ripples
a revolutionary journal of seasonal delight

Inside you will find:
simple daily actions to:

Indulge in an extra dose of latter n° hope

Commit Guerilla Acts of conscious delight
Move the world

$4
Yummmmmm, the ripples du jour...

On this chilly winter's eve is seasoned with the special blend of a thousand and one more ways to find, refine and illuminate your emotional, mental, and booty space. Yes, it's true, we all winter to ease up, rest and recalibrate from life's overload of tasks. And there's no time for sadness or cynical disdain. What we have in yer hands is a 32-page live-wire bundle of ripplyness, full of pics, words, breath n' flesh, synchronized to the season's intent. Occasionally fine-tuned, often raw, always filled of magic, prose and an extra dose of relentless hope. Yep, that's right, UNRELENTING. We've been boundless before, but the weather has changed and this issue is about tightening down our resolve, to grow these spirits strong, loud and insistent like winter's cold rain.

How? Come on, you should trust us to rock yer world by now. But if you insist on a taste... winter reminds us to slow, grow still, and choose to feel her cold, dark touch drawing us in, to fortify with family and friends. From here we can cultivate the determined, living intent necessary to be whole and rich enuff to each day stretch our humanity a bit more.

To breathe, care and reach a bit deeper, swallowing our butterflies to lovingly challenge blind pride, fill out comment cards, speak out in a crowd and do whatever our conscience asks of us.

Some of what Now is about is the rest, appreciation and evaluation of a waning cycle that will fuel these sort of efforts in the next one. It's time to stop, breathe and focus the aim which deepens our roots, so as individuals and a collective we can speak louder and more empowered truths. Taking the time to assess, and strengthen our foundation is what these pages speaks to. It's also what we've been doing at daily acts organization. In short, this means the Fall 03 issue of ripples was skipped, to invest the energy in growing our clan and the 04 plan. But in the long run... daaaaannn, I wish these words were scratch n' sniff, so you could get a whiff of the phenomes we're about to bring.

Alrighty then, let's get to it. Inside you will find inspiration with Brother Ben bringing the year's recap and folks holding space in the cityscape, w/ poetry, vision and untainted non-fiction.

We'll dish the skinny on Borax, Adopt-an-Activist, NRG and all sorts else. So, can u dig it? Can u dig it enuff to ditch being afraid and take yer mad luv to the stage; to speak it on trains and distribute conscious questions wrapped in smiles from the edge of airplane aisles? Even if yer just a squirrel trying to get nut and all this seems rather abrupt, ya never know where a crumb trail will lead ya.

So come on in. But leave your shoes n' luck at the door, and we'll set ya up w/ a hot cup of a new kinda more...

"I'm not trying to counsel any of you to do anything really special except to dare to think, and to dare to go with the truth, and to dare to really love completely."

-R. Buckminster Fuller

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cover: Halong Bay, Vietnam
photo: Bobby C.

contents: Halong Bay, Vietnam
photo: Team Carrasco

written and edited by trathan heckman w/ a lotta luv from all kinds of folks
layout by bisbee design
Winter's Reflection

by Benjamin Fatheree

Winter storms have arrived upon steady winds to wash away another year. 2003 with all of its intensities and subtleties was so abundantly full; and oh goodness it seems we just got in the swing of things, when bam! January arrived and the year came to a bittersweet end. A greater end is nearing as well, the completion of a 5000-year Mayan cycle. Time is being compressed as we enter this bottleneck, a new paradigm, awaiting us on the other side. The earth is undergoing astrological alignments that have galactic importance.

Continually, it seems we need perspective on life and our role in it. The seasonal change of winter always helps one bring on this reflection. Falling rain polishes the mirror of our Self. What’s left is the rawness and truth of whom we are and where we are going.

The gardeners out there are busy propagating and trimming the excess of perennials, cutting them back to their core and getting ready for spring plantings. These are good practices for us all. To sharpen those shears of the mind and go inside, ask, what am I ready to cut back? What do I plan on sowing? Shed attachments, like the leaves of a maple, let them fall from your beautiful self, back to the earth, composting into fertility, for those seeds to grow from once again.

One of the great things about nature is that she’s unconditional in her cycles, moving forward in rhythmic fashion. The coldness of winterlights the wood stove and slows down propulsion, bringing us in to meditate back on the year. And goodness, what a year it was. If you haven’t already, place yourself in yesterday, for perspective’s sake.

On Feb. 15th, millions all over the world came together in the largest mass of people for a common purpose in the history of our species. It was to protest the U.S. invasion of Iraq. A day later we marched in the streets of San Francisco, 285,000 strong, for peace, justice and truth. Within a month our country launched a pre-emptive attack.

Spring came forth with all her budding brilliance. Hands of intention planted seeds of restoration. Local groups like the Rites Project, Daily Acts, the Bio diesel and Veggie-coops gained momentum providing solutions to these problems we face. Up in the subdivisions of Portland, Oregon, where “city repair” is underway, reclamation of city intersections with mandalas and earthen structures; ideas blossom, like flowers on the hillside.

Summer arrived with beautiful clear skies. People all over, charged like bees had the honey of inspiration flowing. In June, a Sacramento mobilization found gardening to be a crime. The Green Bloc of Sonoma County traveled to Canada and helped to set up an Eco-village, while winning a huge victory with farmers and activists from around the world when the WTO announced their talks had failed. At home, daily acts toured the country, turning folks on to Permaculture, natural building and loads of solutions.

The abundant fall matured seeds planted in spring. People all over were becoming more aware of the political agenda being set. Thousands went to Florida and faced unimaginable brutality from our own government. Amy Goodman’s reports at teatime became more and more intense.

Today winter has arrived. Today a farmer digs in the sweet earth and asks the hawk to watch over his fields; goats are brought in from pasture. Today activists march for our civil liberties. Today one of the last great redwoods is cut down; one of the last great salmon is caught. Today a child is born with a bright seed of hope in their eyes. Today a student fills their car with vegetable oil, and a tree is planted. Today we have to laugh, for if we don’t we will surely cry.

