ripples
a revolutionary journal of seasonal delight

Inside u will find
Tai Chi Eyes
Tools of personal and planetary liberation
How to become the media

$3
cheap luv
Holy shiiiiizzznnicky,
have we missed you. But fear no more, your ripples in recycled armor has returned. Can ya believe this is our third year? That's right sassy; we're no flash in the pan. This here's a piece of the grand plan; a sustained spark and increasingly organized part grabbing the wheel on Earth Mama's ark. And we're just getting warmed up as we gain mad stamina like a belly full of peanut butter 'n' culture jammin' the deluded visions of this propaganda system. Once again, your favorite pocket-sized guide to personal and planetary liberation has returned with a smile. Just like the summer's shine, we're hear to sun, warm and fortify. Jeez, it seems like every time we meet there's more to be beat down and beleaguered by out there. Which is why we're here to remind that if u live life, dare to speak and shamelessly share it. Become an infectious bundle of fertile thought-blops knowing that as we better tap and honor our collective truths we touch the essence of life's bloom.

So are ya ready for another splash of ripple's youthful juice? Are ya ready to get yer senses quenched by life's ascent and a tasty glass of these freshly squeezed collective truths? Alright then, undrench yer guts and any mental cringing get over the cynical inhibition and any indecision because we committed, skilled and persuasive ramblerousers. It's time to clearly communicate and advocate for a living democracy that values all life as we expose and pluck these morally bankrupt ideological constructs which frame the degrading context of our 'first world' lives.

To do this, we must each daily take in and transform the effluent of progress, growing our fertile vision of a human culture rooted in the principled purpose of life-loving service. For us to develop and habitually act upon such values, the free communication of diverse ideas and opinions is an absolute necessity. Additionally we must become the media: to write, record, seek to share and, like u know we like to do, shake our boooooogy and rock good juju loud and clear!!

Of course, growing more connected and perceptive isn't so EZ. Most of us were raised on junk food news, addictive habits and disconnected views, left regretfully tempted by a variety of sugary, fatty and consumptive penchants. So it's up to us each, to help us each become a powerful seat of deep belief. While ripples will do our part, on the scene, dropping verbs and pulling strings, it's all our work to uncover, affirm and PROSYLETIZE the acts of conscious might that lie dormant in every one of us. To facilitate our collective unfolding, we've provided some tasty tools, a whole bundle of grand ideas and the subversive work of some fine folks. Speak, share and internalize these goodies. Set them up as coordinates to navigate the how and why of that which defines your day, your week, your world.

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs is people who have come alive."

-Harold Thurman Whitman
clear skies, clear eyes

by Loi

Summer. Ah yes. Those warm, clear days when the sky just seems endless for a few random wisps of white chasing each other across the horizon. When there is but a hint of the wind’s cool caress, teasing as it touches upon your skin.

Those gentle summer showers, the fresh earth smell of new beginnings. Feeling the sun’s strong warmth melting down into your bones as you liquidate into the sand & when even your head is gone, you rise up towards the river & immerse in refreshing coldness. The shock sends blood racing to all areas of your body, exciting your neurons & synapses, bringing a focus and clarity which had been lost.

But this clarity is extremely important! We especially need it now with all the craziness in the world. We've got to realize that however the world around is screwed up (and in many ways, it very much is), we are not. Or we can choose not to be, anyway? And when we choose to be whole & complete, we bring that out to others.

The other day, I was in casual conversation with a woman who seemed quite interesting. She is a little older than I but had been a single mother (like me) and enjoys herself fully (also like me). Then the talk turned to politics and suddenly our amicable conversation took on a whole different edge. It turns out she is diametrically opposed to some of my core beliefs. Things which seem basic - human rights issues, health issues, etc. - she sees in a different light. She is a staunch Republican and said people should not receive welfare or any kind of help, "Too many people aren’t willing to do anything for themselves; they just want a handout." She went on that we had far too much land set aside & don’t need anymore (or even what we have already) preserved, and she justified each military action the US has committed in other countries. When I tried to explain my views, she would not listen. A fog of frustration filled the air until I heard a point in her words that could bring us together. I told her I agreed with her - we all do need to take responsibility for our actions. If everyone, from the poorest, most desolate, to the richest corporate sponsored CEO (yes, I'm talking about the President) had to be accountable for their actions, to clearly see the results of what each action wrought, the world would begin to run more smoothly.

