't in the hyper-consumption of a new this or shinier that, it's in steadily renewing and stewarding the delight of our lives."

means and what it's coupled with, we seek decisions and purchases filled with our life values. A recent survey showed 68 million or 1 in 3 U.S. shoppers make purchase decisions with social concerns in mind. Yet, things are still going haywire. People need a better set of choices and accurate information about the details behind their decisions. To achieve this, we need transparency in the activities of those we sustain and do business with. We need to support small, local businesses and organic farmers. When we do purchase from abroad, buying Fair Trade products like coffee and chocolate helps us know we're supporting the communities we buy from. When your dollars leave your pocket and community, do you know what they sustain and create? Are you fed by it, or is it an empty transaction where a relationship belongs?

Getting to understand and appreciate our relations is a biggie, but in tandem, we must reclaim the system, setting us up to be complicit abusers who feel shitty about what we're tied to. Current and proposed 'Free Trade' agreements allow capital to roam free without the responsibilities of being good neighbors. While corporations such as ConAgra and Archer Daniels Midland have seen profits go up 200 and 300 percent since the North American Free Trade Agreement, 3 times the amount of U.S. farmers have gone out of business since N.A.F.T.A.

began. In this structure, our taxes subsidize a crisis on both sides of the U.S. Mexican border, harming U.S. and Mexican farmers, as large U.S. companies are able to sell crops below production costs, in part because of our unknowing monetary support. There is an even broader Free Trade Area of the Americas being created that would privatize and plunder whatever bits of life that have yet to be sold to the highest bidder. As the folks at Global Exchange put it, "Free trade sets up a survival of the fittest contest in which countries with the weakest standards prove the strongest, while people and the planet suffer."

I know it's all kinds of a lot, but see if this brings a little bit of focus. In developing a criterion that guides us towards healthy and mutually beneficial relations, Brock Dolman likens our situation to building a puzzle. Begin with the corners, which shape life, the earth, air, water, and fire we are made of. From here, the integrated common acts of our lives provide the lines. Piece together a sense of place in the plant communities of your garden, with the farmers, stores and manufacturers providing your food, clothing and other products. When corporate cash is disconnected from the cares of people and place, these detached decisions may save us few bucks at the store or fatten yer portfolio and bankroll, but how does that compare to the degradation of the relations that feed yer soul?

1 www.globalexchange.org
2 Global Exchange Newsletter #54

MY PERSPECTIVE IS TRUTH

www.movementbuilding.org/tiffany

Check out her other styli art!
Complicity is More than Consumption

by Daniel Solnit

Why Lifestyle Changes Are Not Enough to Create a Sustainable World

Ok, so you buy local, organic, drive a veggie-fuel vehicle, reduce/reuse/recycle, and generally live an eco-friendly lifestyle. You're setting a good example for friends and neighbors and helping make the shift to a better world. That's all anyone can reasonably do without living in a cave, right?

Well, not quite.

Our lifestyles are inextricably enmeshed in the global economy. Take that coffee-to-go, for example: coffee beans from corporate plantations in Guatemala, sugar from stolen land in the Philippines, cream from a gene-freak Holstein hopped up on hormones and antibiotics from some Midwest factory farm, throw-away stir-stick from the rainforests of Borneo, Styrofoam made from Iraqi oil by a 12-year-old breathing toxins in a Southeast Asian sweatshop, transported by diesel semi, and brewed with water from Diablo Canyon. Even if the beans are Fair Trade, you've still got a cup full of war, poverty, child labor, death squads, nukes, deforestation, genetic engineering, and global warming.

Skip the coffee. Most of us benefit daily in thousands of ways, from wages to water supply, just by living in the U.S. We profit from a system that extracts cheap labor and resources from the global south, exporting poverty, pollution and privatization. And because we benefit, we are complicit, however involuntarily.

Individual choices are extremely important, and can add up to global change — that's how we built the market for organic food. But changing our consumption patterns is only half the solution; we are far more effective when we combine that with collective political action. We cannot shop our way out of complicity — the system is too pervasive. But we can take responsibility for what's done in our name, and change it. I believe we have an ethical obligation to act on behalf of poor nations, and the Earth.