An ancient Chinese proverb says, “May you live in interesting times”. Is that a blessing or a curse? Sometimes it is hard to tell; yet here we are in an election year with hope to fuel yer fires. How can we see these problems as solutions and put our own limited resources to their best use?

Ahh, the winter season, right on cue to help us with answers, providing all that wondrous water for pools of reflection. Observe your own patterns through out these days and ask yourself, is this the life that I want to be living? Remember the promises you make to yourself and live them.

We hold the key to our purpose; it is washed by the falling rain and polished by the cold wind. We are given moments to unlock our full potential. Take that time, the possibilities are unlimited. You, me, us, we are strong and have the power to choose, be wise. Every year will be full of events, steeped with love, joy and sorrow. Be present and mindful. Learn to see the mistakes as blessings and grow. Spring is coming with the next cycle of growth to set in motion.

Rain is the flowing of abundance, so pull on those rubber boots and get out there, to wash your Self, reflect on your choices and be revitalized.

1. Rites project www.theritesproject.org
2. City repair www.cityrepair.org
3. Green Bloc greenbloc@riseup.net
4. Florida www.flaiac.org
Labor-Saving Device
by Evan Nichols

This poem is a labor-saving device
So sit back and relax

It requires no installation
no AAA batteries
you don't need to go rifling through boxes
for a 3-prong adaptor

There is no monthly charge for this poem
no password to remember
it won't freeze
or crash
or accuse you of insufficient memory

This poem will not warp in the sun
or get scratched
it will not say "Long live the Devil!" if played backwards

This poem was made completely in the USA
no 12 year olds in Indonesia assembled the verbs
then shipped it to Honduras for the nouns
the poet allowed himself bathroom breaks

Not a penny made by this poem will go to some fat cat CEO
who just made your annual salary while you read this

No independent bookstores were harmed in the making of this poem

This poem will not overcharge you for popcorn or red vines
there is no need to yell "focus!" during this poem...
well, maybe there is
but please don't

This poem will not crush you on the freeway
it does not guzzle gas
it has zero emissions

This poem was composed by hand
in a simple room
the poet used a pen and a sheet of paper
on a small desk with the drawers removed

...The poet kept his drawers on

Check out Evan's other wordsmithing at

Message: 14
Date: Sat, 6 Dec 2003 19:11:50 EST
From: JulieJoes...
Subject: Sustenance

Mantra for the beleaguered...

Stop thinking this is all there is. Realize that for
every ongoing war and religious outrage and environmental
devastation and bogus Iraqi attack plan, there are a thousand
counterbalancing acts of staggering generosity and art and
beauty happening all over the world, right now, from flower
boxes to cathedrals.

Resist the urge toward nihilism. Seek out nuance and
counter argument and subtle irony and balance and perspective.
Realize the divine is not quite what you think it might be,
that old methods of imploring, say, a cantankerous bearded
patricianal figure to please please please let you win the
lottery and help you have better orgasms and oh yes smite
your enemies might be a bit antiquated.

Realize that this is the perfect moment to change the
energy of the world, to step right up and crank up your
personal volume... right when it all seems dark and bitter and
offensive and acrimonious and bilious, there's your opening.
Remember magic.

And finally, believe you are part of a groundswell, a
resistance, a seemingly small but actually very, very large
impending karmic overhaul, a great shift, the beginning of
something important and unstoppable. The world needs your
help. This is a time of war mongering and bitterness.
You are being implored. You can do something. Now is your
chance.

Posted to Waco Yahoo group. Original text by Mark
Morford, the Morning Fix columnist for SF Gate.
http://www.sfgate.com/columnists/morford/

If you're in Sonoma County, CA, check out http://groups.yahoo.com/group/WaccoBB/, where this lil diddy came from. If you're elsewhere, start a similar such
group to rock further goodness in yours and others online world.
Holding Space

It is good to begin and end each day with something that makes us feel whole. That still, rooted in life awareness of being; inseparable, indivisible and undividedly tied to it all. The more we open to this; we hold the space to better our piece of things while seeing a new dream for the rest of our planetary compadres. In a society whose sense of place has gone wildly astray, our world craves a juicy new dream and those willing to dream it.

This is vital to know when shoulder deep in the surging stream that is our culture's relentless pursuit of haplessness. But rather than delve into the rhetoric just yet, I would like to say... the clean, precise and carefully placed words filling this page, are PURELY about holding space. By this, I mean all the circumstances we create which allow magic, wisdom and hope to enter our lives, when we choose to shine bright. It's all the situations, classes and meditatively pristine moments which feed and keep us going. It's that spark of connectedness we find and sometimes provide, like a drive-by wink of delight. It's drawing folks into a dinner-time thanks that oozes an infectious gratitude for the food, love and roof over head. It's all this and a bazillion yet to be born ways of creating conditions conducive to life in each moment.

So let's begin w/ a breath. First, get a sense of all your skin. Now breathe deeply, opening each pore to allow the far reaches of creation to flow in. As you softly consciously exhale, consider the potency and spirit filling each lungful. What if you more often held this sense? Thru thousands of aware breaths, this connection grows in ways bigger than words. Yep, the magic and wisdom of life, all right here.

Of course, even when we seem to see the path, society's surge is sure to throw us off track. And that's far from the daunting notion of actually re-dreaming how we live. While life's busy pull and your full plate won't change, KNOW thru each ounce of your being that the universe WILL organize itself around and sustain u when u seek to uncover and create wholeness. Wholeness - the rooted in life connection expressed in a familial sense of stewardship which drives our every thought and act.

Indeed, it's a lot to ask and because a flurry of facts won't provide the needed spark, nibble on a few of these crafty treats. One sure way to stay ablaze, live richer and rock greater change is to seek out and stage countless reminders throughout the day which pull us back to the relations we are cultivating. Falling leaves, shadows, rain, roadside markers, meals and tea, the list is limitless. And while momentary glimpses of bliss are grand, to deepen our foundation, we must pattern this into our lives. Why not hold a regular space for these thoughts, sensations and intuitions to soak in and mature? When we stir this sense and connection, it grows easier to manifest in our other aspects. In my world, this has squeezed this out at times, till I realized that writing, gardening, activism, family care and general wonder all flow better when I make the space to root into each new day. It's beginning anew with tai chi tea incarnations that marries me to the morning, season and all the rest.