Then the tension in the air dissipated like the fog I'd felt earlier - as if blown away by the summer's breeze. It was sweet to find a point of connection because otherwise, the conversation was getting heated and while we had begun talking because we liked each other, our encounter had seemed destined for another outcome. Because I found a thread amongst her speech to catch hold of & meld with, the energy shifted. I could finally speak my truth and have her listen to what I felt was reason.

If we just listen closely, coming from a place of understanding, calmness, and clarity; we can find agreement. And only when we come from that deep place, can there be a conversation. Just like the season has changed from that internal slow time of winter to the outward driving force of summer, so our conversations can emerge. That energy we have inside becomes transformed into action. Underneath all of our political, social & cultural beliefs - even under our skins & physical bodies - we are just the same masses of energy. This is true whether you look at it from a biochemical or a spiritual level. And however you choose to look at things, just keep in mind that if you come from that point of ease, that basic level of oneness, there will be no resistance. Once you get in the flow, not only can you connect with others but it feels good. Oh so good! That resulting clarity is exquisitely delicious & fits so well with the season - clear skies, clear eyes, clear hearts & minds.

This is something that I've been sharing wherever possible. It's even been my daily act of choice lately, coming from the place of love & understanding, bringing clarity & focus!

What is yours?
Meet me in the laughter

By Tim McKee

Imagine if our highways were strewn with big beautiful pieces of art, testimonies to the peculiar beauty of being human.

aunt kisses
father tears
baby smell

Let that be the billboard we see, let poems, paintings, photographs beacons that help us remember to breathe when we truly need us, not the other.

the neon promises splashed on our highways are a manufactured reality a mythical commonality

are we machine or human?

reclaim public spaces create your testimonial free a secret and meet me in the laughter

Grease Pencil Revolution

About a year ago, while paused at a traffic light, an old black Mercedes with spicy questions sprawled across the window jiggled my senses. After several blocks of hot pursuit this roving, thought-provoking anti-war billboard came to a halt. As I approached to window shop these grease pencil thoughts, the author shared what he sought to evoke with his work. In such harsh times on the verge of war, I was delighted to see someone creatively stirring the public mind. After a good chat, I snapped some photos, got his number (always on the prowl for subversive acts of conscious delight) and left him to his styli brand of thought proselytizing.

So a year later, while pondering this issue, Mr. Grease Pencil came to mind.

What better example of becoming the media could you find than someone inciting a peaceful revolution with his car windows? After tracking Michael down at grad school in New York City I discovered he had traded his car and window art to attain a PhD in Mathematical Physics. But never fear; our now carless young protagonist has found a new medium to wield his voice: the stencil, a new medium that surrounds us all. From grease pencil to sidewalk stencil, the thought revolution is alive and breathing.

To follow are a few of his thoughts on why it's important to speak out and what he hopes to achieve through such efforts of the mentally emancipating kind.

As a spark to his work, Michael "...felt it necessary to try and do something. To try to say something so that things are noticed in a way that's provocative, trying to create cognition. It's easy to become complacent. That's the biggest danger, I'm not in danger of anything. So it's easy to go to school, cook a nice meal, be insulated and untouched by all of it. That's really what's wanted. Play the lotto, watch TV, eat hamburgers and everything will be okay. And it's not okay and it's important to note that. I wanted something that would make a statement about what is happening that shouldn't be."

Michael emphasized the message in his activism is more pro-thought than anti-anything, relaying the importance of not "knee-jerking ones way through something". Back in his car window activism days he handed out grease pencils, encouraging curious onlookers to express their thoughts. When someone once asked, "What should I write?" he responded, "Write whatever you think. It doesn't matter what I think."

As our chat was wrapping up, I caught a glimpse of the root of Michael's inspiration when he mentioned "...my father said something really cool once. 'It's important to get it out there no matter how it's done, to engage people and not just think about it.'"

Recently, Michael has stenciled lots of red hearts, anti-war messages and splashes of Gandhi. His newest effort is the burning monk, referring to what he called the ultimate war protest of the monks who set themselves afire in Vietnam. What if we all reclaimed public space with art and thoughts to ease the creep of complacency? Go on, try it. Beautify a lonely patch of street or mental space.