Most decisions about which rainforests get destroyed, which nations get invaded for oil, which societies are...
forced into 'structural adjustment' (poverty) are not affected by individual consumer choices. They are made in the meetingrooms of multinational corporations, the World Trade Organization, or the pentagon, by men who don't care what we buy or how we vote.

This doesn't mean we're powerless. We have the power and responsibility to change the world, but only if we act together, in ways that many eco-conscious folks view as too 'political'. To reverse course from economic and environmental collapse, and toward a peaceful, just, sustainable world, we have to act collectively, in three key areas:

First, by using what's left of our democratic institutions the courts, the legislature, ballot initiatives to reform government and rein in corporate abuse. This has limited potential, but we can at least buy time and stop some of the worst destruction.

Second, by challenging corporate power directly, using mass organizing, direct action, art, culture and media to de-legitimize corporate control of the Earth and our lives. By resisting, we call into question the basic assumptions about who rules and who starves.

Third and most crucial, by building attractive, highly visible alternatives to the existing economic system, so that people can opt out in significant ways. We need mass transit and renewable public power, local currency and credit unions, coops, community gardens and much more. In short, we need to build a society based on ecological sustainability, and we need to make the transition within the next 10 to 20 years.

Beyond lifestyle choices, this requires us to organize others into powerful, creative, living communities to grow the new culture and economy. Our hope lies in our collective vision and power; another world is possible, but only if we work together. 

Daniel Solnit - dsolnit@ecosp.com

Beauty Tips from the Heart

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For noise, walk with knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed, never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands, one for helping yourself, and the other for helping others.

words by Audrey Hepburn

delivered by Shelly B with smiles for miles

TO DO LIST

- call mom back (protect rainforest)
- return printer's email (defend endangered species)
- chat with granny (empower future leaders)
- dial big whitey about peace (extra credit)
- email georgy/bday (protect clean air standards)
- renew ripples subscription (clean up toxic waste)

*Revel in the richness of bettering life w/ each call & email.

Earth Tones offers long distance service and internet access, giving all of its profits to environmental groups.
10 days of juiciness, the Portland Village Builders Convergence

Unconscious interdependence happens each time you go to the store and don't think about how all that stuff got there or whose hands were involved. It sucks energy, leaving people dead to their surroundings, placing convenience over happiness. Conscious interdependence happens each time you & a neighbor share surplus from your gardens, or coordinate plantings, so you've each have enough. It takes time, and leaves you feeling human, connected to the root of life. The move towards consciousness is inherently human. Right now our technologies connect us to information across a global network, waking us to the interdependent web of life. We want to know where things come from, and in the honest search to understand our place in this fragile world, we find great pleasure in taking some of those things back from the corporate world. DIY, making things ourselves, growing food, getting into the cycle of seeing the effect of our causes.

Portlanders have long been manipulators of poverty into their own curious form of wealth, resulting in a culture where the hippest person is whoever wears the most "sloths" from the Goodwill bins. To enrich dwindling pantries and gain free entertainment, they hold potlucks. For wardrobe renewals, clothing swaps. They learn to repair their houses so they don't have to contract labor. It's a place where students move after college to take advantage of low rents, so creativity abounds. The economic downturn is taking root here in interesting ways. People have gone so long w/o working for "the man" that they fear they're unfit to return to a cubicle or timesheet, and they've realized that perhaps they don't need to. What has sprung out of this is a movement towards conscious interdependence. People are thinking: how can I live life w/o money?

The recent Village Building Convergence brought this radically into focus. Over six months, neighbors, builders & city officials, aka "villagers," collaborated to plan places of meeting and exchange in their neighborhoods. For 10 days of juiciness, speakers and teachers came from all over the country, and we all got our feet muddy, our bellies filled w/ good donated food, our asses danced off, our laughter and joy quotas exceeded. Friends were made, old friendships deepened, and people fell in love. I was up to my elbows in glass mosaics, roping in every little girl who passed by. They were proud to announce themselves experts w/in minutes. Now there's a beautiful legacy we all get to enjoy: benches, trading stations, street murals and garden beds that slow traffic. Fountains and saunas for neighbors to share as they get healthier and happier together.