Alongside this wholeness, I hold a kernel of hurt in my heart. Not enough to detail me, just enough to keep my ly and resolve strong, steady and even stretching. When acknowledging the richness of acting with determined, tender intent, choosing to live more simply while remedying our earthly hurt isn't a painful path of lack or the burden of an arduous task. They are freeing, affirming and

Luang Prabang, Laos, Buddha
bottomless gifts, which bring us into REALation with all things. Of course we are never not in relation with all things; we just forget or fall behind the illusory veil of separateness. **But remember this:** in your body is the breath of Gandhi, the blood of dinosaurs and the tears of children fallen to sweatshop floors. We are always and forever connected to all life, all wisdom, all hurt and all strength. By owning this, we open the space for our true richness and power to flourish thru all we do.

That we write, talk and teach what we most need to learn is my firm belief. After years of calling in the hurting our actions create, I desperately needed to more fully discover the power of richness that lies dormant in each of our unconscious actions. Archimedes said, "Give me a place to stand and a lever long enough and I will move the world." The place we stand and the lever we wield, which moves this world is each decision made, as our coffee, clothes and 401k reaches into factories, forests and homes across the planet. With each mindful page we write and each whole act we incite, daily acts seek to be a lightning rod, to channel and distribute the positive power of how we can ripple thru life. So read, find and recite yer piece of the anthem, then if ye ready to channel some serious juice, lick n’ stick this lovely ripples rod to yer forehead and feel the magic happen.

By verbalizing our commitment, hopes and dreams to others, we hold the space for these visions and those we share em with to become ever more present. What is your path? Your dream? How does this moment line up with the life u wish to lead? How will it better the world while growing stronger and more whole? Now pour out into the day, a big puddle of thanks and SPEAK IT.

Thru seven issues, ripples has crafted the container for me to engrain a daily vow to life. It comes first in flashes of inspiration, sporadic practices of tea incantations, towel chi gong and the rest. But then, when I take a deep breath and the pledge is made that puts words to page, it opens the space to become daily. This creates the situations which challenge us to take these truths up a notch, be it sharing the deeper connection possible w/ daily experiences or engaging a crowd to consider how each mindless act adds to the sea of madness too often taken for granted. Making this commitment is a precious gift to ourselves and life as well, the selfish altruism of stepping to a truer sense of who we are.

As the season slows her pace and we gather the chance to evaluate where we’re at. I’ve more fully come into the changes which have occurred over the last few years. Thru investing much energy into disseminating ripple goodness, it’s been delightful to find that what goes out comes back by the bushel full. Now, with winter’s drawing in, I’m reminded to slow, assess and root down, getting the systems in place to handle and assimilate the year’s inflow while readying for the upcoming cycle of growth. From the personal space we claim which nourishes body, mind and emotions, to the straight-up book keeping details of it all, how we digest, organize and best utilize the societal downpour of stimulus, information and opportunity is vital.

But of course, there’s a pebble in the shoe of this year’s reflection, as we get set to kick off the training wheels and hold some SERIOUS space in the next one. All this lovely service has come at a cost. Shifting from the cash-rich software world to volunteer ripples 7 days a week is great for the planet and soul, but from a relationship deficient in ‘normal’ weekends that looks out on friends, family and peers, whose energy goes into building their nest & nest egg, it can be a source of dissatisfaction. As if uncovering the problems and distilling the solutions wasn’t enough. Where’s the tai chi between personal, family and planetary needs? I mean, how’s a brush to take things up 5 notches w/ grander ripples, a budding organization and keeping Ashcroft off our ass, while paying the bills and satisfying the delight of his family, friends and wife?

Well hell’s bells, I’ll tell ya how. When ain’t taken some crazed vaccination or reality tv vacation. Nope, a double dose of Liz’s hope is what these actions are based in. Like the redwoods out my window who suck rain from the fog, when open to it, we can glean unbound goodness from every single thing. And while there is a certain amount of reality to which we must abide; we take these limits far too literally. Do u really think the majesty of life will flood in thru your pores if u don’t believe it possible? As for me, I can feel an unbridled knowing in each of my cells, as they rearrange themselves to draw in the specs of how to juggle personal, family and planetary richness. I even fixed our long-disabled clothes dryer and laundry shelves. Service w/ a smile after a 3 year wait for 3 hours of avoided work.

While I’ve refrained from inflammatory fauxado for the moment, the heat will continue to rise as we bring forth no less than the death of an age. In reclaiming personal and planetary soul, our unfathomably fortunate lives will need to know sacrifice. But ditch the negative associations of ‘LESS’. Why not grow strong enuf to surrender the burden of separation weighing u down? Thru each breath, transform the beliefs defining what u seek to achieve.

As we upgrade our individual efforts, gaining a stronger foothold in the world we’re envisioning, we must do all we can to join, support and promote groups like daily acts. Green bloc and the others brought to these pages. It’s time to rock the main stage, but we newbies need the community involvement and financial solvency to really reseed this collective dream. Commit yourself more fully and feel the gift of enlisting your physical, spiritual and financial resources as u assess and set your standards high for the acts that add to the sum total of this life. I mean, it’s all our choice right? To each day, dream up how we wish to live. THIS, we must ever affirm to ourselves, each other, the wind, and any who will listen.

"Give me a place to stand and a lever long enough and I will move the world"

-Archimedes
How I stopped the WTO for 20 Bucks!

by Gavio

I first learned about Sonoma County's Adopt-an-Activist as they prepared to send a group of permaculture activists to Cancun Mexico, the site of the World Trade Organization's most recent meeting. My money, I was told, could help pay the expenses of this group as they set up a functional eco-village to serve the needs of thousands of activists and demonstrate a positive alternative to WTO's grim vision for the future. Intrigued, I tossed in the contents of my wallet, a fat twenty.