Michael's favorite new stencil - burning monk
Become the media

Good afternoon boys & girls. Today in Mr. Ripples’ neighborhood, we’ll further uproot and transform the faulty beliefs and hyper consumption wastefully driving our societal dysfunction. Yes indeed, together we’ll grow our minutes richer as we better access, organize and assimilate the torrent of happenings that fill these frayed lives. Here to aid us on our adventure are inspiration, synchronicity and the wise tutelage of nature’s wisps ’n’ boom-jiggity. So let’s give praise to that extra ounce of earthly delight necessary to unleash and enlist the power in our personal stories as we recast a grander tale for all the interdependent nooks and crannies who grow us whole.

“Becoming the media” is about using each breath, act and Fair Trade, whole-grain decision to more clearly articulate how we wish to relate to ourselves, our peeps and EACH deed shaping this shared global village. It’s about becoming the medium and the message thru which we liberate our lives from the tainted movies, media, purchases, investments and mindsets lambasting our values at each turn.

Of course, it’s hard to notice the noise restricting your views when you imbibe in the deafening delusion of nightly news. But still you search...flipping channels past false prophets pushing that silver bullet, magic pill and patriotic purchase...jogging mental laps, scanning for scraps, hoping...perhaps you’ll find that fag of diluted truth to demud the confused viewpoints compounding personal and planetary blues. So what’s to do with these harsh realities we cringe at and avoid knowing?

How do we grow the emotional capacity, knowledge and resolve to address our deep-rooted social, ecological and spiritual crises? How do we assess and find alternatives to this toxic news defining our views? One act at a time. Soak in and explore your own story, acting on the interactions and issues that tug at your truth. Just tap your flow. Focus, commit and lunge forward with your heart, ready to be delighted as providence comes to your aid. Choose to stretch your understanding, values and commitment to life, enlisting each chuckle, tear and exulted moment to do what we are here for: to become more fully human and live boundlessly in the face of transforming a human culture that has killed over 100 million of its fellow beings and countless other life forms in this century alone.

Embodied in billions of years of the planet’s ability to flourish are many truths, time-tested principles and wise bits to be gleaned. By latching onto our larger context, accepting Mama Tierra’s wisdom and our own, we can recognize the relevance of current actions in guiding the emergence of a culture that celebrates the value of all life. Just as living systems evolve as they grow, we must adapt to and better utilize the societal and ecological knowledge that surrounds us. Thus, for your viewing pleasure I’ve plucked ‘n’ rippled the following chunk of seen and shared observations of natural systems, inspired intuitions and even threw in a synchronic thread of Wade Davis might. So, in open-source fashion, I offer it up to you. Grab it, use it, rearrange and rock some views with it, as these tender morsels blend with the vibrant paella of experiences you call home.

Open-source is the model of life, with the source-code of nature’s dream openly interacting, adapting and evolving. It encourages creativity and exposes opportunities to better relate thru sharing and expanding upon our collective wisdom. This lies in contrast to the universally detrimental greed-based global corporatization model: controlled, patented and monocultured with nature’s libido and our lives on lockdown. Sadly, unsuspecting villagers’ genes and Indian farmers’ seeds are being patented and stolen by transnational corporations in far off places. Where do those big mutual fund returns come from? At what cost? Who’s accountable?

Take the time to know where and how your decisions could matter more. From the simplest local food purchase and socially responsible investment to the knowledge gained and shared:

grow more whole with each chance to enhance your efficacy, incanting magic into more of your moments.

Empower, enrich, enlist.

While reveling in the many offerings of an open-source mind space, it’s good to stay pensive. Often times when views polarize we close off to those who differ from us, missing opportunities to relate and learn from their underlying strengths.

I recently heard Van Jones in deep praise of what Reagan, Gingrich and Bush Senior have achieved. Not in the harsh effects or shared beliefs, but in why they’ve been effective and what we can be learned from them. Which bits of your world hold overlooked offerings that could better your efforts? Friends, foes, tv shows. Use it all. With such an abundance of adversity, it’s important to fundamentally reinvent how we relate to the emotional, physical and spiritual problems that confront us. Why be oppressed by the weight of our woes, when we can redesign these lives with the wisdom of life and tips from big whitey on the right?

By staying open to what surrounds us we can better draw in, assimilate and consciously cultivate the rituals, resources and daily encounters that hold vital insight. As these gems are focused and refined we become powerful beacons for a different way of being. Thru diverse local and global actions, uprisings and celebrations, a planet-wide movement of movements is emerging to reclaim our common heritage: the food, air, water, biological and cultural diversity being
Develop your capacity to speak and act with a proactive audacity that oooooozes life appeal.

living out and what we'd like to see in its place. By recognizing and recreating, with nature's aid, the systems at play, we gain the ability to make choices that steward, not maim, the vitally diverse ecologies that give our story meaning. And there ain't a deep-fried twinkie on the market that tastes that good.