Transformation in a city. Mud softening cement. An end to the weird stigma of everyone living so close and not knowing each other. I got to experience the gift economy I'd been craving—it rose inadvertently out of the Convergence—the truth is, I could not have afforded to eat that week if it were not for the food Shelly brought out each lunchtime, for the common meals we ate 2gether at night; I got to be a valued member of my community, not just an unemployment stat. Now whenever I run into a "villager" my heartstrings relax—I am at home. This could happen anywhere—just stop, say hi, offer a favor, see yourself as connected. Make village wherever u are.

BLAH BLAH BLAH

Ya know what: Mr. Clean ain't who he claims to be. That dirty lil piglet is brand naming toxic chemicals to the brains of innocent kids at play. Christmas won't be the same, til we reclaim the image and aim of what holiday treats are for.

So for those about to shop, we beseech u to attune your purchase patterns. With only 164 shopping days to share awareness and healthy, Fair Trade, living wage gifts, it's time to save lil Suzies' all over this mad-cap consumer map, about to get jacked by Santa's bag of toxic sweet shop shiwhag.

Oh and look at that, made in China. Hmmm, who made it? 80 Cents an hour?

But this isn't about guilt, it's not what u thought or bought yesterday, it's what u do, read, buy and teach from today on. Maybe you've got something to say to Mr. Clean? Give him a call.
Securing the Homeland

There I was getting checked back into the U.S., still high on post-trip reflections of Guatemala when my senses got jostled. Reality struck as I looked up at a white wall to see these three framed faces welcoming me home, to the land of eroded civil liberties, vaunting fighting terrorism w/tax cuts and increased consumption. We have less constitutional rights, less safety, less jobs, more war. So grab a few of these tidbits and bring em into your daily mix, because it's difficult to empower our common decisions when our government is increasing secrecy and overriding the checks and balances established by our ancestors.

But maybe I'm wrong. Here have a seat and a cool-aid drink, while I share a few measures instilled and increased since 9/11 to protect us from terror:
- Domestic spying, Government secrecy, ethnic profiling, secret searches, internet espionage and collection of personal records without suspicion of a crime. (Is this love or what?)
- They've streamlined our rights, decreasing paper waste and increasing efficiency of law enforcement by removing the burden of proof and need for search warrants, before ransacking our homes.
- Quakers and other Pacifist groups can become targets of "terror" investigations in the USA Patriot Act.

We'll be better protected by unchecked eavesdropping, on conversations with our lawyers, which are no longer confidential.
- They've ditched "Whistle Blower Protections" for pesky do-gooders who report wrongdoing, because Big Brother knows what's best.
- After the Judiciary Committee approved the original Patriot Act, The Attorney General's Office completely scrapped and rewrote the bill, usurping the congressional prerogative. They passed a bill that HAD NOT BEEN READ by those who voted on it.
- Since 9/11, 5 amendments of the Bill of Rights, 1,4,5,6,8 have been completely or partially nullified by Patriot Act, Homeland Security Bill and administration policy.
- And for maybe the best example of whom our government really seeks to protect. The Homeland Security Bill contains a provision protecting Eli Lilly, makers of Prozac and childhood vaccines from lawsuits over the autism crisis their products have been linked to. Because it's not just Bin Laden and Saddam who are a threat to our safety, but grieving mothers of sickened children, who seek to terrorize the billion dollar corporation who has poisoned their children with toxic doses of mercury.

Let me repeat that, we better protect our nation from terror by limiting the lawsuit potential of those made sick by a toxic vaccine from a VERY rich company. To get back to the government secrecy bit, the Bush administration has sealed records to keep this information from getting out, keeping us from realizing the devastating consequences and from accountability for those to blame. Yep, securing the homeland.