When the intrepid activists returned to report their results, I was slack-jawed with toe-wiggling amazement. The WTO Trade Organization had scattered like alley cats in the face of sanity and love, and my little twenty-spot had been there helping out. Wow, what a lucrative investment that turned out to be.

Inspired and hungry for more, I caught up with Erik Ohlsen, mover, shaker and super-activist guru daddy to get some fresh information. I started by telling him how charged up I was from my connection to what had happened.

Erik: "Yeah, these relationships where the community supports an activist are two-way flows - when someone is supporting an activist, they get stories, they get pictures, they receive firsthand knowledge of how their funds were used."

So what is Adopt-an-Activist and what will it accomplish?

Erik: "Adopt-an-Activist is a fund-raising collective working to support a variety of groups such as the Green Bloc, media collectives or welcome centers at major protests. Once activists can get paid for their work, we're gonna see such an increase in the effectiveness of building sustainability and global justice, and I think it will bring in a wider cross-section of the community."

So should we be looking at paying activists like a job?

Erik: "We want to look at sustaining activists but I don't think activists should get paid every single thing paid... Something that's really vital for everyone in this country to learn is how to be a volunteer. We need to all dedicate some time in our lives to building healthy sustainable communities and educating others."

How is activism different for people in the Global South, where their situation is more desperate?

Erik: "For them it's a life and death situation... they don't have the land to make sustainable, the privilege of having solar panels is nonexistent and a lot of what we consider basic in our sustainability movement is inappropriate for many of the people in the world... For them, being in the streets is pretty much their last option - to be on the media stage trying to affect the masses of the Global North."

What's interesting is that WE have a choice about how the decisions we make in our lives affect people in the global South... THEY have no choice - they can't just say "Well I don't need to think about those people in the North, I've got my own thing going on" - they're ALWAYS affected by us."

So we're more connected than we know?

Erik: "Yes, for example in Bolivia they just kicked out their president and 80 people died. The reason why that uprising happened was because the government was going to sell the natural gas reserves of Bolivia [to California] to provide for our energy needs here... Well, then WE turn on a light switch and THAT's just how connected we are... Now when I turn on a light switch here, I'm thinking about those 80 people..."

We can choose to sleep through this but in everything we do, there's a direct connection."

Yeah, thought I, just like the connection between my 20 bucks and the dissolution of the WTO - the things we do really have an effect. So what, I asked, are Erik Ohlsen's favorite Daily Acts?

"Talk to your neighbors whenever you can and plant as many seeds as you possibly can - build relationships with people and plants - it's all about relationships."

MMM-hmmm, that's what I'm talking about.

Mr. Gavio not only brings his stylish verse to ripples, but holds mad space behind the scenes of daily acts organization. Expect to enjoy his writing, graphics and all sorts else in the future. Slap a bug on the brutha when u see him in the street. He's a hard working man.

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.

EARTH TONES

Giving 100% of our profits to the environment.
Yup, every single cent!
1-888-EarthTones
www.earhtones.com • Tell em ripples sent ya.
A Sustainable Vision for Sonoma County

by Joseph F. Kennedy

I have been musing lately on our local landscape, and have found myself wondering what Sonoma County might be like in 100 years. Sometimes this is a dark vision, influenced by the current era of political madness, climate change and unmitting “growth.” But more often it is a positive imagining, based on decisions, large and small, that I hope we have the wisdom and foresight to make.

As an architect, I find myself dreaming about how our built landscape might change for the better, but also know that shifts in the “invisible landscapes” of lifestyle and politics are necessary as well. When I imagine the future, I see many of us embracing a lifestyle of elegant simplicity, having exhausted the dubious benefits of rampant consumerism. We will reengage with our communities, with our land, and with ourselves in such a way that our common wisdom may shine forth, so that we can restructure our communities for ecological health, societal fairness, community vitality and individual joy.

I envision towns made denser, yet more humane, by transforming our relationship with the automobile, and through designing buildings for human conviviality and connection with the sun. Our older, historic neighborhoods will serve as a template for new development, served by convenient, comfortable and fun transit options like streetcars and light rail. I can envision a pedestrian district spanning from Railroad Square to Courthouse Square. The Santa Rosa Mall will have been radically reconfigured: Fourth Street would once again join the east and west sides, and perhaps the 101 freeway could go underground (it is hard to imagine it going away) to help join these currently divorced parts of the city.

We would live bioregionally. As a political entity, I see Sonoma County itself replaced by watershed-based political districts. At a smaller scale, decision-making would be radically democratized, and centered in the neighborhood, with political decisions made in service to the whole community, not to corporate interests. We will joyfully engage in civic life. We will, for example, happily go to a building and planning department transformed into a place where homeowners get the best information on how to live in harmony with the planet and ourselves.

I see neighborhoods with small plazas and gardens, built by residents, where we take down our fences to create green havens that can be shared by all. As for suburban developments, the most egregious may be carefully deconstructed, and the land placed back into more suitable agricultural uses, or returned to nature. Construction of modest, elegant, self-sufficient homes tucked into currently underutilized pockets of our towns and cities would be of local materials such as straw, sustainably harvested wood, earth and stone, as well as recycled building materials (using those deconstructed suburban McMansions for good purpose). We will recycle our wastes, and grow a goodly part of our own food on the fertile soil that currently underlies our lawns. We will be happy.

This is all now a dream. I work towards the time when it may come true.

Joe's an eco-dwelling maestro, internationally lauded author and committed good living tactician. He also teaches Eco-Dwelling at New College of CA North Bay. Check em out.

Our Friend Borax

by Sara Bir

I like borax because it makes me think of Death Valley, where twenty-mile teams hauled tons and tons of borax across the blistering desert and up steep, rocky grades. Today's commercially available borax is not mined from Death Valley, but it's still an all-natural wonder that disinfects, deodorizes, cleans, detergents and fungous, and about a thousand other things.

Powdery white and odorless, borax is a compound of sodium, boron, oxygen, and water (scientific name: sodium tetraborate decahydrate) with a mind-boggling array of household and industrial uses. First discovered around 4,000 years ago, borax was thought of as a magic crystal that could aid digestion and even cure epilepsy, but most people just use it to help clean around the house.