Trust what your intuitions, experiences and dreams deliver as you act and unfold. Assemble a grander story; recording and reinventing the painful, varied and seemingly disparate stories tied to the deceptive shine of these fortunate lives. In this issue, I opted out of the pocket-full of factoids gathered, since most of you have lots of your own. One of the big differences Van Jones pointed out in the above mentioned success of Reagan and cohorts as opposed to the progressive movement's failings is our focus on the facts. We have to start telling more stories with our facts and weave in the potent emotions and values we move from.

Become the medium, the message and the story you consciously cultivate a loving power in the presence you carry. Summon the strength and clarity to speak from a humble, warm and inviting sureness, anchored in a bottomless knowing of the truths we are and can be. Of the tools we have and can wield. Of all these hopeful stories that will no longer be concealed.

1. Eckhart Tolle - Power of Now 2. Ripples - to have added spunk, style 'n a smidge of creative juice to an existing word, action, life 3. vibrant paella - A Tim Owen-Kennedy original
Some call it free enterprise. Others feel anger and disgust over the disrespect of life, vandalized via the silent and sanitized usurpation of our earth, air and water and the ensuing costs to individuals, businesses, society and life.

The sometimes uncomfortable space where views and truths collide and in the best of cases where tenacity, respect and imagination birth a third middle way. Speak your truth. Follow your heart and engage don’t berate.

Spray-painted street stencils and graffiti: some call it reclaiming our public space. Others feel anger and disgust over the disrespect of life thru the vandalizing of personal and public property and the ensuing costs to individuals, businesses and society.

Rock Planetary Goodness Surfing the Web

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RITUAL REPLACES IMPRISONMENT

The Babema tribe of southern Africa has a social structure with an elementary criminal code. Their close community living apparently makes harshness unnecessary. One visitor was deeply impressed by the tribe's handling of antisocial, delinquent, or criminal behavior, which, by the way, are exceedingly infrequent.

When a person acts irresponsibly or unjustly, they are placed in the center of the village alone and unfettered. All work ceases around every man, woman and child gathers around the accused individual. Then each person in the tribe, every age, begins to talk out loud to the accused. One at a time, each person tells all the good things the one in the center ever did in their lifetime.

Every incident, every experience that can be recalled with any detail and accuracy, is recounted. All positive attributes, good deeds, strengths, and kindnesses are recited carefully and at length. No one is permitted to fabricate, exaggerate, or be facetious about accomplishments or the positive aspects of the personality of the accused.

The tribal ceremony often lasts several days, not ceasing, until everyone is drained of every positive comment that can be mustered. At the end, the tribal circle is broken, a joyous celebration takes place, and the person is symbolically and literally welcomed back in the tribe. Necessity for such ceremonies is rare.

Elise Harvey, Master Composter
Spider News

By Gavio

Sprawling in cool grass, soaking up the first serious sunlight of the season, I wonder if I really have a grip on what’s important. The mind churning on a bazillion ideas, I’m frantic to show myself effectively to the world and I just can’t shake the feeling I’ve been making it all too complicated.

I’m about to give up when a spider skips up my leg, announcing its presence with a feathery touch. A tiny critter, almost invisible, it seems to know exactly what it’s doing. I’m seriously anthropomorphizing here, but it doesn’t appear to be experiencing issues with integrity or values or self-expression. There’s no evidence even of issues with survival as it quietly broadcasts its story of sunshine and truth.

Oh, to express my own being so simply! To show myself in such a clear and obvious manner - to become a personal self-contained media circus, complete with photos and articles and speeches and one-person press conferences all touting me as I really am. Oh, to say what I mean, everywhere, everytime.

His Holiness, the Spider Lama admittedly doesn’t speak such great English, yet expresses his/her spideriness with a flair and panache perfect for the moment. I long to be so clear.

Ever self-absorbed, I evaluate my own comparatively awkward efforts to hook it up. How fervently I wish my life to express my values and be the newchannel that broadcasts what matters to me, 24/7, while spending money, while making money and when money isn’t even involved. Although friends and clients alike generally get a solid dose of why natural, why nontoxic, why veggie, why organic, why it’s so damn important to do it this way that I can’t bring myself to do it any other way, my best moments are the most spider-like - when what I’m showing is, in fact, just the way I am. Forget Fox News, this is Spider News, baby! Remember! Remember!