The proposed Patriot Act II is even more insaine; threatening our lives, our rights and the environmental safeguards protecting us.

To find out more, educate and act:
- www.aclu.org/safefandfree
- www.publicintegrity.org -draft of Patriot Act II
1 ACLU info sheets
2 Judith Volkart of ACLU
3 North Bay Progressive, 6.27.03
4 www.fromthewilderness.com
5 Adbusters #46

To facilitate proper healing, expose the wound to sunshine and clean air by rapidly removing the unconscious acts from your life

- Since N.A.E.T.A. 15 U.S. wood companies have set up shop in Mexico, in the state of Guerrero 40% of forests have been lost in the last 8 years.
- The U.S. has sold weapons or military training to almost 90% of the countries on its "terror list".
- A 25 year old American today is somewhere between 3 and 10 times more likely to be depressed than one in 1950, despite being massively more affluent.
- 40% of people in the Forbes Top 100 say they are less happy than the average American.
- Our cars consume 40% of the oil we use.
- The U.S. currently consumes 19.5 billion barrels a day, 26% of daily global oil consumption.
- The Army has issued a no-bid contract of up to $500 million to CSC DynCorp to run police, prisons and judiciary in Iraq, despite problems related to employee sex slave trafficking and mafia associations in Eastern Europe.

1 Global Exchange, newsletter #54, 2 Oliver James, Adbusters #47, 3 www.citizenworks.org, 4 Catherine Austin Fitts www.solari.com, Asst. Secretary of Housing - 1st Bush Administration

Conscious Bookkeeping
Bari Tessler, M.A.

Teaching - How to set up, maintain and relate to a bookkeeping system.

Guidance - Exploring your relationship to money, vision and listening to the body.

Training - How to Use Quickbooks or Quicken.

Bookkeeping - Full Charge for Personal Accounts and Small Businesses.

707-823-0232
baritess@juno.com
Spirit at Play

A while back, I was cruising the Belizean coast in a friend's truck, and just casually glancing around, when my eyes were drawn to a wall. I distinctly saw the image of a woman with a small child held close to her chest. Before a thought could even register, a sense of compassion filled me. In a blink, the image was gone, leaving a jolted stucco wall.

In the moment, I didn't think much, other than that it was a curious thing to think and perceive. Upon mulling it over, I wondered what it'd be like to be from a different time or culture where most everything has spirit in play and where visions are highly prized communications offered up by life. I flashed on how our current cultural mindset trivializes and ignores such occurrences and that in doing so, we close ourselves off to all sorts of images, messages and intuitions dancing thru our day.

As far as I can figure, compassion is as big a notion as they come and we can use a million or more flavors of it for each occasion we encounter. Especially now, as we're dealing this crash course in how badly we are screwing things up. Some of the pain comes thru getting to know what we're tied to, which also comes w/ knowing what everyone around us is tied to. It's difficult to see so many wounds w/o unleashing crushing judgments on others and ourselves. In dealing w/ these issues, hurt and blunder are sure to occur.

This is where the kindness, compassion and patience come in. But how do you find patience in desperate situations begging for action? I'm not sure of the exact shape it takes from day to day, but I know we need it. We need it for those we try to educate and motivate. And when we have the smoothest approach, a bit of care for ourselves. There's too much to be done to get set back by the screw-ups that will come. So breathe deep and treat yourself to an emotional spa day every now and again. Gently exfoliate, shedding dead emotions and dread.

At 3 a.m., this Belizean memory was pulled from the past, somehow attached to me asking the computer how to find patience and compassion. I wasn't sure where else to turn and needed something to ease my frustration with the inaction of this overly comfortable society.

Shortly after waking with some tea, the last line on the page from my daily meditation was "With others, encouragement is the way to be compassionate". Now, I'm not claiming it's a nice, tidy solution to everything but can there be such a coincidence, this confluence of current and past experience? Called up in the midst of the night w/ questions on the rise, drip drip dripping from a troubled mind to fingertips toing across a keyboard with the desire to enquire how to rekindle life's fire, when so many are busy, lost and tired. Is this stuff always there and we don't see it? Or maybe in opening to greater possibilities, do they somehow become more available?