Borax cleans by converting water molecules to hydrogen peroxide molecules—which sound scientific and all, but I'm not exactly sure how that makes things clean. Just trust me, because I've put borax to the test all around my smelly apartment and was quite pleased with the results.

-Dilute 1/4 cup borax in warm water and add to your laundry. The Borax box says that this allows the laundry detergent to work better, but what it does not tell you is that it also means you can use a few tablespoons less detergent.

-Instead of using Woolite to clean delicate, dissolve 1/4 cup borax in warm water, soak clothing for 10 minutes, rinse in cold water, and blot dry.

-Use borax to make stinky smells go away. Sprinkle borax in the bottom of a clean trashcan; then, when you need to wash the trashcan, just add a little water to the borax. For mildewed carpets or mattresses, dampen the spot, sprinkle with borax, allow to dry, and then brush or vacuum the Borax away.

-To clean the toilet, just sprinkle some borax in the bowl, swish around with a toilet brush, and allow to stand for 30 minutes or more.

-To keep ants and roaches away, sprinkle borax on the floor of where they tend to enter into your house (don't do this if you have curious pets or small children.)

That's just a sampling of the amazing clean feats borax is capable of performing. Borax is all natural, safe for septic systems, and contains no phosphates or sulfates, so you can keep your happy abode sparkling without using harsh chemicals or expensive cleaners.

Mule Team Borax is manufactured by the Dial Corporation and is available in stores across the country; a 4-pound, 12-ounce box costs about five dollars, but you can also purchase other, less expensive brands from natural cleaning suppliers on the internet if you're not in the mood to support Dial.

Just because borax is cheap and versatile and totally wonderful does not mean it is entirely benign—it is a mined natural resource, after all, and excessive use in certain industrial applications may have adverse impacts. Go to www.borax.com to learn more of the good and not so good aspects of borax.

Ahhh the lovely Ms. Bir. Happy to have her rippling this way, dropping wisdom on such all-purpose products. You can also check out her frisky prose in the North Bay Bohemian.
Aaaaaaahhhhh, quiet.

Finally a moment to just sit, calmly, and breathe. As I take each one in and out, I feel the peace and joy flowing in. How lucky I am to have this time! My daughter is in bed, asleep (finally) and I savor this moment of solitude. Of course, I love time with my child who is 8 and quite precocious, but I admit that I also love time alone. I can then reflect on whatever I choose, however absurd (hopefully!) or even mundane. I appreciate each thought and try to keep my internalized critic from waking up to notice what I'm doing. In this Zen-like way, I can remain just in each moment, pure.

Then the phone rings and my computer beeps and I remember that I've still got a BIG paper to write for class... And I notice that in those moments that everything comes rushing in, I am forgetting to breathe. How crazy is that? I mean, we all need breath. Isn't it supposed to be one of those involuntary things? But you know, lately, I've really found many times when I was holding my breath or only breathing shallowly. What is this about? I know that oxygen is essential, so why would I limit myself? Am I a bit masochistic? No, it's not that! Sometimes if I feel anxious or afraid; I notice my breathing becomes shallow. With society's push towards fast fast fast and sound bites of everything, it's hard to maintain that sense of peace and balance. Finding the space to just sit and breathe is oh so crucial. And breath is key to all that! So, find your space! Take that five minute break & go breathe. Then you can return to this wonderful, crazy world with a relaxed, renewed appreciation and spread those good feelings around!

take care of yo self & yo family & yo world.....
Loi

Here's to the Loi-ness of it all. We're just tickled that she and Winn, her 8 year old bundle of precociousness will be rocking the infectious grooves and aring it up w/ ripples and daily acts. Three cheers for our Texas transplants.

The price of a full page, the pressure to find something funny and profound to say, the steady flow of words, images, ideas seeking to escape my brain...... overridden by the need for the beauty of open space.
HOLISTIC SOLUTIONS
financial planning for a sustainable world

Christopher Peck
707.758.0171
POB 2286 Sebastopol, CA

It's the daily act: put your money to better use!
Holistic Financial Planning - Socially Responsible Investing Services
Create a high quality of life - Build a better world
WWW.HOLISTIC-SOLUTIONS.NET

Alan not-so-greenspan, eat my shorts.

Energy is "nrg" is life is it all is
god is spirit. Did you know
that everything runs on nrg?
Didja know nrg is neither gained nor
lost in our closed system here on earth?
Sun comes in, grows stuff; it's har-
vested, eaten, that out, returned to the
earth, and so on and so on.
Permaculture is nrg applied by
humains. Try googling permaculture...
it is a language. The language of the
future, of the oneness of the past, com-
bined into energetics of the land with
the creativity of the muse into which
with me, say it so.

How do you spend your energy? It
is like a bank account. You have nrg,
you spend it, you put some in, you save
it, you spend it, give it, trade it. Alan
not-so-greenspan, eat my shorts.

Let go of the hideous plastic numbered
bulletin. Recycle the original recycling.
Compost the empire. Compost self
into the larger and smaller worlds of
bacteria, fungus, insects, stars, galaxies,
universe and multiverses. Become
versed in the language of love of land
of now.

What's the embedded or embodied
energy in that tomato, that land-
scape design, that cement wall along
the freeway, that car, that laptop,
that latte, that cookie, that
commercial about recycling,
that compost container,
that houseplant, that
coke, that smile,
that orthodon-
tic work? How
much energy
does it require to
make that product? From
whence does it come? Is there
a local alternative? What are the
hidden costs to the value of that thing?
How many functions does this thing
serve? Where does it go after it has
done its thing? Is it worth the amount
of nrg that went into producing it?
Economics.