I gently parachute the tiny teacher back into the grass in hopes that the livin’ might be a tad easier than up amongst the sparse hairs of my leg, grateful for the opportunity to kneel at his eight microfeet.

Back inside my life, there’s still so many disappointing times the message gets staticky, blurry or seems to get overtransmitted with messages of fear, greed, possession, laziness or simply incompetence. Values seem to become something to work at remembering, to weigh their merits against those of other factors in any given moment. And I wonder again if I’ve really been making it all too complicated.

From somewhere out in the grass, Sri Spider whispers a reminder of the powerful statement made by even the tiniest act of genuine integrity and boldfaced beingness. He reminds me of the passionate truths broadcast each minute on Spider News. He helps me to get a grip on what’s really important - to simply strive for authenticity in every moment and to continue to soak up the sunlight, wherever I find it.

"A candle loses nothing of its light by lighting another candle"

- James Keller
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Become/Adopt a rippler!

Over two years of publishing ripples, we've received a huge amount of
amazing mail highlighting the
many wonderful ways we've landed
in peoples' lives throughout the
U.S., Canada, England and Central
America. Many letters share what a
large, potent impact we've had on
folks. One gal wrote from prison and
wants to educate her inmates but has
no cash. Jen Pitney, an AMAZING
activist (below) is now dishing ripples
out across the U.S. as we send packets
to drop off points.

Anyways after receiving an inspired
letter from England, we sent Karen
a big box of ripples to which she
mailed the following letter out all
over the place. She rocks it extra hard.
With this we realized that to just get
this bundle of joy in more hands is
powerful way to inspire change.
So, our plan is to create a huge
network of rippers, offering two great
ways to get involved:

- Become a rippler - receive
  packets of ripples to distribute far and
  wide.

- Adopt a rippler - make a
donation towards getting stacks of
ripples in the hands of those who want
to do huge and amazing good sharing
the spark.

Just think, you could ADOPT
one of these lovely ladies....

-Karen Eberhardt

About RIPPLES - A friend in California sent me
a copy. Wow, the best little magazine I ever
read! I wrote and asked for more so I
could help spread Ripples, cuz these
are the kind of ripples that love
spreading! Dig in and see for
yourself. Every time I look
on to the pages, I start
feeling good and zingy
and I want to jump up
& down & DO things
and spread the news
and the word and the
RIPPLES, cuz doing
this should be fun
& interesting and
stirring. So
maybe you'll
SUBSCRIBE or
share the
magazine - just do
YOUR bit to
spread the
RIPPLES! Yay!

And just in as we go to print -
Greetings from the beeeautiful Rockie Mountains!...Rippling across the country,
too, has been awesome! My favorite thing to do is drop them nonchalantly next to
the National Enquirers and People magazines in laundromats while I'm doing laundry
and then sit back and watch people get rippled! The looks on their faces is priceless!...

Thanks for sending the wonderfully addressed packages - it's nice to feel the love
this far away! I am looking forward to rippling the heartland which we will be heading
through next week.

xoxo, The Roaming Rippler, aka Jennifer (Global Exchange Bike Tour)
Reclaiming Our Commons

By Benjamin Fahrer from conversations with Erik Ohlsen

Do your best to stop your busy head for a moment, come up for air, take in a breath and feel the grass beneath your bare feet. Close your eyes and connect with the common intrinsic truth: that everything on this earth is connected in some way, including us. Our mother Gaia supports every action we make, regardless of race, gender or lifestyle. She holds us all the same, no matter if you are dropping rose petals upon her or launching missiles into her sky. Every action we take, the earth provides some good ol' terra firma under that barefoot of ours.

We have protested the war, spoken out against the World Bank, the WTO, FTAA, NAFTA, CAFTA and the IMF (damn that's a lot of letters!) We've sent the emails, called our reps and yet it seems we are losing ground. We are living in a time of war and agricultural colonialism. The corporations are gaining control over our lives with support for our food and our water.

So ask, "what's the earth tribe left to do?" It's this: keep educating yourself and teach others more, inspire the dream and reclaim our commons.

Reclaim our what? Our commons. They are our shared assets and wealth such as water and sky as well as democracy and culture. It is time to reclaim these commons for they are being severely mismanaged; to reclaim that piece of your life that the mega corporatization monster is trying to box up and sell you. We are so blessed, compared to many on this planet, that we must make a stand, for if not now, then when? If not us, then who?