Damn straight. It's right there at the bottom of the page.
Vegetable Oil, Huh? Really?

by Gavio

I had seen the “Veggie Van” on its first national tour for only a brief moment, but I knew immediately that I would someday be runnin’ my own ride on cool clean liquid gold too. In that moment, I didn’t understand what this would eventually mean to me. I just knew I was doin’ it.

At the time, I really hadn’t yet grasped the concept of the carbon cycle – how burning petroleum creates an open loop system, bringing gobs of carbon up from it’s safe haven deep in the earth and releasing it into the air we breathe – how continually doing so will eventually create conditions like those existing before life was possible.

I had yet to learn that more energy is expended providing a gallon of gasoline at the pump than can be extracted by burning it in a car, making the use of gasoline a fool’s game indeed.

Nor had I discovered how much waste vegetable oil is thrown out each day – how much of it goes to fatten cattle at industrial feed lots – how much is illegally dumped into fragile watersheds – how much potential energy is wasted.

In that moment, simply reading “This van is powered by vegetable oil,” I had yet to imagine the outrageous bunch of people I would bond with as we worked together to cooperatively create our own clean green fuel supply right here at home.

I had yet to see how we could eventually replace the Devil’s tea with liquid Sunshine harvested from friendly algae that can joyfully clean up ponds filled with wastewater, sewage and other unspeakable nasties that give us so much grief.

All these things and so many more were to be revealed to me as I bumpy-bumped along through the years-long trip that now has me cruisin’ on happy veggie nectar.

What I did know in that first magic moment was that I disliked every trip to the gas station – disliked giving my money to a corrupt and dirty enterprise – disliked breathing toxic vapors – disliked gobbling a dead-end resource. What I knew was that my relationship with my automobile was unsatisfying to say the least, yet I had not found a graceful way to arrange my life so that I could do without one. What I knew was that suddenly a choice was revealed that had not been present for me only a moment before.

Fuel is only a part of the immense ecological footprint of our trusty metal steeds, but as flagrant symbols go, there’s little that’s satisfied like cleaning up my fuel supply. And as a conversation starter, veggie power is hard to beat! On a deeper level lives the joy that’s found by committing to an opportunity to make a new choice, with all the crazy learning and growing that comes along for the ride.

So for the moment I’m smilin’ from ear to ear at the thought of my big rumbly van happily gulping down its supply of pure golden fuel. I’ll tell ya what, though, when you find out how to be powered by water or air or to just get around by sailing on the ethers, please let me know ‘cuz I’m pretty sure I’ll be ready to do that, too.
daily acts

Reclaiming the bits of bliss in how we live, through simple daily actions with a powerful social and ecological impact

Daily Acts is a community organization seeking to empower individual and collective daily actions towards greater richness and planetary sanity. Inspiration and education lie at the heart of our efforts, as we provide the encouragement, tools and opportunity for people to live better while bettering life, in the following ways:

ripples journal
- Our seasonal journal of luv n' sustenance. Writing and art from ripples has appeared in Natural Home Magazine, Adbusters, Utne, The Permaculture Activist, Harbinger, and much local and internet media, as well as being chosen for a "Best of the Small Press" Yearbook.
- We've published 6 issues, putting out 15,000 copies of rippy goodness.

Sustainability Tours
- We highlight fun and hopeful examples of abundant living.
- We've toured over 170 people through 22 amazing locations, powered mostly by alternative energy transportation with Hybrids, Biodiesel and Veggie Oil Vehicles.
- We feature local individuals, universities, farms, organizations and elected officials.
- These events have inspired many projects, activities and relationships in our communities and beyond. And DAMN they're fun.

Simple Daily Actions
- We are developing lists, stickers, cards and all sorts of other good living propaganda with simple daily actions that rock, so individuals and families can make more holistic decisions in their lives.