Things I do to save energy... and
these same things require nrg from me:

• Writing by candlelight. The savings:
  fewer fossil fuels. The costs: nrg to
  make/transport the candle.
• Eating local, fresh, organic, seasonal:
  less fuels, processing, transport, hid-
den costs.
• Practicing letting go of bananas and
  other tropical things that tickle my
  fancy - no need for foods that travel
  2000+ miles.
• Gardening: even in the city, there are
  simple ways to have herbs, lettuces,
greens, banana trees. Rooftop garden-
ing, community gardens.
• Shaving with soap, not shaving
  cream: less product.
• Letting go of deodorant (a pat of bak-
ing soda works fine): less materials
  and containers.
• Pre-owned clothing as a way of life,
as a culture, as a fetish, as an
addiction, as a religion. No
more to say.

©JASON BERKMAN BASON
JERKMAN

My favorite Jason, this
lovely, outlandish man is a
ture delight, a resource and
recently acquired source of
sunshine u will find more of
in future ripples, blue
light specials and cros-
dressing guerrilla actions
at a strip mall near u.

Conscious Bookkeeping
with
Bari Tessler, M.A.

An integration of:

- Financial Therapy
Explore your relationship with money & address any associated obstacles,
secrets, patterns & "incompletes"

- Practical Bookkeeping Skills
Learn to set up, maintain & relate to a bookkeeping system for both
personal & business finances

- Life Visioning
Understand the role of value-based bookkeeping in manifesting a vision
both for yourself and the world

Presentations, Groups, Workshops, Individual & Couple Sessions
707-823-0232 • baritess@juno.com
www.consciousbookkeeping.com
(A whole plane full of dumbfounded folks, traveling from Oklahoma to Salt Lake City, turn to look at the odd fellow spouting his mouth from 33B.)

"Excuse the interruption, but I'd like to mention something that could enrich all of our lives. Each day, like the ones discarded on this flight, countless thousands of plastic cups & bottles are thrown away on planes, taken to out of the way dump sites, polluting life.

"While I love the recent surge in patriotism, expressed thru the waving of American flags, what about stewardship of the earth, air, water and a powerful sound echoed thru the plane, as the subtle rip of perforated comment cards spoke a rousing truth to the needless desecration of life. Though, the momentary result isn't the biggest piece of things. Each person on that flight is permanently changed, forever etched with one more pebble of awareness rippling thru their conscience. When we overly engage in ways that don't berate, we gift each other another chance to wake and embrace the values absent from living in our current state. It's one more moment we swim free from the stream of taken for granted, mindless actions which add up to the failings of a fortunate life. How this unexpected burst came onlookers?"

What pushed me into action were some blend of my in-flight reading material, and a just-finished week of emceeing a concert series for the first time. I mean, what’s to be afraid of after reading about Rachel Carson’s bold acts and spending 6 days humbly tumbling around on stage, under bright lights w/ a dry mouth and a mic, to rant, rave and say why Oklahomans should embrace recycled booty libations.

Of course what got my boot on the stage, the Rachel Carson in my hands and these ripples in yours, is the luv of life that grows each time we remember to ditch the over-packaged fear, lack and ego crap, that lives that those stars and stripes stand for? IMAGINE, if each person on this plane filled out the lovely comment card on pg. 121 in the Delta magazine, asking them to reuse or at least recycle these perfectly recyclable containers. IMAGINE if we each did this on every flight, inspiring our neighbor to do the same.

"In the words of Margaret Mcade, ‘Never doubt the ability of a small group of people to change the world. Indeed, that’s all it’s ever been.’ Oh and thanks for your time."

After, I smiled thru the stillness, as rows of passengers stared blankly, before quietly turning away. But then about, was thru my accumulated irk over our ability to put people in the heavens, but not reduce, reuse and recycle when doing so. While I fill out comment cards and bring my own bottle, on this trip, amidst my mental rants, I got a flash... "I need to make a public service announcement"... Immediately my heart raced, as a sweaty fear clamped down on me and said, "you can’t do that, you’ll get busted." Next, I tested the notion on a friend who chimed in, "After 911, you’ll get arrested if you do that." As we approached the runway, I squirmed w/ a head full of fears. "Will I be arrested? banned from flying? Scorned by disgruntled shrill wraps our sense of self. When we step to those chances disguised as flashes, which ask us to surrender to our spirit’s call, we are in our power. It’s amidst our daily me-esque egotism that we tend to forget, there is no me, my or individual I, just one big heap of planetary relations. So do with what you feel. When we grow comfortable with insecurity, discomfort and fear, these parasitic emotions lose their grip, opening a portal with the untapped power that this careening world desperately calls for. Each day uncover the countless opportunities for guerrilla actions of conscious delight. Gracefully seek out those captive audiences who secretly wish to be engaged. We must speak, louder, stronger & more inviting truths as we upgrade the range of how we participate in the unabashed opulence of it alllalalaaa.

(Since this wasn’t a previously written or rehearsed speech, I can say with confidence that it was a bit rougher. While it’s a pretty close rendition, in the flurry of my pounding heart and sweaty brow, I can’t recall the exactness of my rambling.)
Can a t-shirt really save the world?

U

bert yet boot it can. We're not talking about your aver-

gaiture-
tage t-shirt or company,

minimizing and externalizing costs at any cost to better the bottom line, effi-
dently dismantling life in a million seemingly inconsequential ways.

replete with pollution and waste. Nor are we here to pass blame.

This is how folks are trained in the 748 M.B.A. programs and corporations across the country. No, this is a different model of what a business can be in the new millennium.

As I learn about the people and vision behind the apparel manufacturer, T.S. Designs, I'm thrilled by how they stay true to their mission of building a sustainable company that looks after people, planet and profits.

Upon meeting Eric Henry, President of T.S. Designs, we discussed the water-based inks used to print their shirts, in place of the dioxin producing PVC often used in screen printing. Oh, and did I mention, the shirts are organic cotton and sewn in a worker-owned coop? When you consider the pervasive unjust labor practices, the health and environmental risks of conventional farming and the ecological devastation caused by conventional cotton farming, you begin to believe that such a t-shirt could save the world. (And it feels REALLY good to wear.)

It has been a pleasure getting to do business with Eric and T.S. Designs.

They have bent over backwards to support daily act in our fledgling state, Eric even hand-delivered our first order

at the Bioneers Conference to save us on shipping. Talk about super heroes.