And guess what? We need YOU, yes you, BECOME A COMMUNITY MEMBER!!!

Why you ask?
- Because while we're overworked and unpaid, we are still rocking the show and affecting some SERIOUS change.
- We have the vision and skills to achieve our potential, but we need your luv, physical AND financial support.
- It takes time, energy and MONEY to publish ripples journal, organize tours, educational programs and campaigns, build a web site and create the infrastructure of the strong, effective and boundless organization we are becoming.

As a community member of Daily Acts you will enjoy:
- ripples, our luvfully abundant & acclaimed seasonal sustainability journal
- Discounts and priority notice for upcoming events and tours
- Connection to a vibrant web of citizens, activists, organizations and merry makers
- Knowing that through supporting and joining us, you are affecting wide-scale change and having a damn good time while doing so

Hot diggity-darn, I do want to help Daily Acts shape a grass-roots movement that places people before profits, by discovering greater richness in our daily lives.

------------------------------------------ (Cut, stuff, seal with a kiss and send) ------------------------------------------

YES, YES, YES, I wish to support or join Daily Acts as a:

( ) Regular Community Member:
$35 $50 $100 Other

or a:
( ) ripples subscriber:
$16 $20 Other

( ) No Cash? Wanna Help?
Name __________________________
Address _________________________
State ___________ Zip _____________
Phone __________________________
Email ___________________________
While I luv all u rippling ass wigglers, I need to wrap this and roll. My sister's water just broke and I'm getting married in a month. So ripples is short on fine-tuning and out later than I would have wished, but after 10 years of my peoples stepping off this rock, till it's just my sister and me, it's nice to have a new one coming in, and then in a month, a whole clan of them. But we're already family, I've been harassing my future in-laws about their toilet paper for years. And anyways, we're all relations.

The needs and demands of this insatiable beast of ripable goodness have only grown and to somehow put the home relations and family up front will be a tall order to fill. But a truly kick-ass team is coming together to take Daily Acts to the next level, and as for me I've hatched a plan. It's all about doubting down with the Dalai Lama. Recently, my man Bob busted out this Dalai Lama quote, "I'm so busy today that I'm going to meditate for twice as long". Ohh yeah, the Dalai be rocking it.

Too often we sacrifice what nourishes us when things get crazy, and we need them the most. With this in mind, each second I can, I root down, breath twice as deep, chew longer, eat better, take more time for tea and suck in long views. I mean, if this is it right here, does it feel good, connected and whole? So, when you zooming along on overload, don't forget to double down with the Dalai Lama. This isn't too say, we won't ever feel beat down or zinged out. Even under the shine of the summer's sun, we're sometimes left feeling undone. But then u step into the garden, have tea or just breath deep and some lil spark puts an extra pitter in the patter of yer heart, kicking off the recollection that all over, people are reclaiming their acts. Then u start to swell with that powerful feel of being a magnetic pole, as mindful masses grow magnetized by healthy relations. When we share this with friends, strangers and traffic cops, we reclaim the needs, wants and concerns that create our cultural reference points, dictating the how and why of these lives. We're doing more than tuning our daily acts to Gaia's rhythms. We're shifting the context of the system and the societal parameters we live within.

Try a few of these goodies on for size

1. Lie naked in the sunshine, (or baring as much flesh as u are comfortable with)
2. Make lots of sun tea and grow the medicinal plants necessary to do so.
3. Grow fields of edible flowers and put them in EVERYTHING, ingesting bright, vibrant sunshine.
4. Enliven each of your relations, 1 by 1 by 1.
5. Cut out and carry the statement below in yer wallet, to be pulled out and recited in dire straights.

6. web sites:
   - http://www.veggieoilcoop.org For links to veggie power resources
   - www.moveon.org SIGN UP HERE. Stay informed!
   - http://www.newrules.org To help reclaim community and policy through good public policy
   - www.irr.org International Right To Know Campaign for corporate accountability
   - www.bioneers.org Just the most kick-ass conference around, bubbling with hope

7. Books for yer brain, belly and soul:
   - From the Fryer to the Fuel Tank, Joshua Tickell
   - The Spell of the Sensuous, David Abram
   - The Zine Yearbook, Clamor Magazine
   - "Ripples is one of the featured zines!!!"

Cut this out and carry it in your wallet at all times

This is it; this right here is where the magic is at
breathe, laff, eat, drink and wiggle ass
BE the organic, whole-grain, interconnected pile of luvfully-abundant REAListations u were born to be.

Daily acts
www.daily-acts.org
1 Question disposable lifestyles
Of course we’re all wonderful, conscious folks, but sometimes stewardship slips our minds. What if EVERY garbage can had a Public Service ripple on it, reminding us to question what we are sending to the landfill and if there’s something more we can do to reduce and reuse? Just a thought. Oh and enjoy the nice lil sticker in this issue of ripples. We’re sure it’ll find a good spot to work its magic from. If you would like more of them or wish to help pay for and support future Public Service ripples, please send us a few bucks and say so.

2 The shit
It’s back, til we’re all on the program
If every house in the U.S. replaced just one 4-pack of virgin fiber toilet paper w/ 100% recycled we could save:
• 1.22 million trees, 537 million gallons of water
• 5.1 million cu ft of landfill space, 230,000 pounds of pollution avoided.
• gewd karma and luvin the earth every time u tap that tushy

3 Write
See something wrong being done—point it out! See something good being done—send em a shout out! Use your own words—a quick postcard or a letter giving them a piece of your mind and heart does the most. Personal emails work too.
• www.house.gov www.senate.gov President@whitehouse.gov
• Phone calls are also fast and EASY. Capital Hill Switchboard (800) 839-5276.
  The White House (202) 456-1111 (guess he can’t afford an 800#)
• www.cearnet.org for Action letters delivered to your door each month

4 Read
You’ve got ripples and all these great websites and books but check out these fine publications as well.
• Alternative Press—Une Reader; The Nation; Adbusters; Mother Jones; Lilipop;
  The Permaculture Activist, Clamor Magazine

5 Eat well
Buy seasonal, local and small scale. Get to know the people who grow your food—join a CSA and grow some of your own. Organics is important but we need to move BEYOND ORGANICS. Permaculture and Biodynamics are part of that movement to properly steward our planet.
• www.biodynamics.com; www.lagunafarm.com; www.fairland.org;
  www.stirringthecauldron.com

6 Buy Fair Trade
It feels better when you buy something that you know is helping people and the planet with food and other products. It’s another chance to have a REALationship.
• www.coopamerica.org; www.sweat-shops.org; www.responsibleshopper.org;
  www.woodwisc.org; www.globalexchange.org; www.shopforchange.com

"Cynicism is what passes for insight when courage is lacking"
- Kevin Danaher

7 Abundant & ripples,
green economy goodness
Be sure to check out the Green Festival and Bioneers Conference coming in October and November. You will be BLOWN away by hope and solutions!!!!!

8 Use a green company
• www.earth-tones, 888-327-8486 uses 100% of its profits to support environmental groups and their prices are competitive. Tell them ripples hooked u up!!
• www.ecoisp.com 50% of their profits go to the environmental organization of your choice.

9 REDUCE, REUSE and recycle
We need lots more of the first two, since most of the last is really down-cycling and that can not go on. And with recycling if you ain’t buying recycled goods that ain’t no cycle.

10 It has wings
Send this on or bits and pieces of it. If you have online posting boards at your work you can copy links or recompose it in a way that works for you or print some/all of it out and post it. Of course email is a damn fine vehicle as well.

11 Spend time w/ nature
Get out and luv yer mother, discover the life right out yer door.

*actually maybe if u tell all these orgs and companies ripples sent u, they will support and help keep us around.
A crazzzzzzily fun and enlightening workshop for YOU!