Can ya believe that?

I was pleased with our shirts before I even knew how encompassing the sustainability focus is in each aspect of their business. T.S. Designs has won several environmental stewardship, sustainability, employee care, recycling and waste reduction awards.

They use solar energy and will soon be using wind energy and producing biodiesel, trying to spark its use in the community. T.S. Designs buys in bulk to reduce waste, uses recycled products

and has an organic garden for employees. They EVEN recycle water from ice machines to flush the toilets!!! But this barely touches upon the earth and people care they take in earning their profits, having become a magnet for positive change in their communities and business dealings. A great example of what all businesses could strive towards.

If u know ANYONE who's buying shirts, support this company. Turn other's onto their products. Research and write a story for a local paper. We need to get the word out about this sort of business.

www.tsd designs.com

*T.S. Designs did an ad trade with us to place this logo graphic in ripples, and as much as the logo says, we knew you would want to know more, so we wrapped a few words around it. If it's one of these barely world saving shirts u want, check our styli tshirts on page 29.

Clothing Facts

<table>
<thead>
<tr>
<th>Amount Per Shirt</th>
<th>% Daily Values</th>
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<tr>
<td></td>
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<tr>
<td>Sweats T-Shirts</td>
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<tr>
<td>Pesticides Used</td>
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<td>Plastic Prints</td>
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<tr>
<td>Harsh Resins</td>
<td>0%</td>
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<tr>
<td>Certified Organic Cotton</td>
<td>100%</td>
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<tr>
<td>Water Based Inks</td>
<td>100%</td>
</tr>
<tr>
<td>Sustainable</td>
<td>100%</td>
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</tbody>
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xoxo
Sincerely

Please cut out and send.
make a copy or write your own version.
daily acts

Powered by Boundless Hope, daily acts is a social profit organization committed to reclaiming the richness of all life by composting the planetary system of degradation and lack. Thru providing the inspiration, tools and opportunities, we empower people to embrace and recreate the impact of our individual and collective daily actions as they ripple out into the world.

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 7 issues, putting out 18,000 copies of ripply goodness.

Sustainability Tours
Beginning in April 04, save your spot NOW !!!!!!
- Highlighting fun and hopeful examples of abundant living.
- We've toured over 200 people through 25 amazing locations, powered mostly by alternative energy transportation with Hybrids, Biodiesel and Veggie Oil Vehicles.
- We've featured 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.
- The tours have been featured on local TV and radio stations and have been featured in 4 of 5 major newspapers in Sonoma County, as well as national magazines and web coverage.

Simple Daily Actions
- We are developing lists, stickers, cards and all sorts of good living propaganda with simple daily actions that rock, so people 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 rocking the show and affecting some SERIOUS change.
- We have the vision and skills, but need your luv, physical AND financial support.
- It takes time, energy and MONEY to publish ripples, 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 luvvfully abundant & acclaimed seasonal sustainability journal of revolutionary delight.
- 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:

( ) Stellar Community Member:
- $2000 Buys a WHOLE printing of ripples!!
- $650 Funds 1 Tour, planting MANY seeds
- $100 is a lot of goodness
- $62.50 Pays for 1 page of ripply goodness
- $35 Woohaa, u rock
- $20 More luv than cash? Every bit as sustaining
- Other ( )
- No Cash? Wanna Help?

Name _________________________________________________
Address ________________________________________________
______________________________________________________
State ______ Zip _________________________________________
Phone _________________________________________________
Email _________________________________________________
Try a few of these goodies on for size

1. Thank your heart for beating so many times today. What if you spent one day counting your heartbeats? Could you do it? I bet you a dollar that you'd mess up.
2. Cover your television with a beautiful tapestry, or put it in the closet. Try it for a day, a week, a month, a lifetime.
3. Write — write someone you like a like a love letter. Just tell them something you appreciate about them. You could send it to yourself. You don’t even have to send it. Or you could fax it, or email it. Try writing one of these to an elected official.
4. Web sites:
   - www.mearity.com SEE THIS MOVIE IF U HAVEN'T ALREADY.
   - www.betterworldtravel.com
   - http://www.whitehouseforsale.org/
5. Books for yer brain, belly and soul:
   - The Power of Now, Eckhart Tolle
   - Farming With The Wild, Dan Imhoff
   - Flowforms, The Rhythmic Power of Water, John Wilkes
   - A Language Older Than Words, Derrick Jensen

Little Hands
Little children in little rooms, sew little shoes, with little stitches, with little hands for small change
While Big corporations make the big dollars for Big executives who drive Big cars to Big houses, eat Big meals

by Leah & Doug

...and even the goodness floods in thru our pores.
1 Always and forever and truly - The shit
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.
• good karma and love the earth every time u tap that tushy

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. Like Jason said, "Pre-owned clothing as a way of life, as a
culture, as a fetish, as an addiction, as a religion."

3 Sustainability Tours
Start April 04!!! Learn, laugh, share!!! Our first Tour will be West County Delight,
featuring Brock Dolman at the Occidental Arts and Ecology Center and Michael
Presley at Taylor Maid Farms. YOU DON'T WANT TO MISS THESE GUYS
 AND THE MAGICAL PLACES THEY WILL GUIDE US THROUGH. The Tour
will fill up quick. Sign up early.

4 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.canetwork.org for Action letters delivered to your door each month

5 Read You've got ripples and all these great websites and books but
check out these fine publications as well.
• Alternative Press—Ute Reader; The Nation; Adbusters; Mother Jones; Lilipoh;
The Permaculture Activist; Clamor Magazine

6 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. Permac and
Biodynamics are part of that movement to properly steward our planet.
• www.biodynamics.com; www.lagunafarm.com; www.farmland.org;
www.stirringthecauldron.com

7 Buy Fair Trade It feels better when you buy some-
thing that you know is helping people and the planet with food and other prod-
ucts. It's another chance to have a REALationship.
• www.coopamerica.org; www.sweat-shops.org; www.responsibleshopper.org;
www.woodwise.org; www.globalexchange.org; www.shopforchange.com

8 SEND CASH!! More money than time? We are kicking our
efforts up in a big way and we NEED the financial support of our peeps(YOU)
A.S.A.P. In February/March we are planning on printing a full color beauteous
Tours Catalog. Please help us fund the catalog, the tours and our other current
and future efforts!!! Give your money some SERIOUS power.