Empowering Our Individual and Collective Daily Actions

Come explore simple, effective ways to increase the creativity and power of our common efforts in reclaiming personal, social and ecological health. Over three classes we will learn ways to enrich our lives and communities through:

- Tai Chi movements
- Permaculture principles
- Understanding of natural patterns
- The wisdom of Willy Wonka, visionary activist & Ever-Lasting Gobstopper guru

We will focus on specific principles and exercises, which increase our ability to recognize, sense and flow with seasonal cycles. By rooting ourselves in a holistic way of moving and acting, we discover more of the bliss needed to affect greater personal and social change. Here is some of what we will study:

- A core set of healing and energizing movements, applicable to everything from walking and driving to drying off after a shower.
- Effective tools for understanding our connection to global issues and how to better illustrate this to others in fun, creative ways.
- How to increase our creativity and intuition, through exercises that aid in shifting how we perceive all that moves through our day. the products we buy, services we use and all the rest.

This workshop will entail two 3-hour evening classes and a 6-hour fieldtrip/class at a steep, formerly degraded redwood hillside, transformed into a yard of food, medicine and wonder, through the approaches covered in this course. Here we will integrate the principles and movements studied.

Each student will finish this class with a core set of principles, exercises and resources that will help deepen their connection to their body and environment, assist in applying Permaculture to their lives and help to understand and utilize the natural patterns that shape all life. A copy of Ripples Journal and a comprehensive resource packet will be provided to each student.

When: October 8, 22, 26
Where: New College of California in Santa Rosa and an offsite location
To Register: Contact trathen heckman @ 707.865.2915 or dailyacts@ecoisp.com
How much? $50 for 12 hours, that's $4.16 per hour

Ewww damn,
are ya kidding me?
The keys to the universe for less than minimum wage?
Yep, uh-uh, that's what I'm talking about.

 thanks

I just can't tell ya how jiggly my booty feels about all the folks who are coming together to bring some serious laughter, style and wide-scale change with daily acts and ripples. Big hugs go to Julie, Gavio, Marty, Lily, Maloo and all of youuuu, who have added the art, writing, luv n' money that keep us rocking.

Then there are those crazy-good Sustainability Tours we've had. So many folks to thank there, all the wonderful participants and teachers, folks who organized, spoke, shared, drove and all the rest. U rock.

Facts and filler
Hugs and kisses to Global Exchange as always, throwing down knowledge and an action plan, American Civil Liberties Union, Adbusters Magazine, all the great and brave media sources out there getting us the truth and to all those who choose to become the media and share this amongst our communities.

Special thanks go to Gavio, Daniel Solnit, Capra and Julianne Skai Arbor for their wonderful writing and art contributions to this issue.
send luv

Zooooommm. Damn, they go quick don’t they? Those lil ripples just come rocking into yer day and chase away the pain, like sun rays drying puddles of dismay. Then, before u know it, they’re gone. But they’ll be back, and until then, we all gotta step to it. Reach out n’ high five yer intuit by taking the chance on saying what u think others may already know. If u hear someone else stepping up, support them. Even if u know the ground they’re covering, encourage them to share. Let it feed, renew and remind u that each of us needs to toss our unique blend of insights and experiences into the mix, helping to feed others. Take the chance, embrace, speak and be DIVERSITY, sometimes we gotta tell it to someone else to hear it ourselves.

As always, if u believe, laff or steam w/ anger, spread yer ripples and plug in here. Send words, art, scraps of luv and pocket change, or the big bucks if u got em. We luv support of all sorts, submissions, feedback, DISTRIBUTION, SUBSCRIPTIONS, bring it.

And u knowww that daily acts and ripples will only continue w/ U, so get jiggy w/ a membership or two to daily acts which supports ripples, sustainability tours and many other treats we have in store for u and yours.

In the satiating saunter of summer’s booty jiggle we surely do reside

xoxo
trathen

Drop us a note why don’t ya:
Always available for talks, workshops, Tai Chi tours, and subversive acts of the conscious kind.
daily acts
p.o. box 826
Monte Rio, CA 95462
dailyacts@ecoisp.com

“Great things are only possible with outrageous requests.”

-Thea Alexander