10 Use a green company
• www.earth-tones.com 888-327-8486 uses 100% of its profits to support environ-
mental 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.

11 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. Also, check us out on the WEB, at our ever
evolving and growing site, www.daily-acts.org We have big and FUN plans for
our site. Visit often and share with others.

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

So where can I get one of those world
saving shirts u mentioned on pg. 23???

Oh, u mean the organic, fair trade,
living wage, water-based ink,
crazy best t-shirt ever made?
Well right here of course.

$18 ladies t (s, m, l) or men's short sleeve (m, l, xl)
+ $2.00 shipping. Indicate size and make check payable to daily acts. Send to address on back.
Wear, share and enjoy!!!

Clothing Facts

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www.tsdesigns.com © 2004
...by boat and plane and email and phone, purchase, hug and train......

WE want Ripples

the Birch list
AN ANNOTATED GUIDE TO SOME OF OUR FAVORITE THINGS

Ripples (daily Acts, PO. Box 926, Montre Il, CA 95462: www.dailyacts.org: $6 per issue/6/e to subscribe). Author/editor/publisher
Tattered Heckman’s two cents on matters global and local are worth a fortune to me. These 32 digest-sized offset-printed pages burst with information on politics and the steps we can take to make positive change a way of life, sparked by Heckman’s sharp eye and lyrical, flowing prose. This purposeful positivity is vital right now, and better than an alphabet of vitamins. —S.S.

I congratulate you on publishing your wonderful Ripples.

much Love from

Max

"Thanks so much... I am enjoying reading Ripples. It is so refreshing and funny! Most eco-periodicals are just information and are often so grim. So yours is a true delight. Blessings for the New Year. And may all beings be peaceful, And XOXO to you too!" —Michael Scheffield

"...An extremely well written zine with an upbeat activism for political and environmental issues...." —Tom, Zine World: A Reader’s Guide to the Underground Press

thanks

Jeez... I just never know where to go w/ these thanks. So many blessed folks, friends, supporters, I could each day give 32 pages worth of praise. Of course it’s all of u, putting your goods out into the mix, sending us notes and smiles, working your magic at each turn. Huge thanks to all our members and subscribers who are helping us grow into a vision-based membership organization, rooted in the just world we hold possible. And especially to the folks who’ve stepped up to really pull this off with daily acts. We’ve had a whole clan of folks meeting weekly to plot, laugh and sometimes struggle thru the rough bits of birthing an organization. Though I must say, things have flowed ohhh so well. This is the time and place, and when we let go of the lack, life lines up in our corner.

So here are some of our precious and volunteer holders of the groove, who you’ll meet in these pages, on Sustainability Tours, tabling at events and all sorts of other interesting places.

Marty Falkenstein — Sustainability Tour Director
Julie Young — Tabling Guru Mama
Tara Timberman — ripples Distribution and plenty more
Loi Medvin — Rippler galore & Volunteer Coordinator
Gavio — Rippler, organizational-facilitating groove holder, graphics guy....
Kendra Markle — Website delight, bringing it to the net!
Melissa Munis — Grants, P.R., rabble-rousing
Sarah Wright — Membership, organizer, besower of wise words
Mike Heaviside — Techie Wonderkind
biz — ripples layout kingpin & graphics wizard
Tattered Heckman — Chief Executive, ripples, all purpose utility player
Some of our other ripling, tabling, editing, plotting peeps: Benjamin Fahrer, Jason Berkman, Scott Horton, Jeannelle Hardin, Mrs. Lily F-train

Oops Big thanks to Martin Gizulla for discovering that it was Gandhi who spoke of meditating twice as long when he’s busy and not the dalai lama who I was told said that (Vol. 6 pg. 26). The dalai still rocks but I owe the real props to Gandhi for helping me double down when things get full.

Also, lo siento to our chum Capra J'neva, author of the very nice Portland Village Builders Convergence piece in Vol. 6, whose name disappeared from the article.

Facts and filler Thanks to all the great writers and idea peoples who continue to cuddle, nurture and grow these lil ripples into a diversely rich polycultural paradise. Yep, that’s us, toes in the sand, sustenance on ice. SEND LUV
send luv

Alright, here it is, hot damn. U be Frodo and *ripples* will be Sam; pushing, carrying, and egging u to the edge of this precipice, til u commit to drop yer fears and step to this. To be stronger and louder, but still compassionate, clear and grounded. So come on, come on and let's go. We gotta let go of last year's outgrown info, because there's a whole new year of *ripples* to download. And yes, I know it's a lot to ask, but taking a stand is the task at hand.

Your life is that Gandor scene on the silver screen where the swords come unsheathed. It's time to unleash a host of new habits. Engraining sane actions is the battle cry that'll best this punk-ass evil eye, jacking our people and planet with the rampant apathy and lack of a million mindless acts. So don't just watch valor from the cheap seats living vicariously thru fantasy. Reclaim your power from this numbed vacancy. Recede and recline into the season's delight, soaking in the verve n' verse to redefine what gives your person worth. Acknowledge the strength, clarity and compassion that grows w/ each aware decision. Accept your divine luminosity!!!

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, MEMBERSHIPS, bring it.

Alright I'm serious here, *daily acts* and *ripples* NEEDS U, so get jiggy w/a membership or two, write reviews and bring your skills, cuz we have a mad amount of treats in store for u and yours.

In service of rocking winter's cyclic reprise we do reside

xoxo

trathen

Drop us a note why don't ya:
Always available for talks, workshops,
T'ai Chi round and subversive
acts of the conscious kind.
daily acts
p.o. box 826
Monte Rio, CA 95462
trathen.heckman@daily-acts.org
www.daily-acts.org

"Let the beauty
you love
be what you do.
There are a
thousand ways
to kneel and
kiss the earth."

-Rumi