So it was in early June of this year that an amazing gathering took place.

Whole communities and groups made a pilgrimage to the belly of the beast and bough them an arsenal of eco organic skills for a six-day mobilization to Reclaim the Commons (RTC). Not a protest, as the media would report, but a demonstration to exhibit the alternatives to our current mainstream culture and show the relationships, cycles and connections within our own system. It was beautifully, demanding, heart opening and aching, insightful and uniting.

The Green Bloc of Sonoma County was crucial in the manifestation of this action along with a number of other organizations. Many put their lives on the line for the earth and for all of us who find a conflict between what we were taught and what we know as truth.

RTC came to be because the Biotechnology industry chose SF to hold their big trade show and conference to woo folks with the alleged benefits of biotech's solutions to the problems we face in the areas of agriculture, medicine, and even war. This conference was BIG; over 18,000 people came to attend this two-day event. The Biotech industry is supposedly the next boom for the economy, however the game is deadly. The manipulation of genes will affect all life because everything on Gaia is connected in some way. RTC was created to educate those attending about the interconnections the industry shelters them from and thousands showed up in support of it with inspiration and positivity to spread.

Now Biotech Folks feel they are doing humanity a service by developing cures to disease and crops that can grow in unfertile soil, but these solutions are only band-aids. A common justification is that Genetically Modified Organisms (GMO's) injected into our plants boost yields, grow crops where you couldn't otherwise and reduce reliance on pesticides. Truth is, we already produce 1.5 times the amount of food needed to feed all the people on the planet and these GMO crops actually have proven to be the opposite of their promises: more pesticides, less yield and something they forgot to add; permanent contamination of our soil supply.

The real solutions lie in nature's own systems. Boost the fertility of soils by feeding the micro-organisms within them, brew up some compost tea with warm castings, rock powders and imagination, stir in the vortex thumbnail of the cosmos, apply regularly and WHAM-no need for GMOs.

And you, my friend, are essential in this celebration of reclaiming and liberating the earth that is currently being regarded by many as a commodity instead of a community. This summer and fall do something. The mobilization is just beginning; we are living in a time when being apathetic is not an option. Get involved. Take the time to gather, dance, pray, sing, garden, laugh, and let your tears fall upon the soil. Envision a culture rich, not with money, but with relations.

Answers are found when we sit still in the council of redwoods or in a field of sacred corn. Feel the mud thru your toes and find a patch of earth to connect with every day. As the media and our culture spin a false picture of history and our future, reclaim your sovereignty. Stand up for your truth and what you believe in. Come out in whatever way you feel to reclaim the possibilities of tomorrow. It is 2004, an election year, we have the power to choose if we want another four years of this current pattern we are in. If you are wavering, check out the flick Fahrenheit 9/11. Remember that we are all connected: to each other and all that moves and breathes upon the earth. The fruit is ripe, go on and juice it!
Tai Chi Eyes

Now I bet you're wondering what kind of crazy lil incantations we have for ya this time around. The essence of this message is that we each have the keys we need to be amazing, whole and in balance. We just forget wisdom resides in self, and since true self resides in collective wealth, once we tap and fan this flame we gain the innate passion to spark others. This deeply lit fortune often has me up with the day's first chrip, all juiced on life and rocking the ripples mic to share this spark and word-smith life's hurt into art. That's me here to provide u with a few tools to revive the real inside u. But first, take a big swig of this:

A firm believer in the virtue of repetition, I recently imbibed in an extra dose of Martin Luther King Jr's fiery words about waking to the "fierce urgency of now" and the "vigor of positive action". I thought, "Damn that was before I was even born and things have gotten exponentially more insane. How do we sustain this endless need for vigorous and positive action? How do we weave it into our cultural story, make it our work, our enrichment, our 'piece of the pie'"

Since you can't just google up such grandiose queries, a favored focus of mine is to use tai chi eyes to utilize the bottomless wisdom we carry inside. When connecting a strong, positive intent with any kind of sensitization, movement you can manifest powerful emotions to tap your larger visions. As we cultivate this intent-filled emotional state while stretching our imagination, we create the space to transform our beliefs. Now that's big as hell, because beliefs shape values and life experience.

Tai Chi and similar rituals and exercises are potent aids in creating a sacred place for nurturing the far reaches of imagination and our boundless emotional splendor. Here we gain access to our inner wisdom and can affirm that we are amazing, whole and in balance; that care of self IS care of people and planet. And this ain't no airy-fairy hoo-ha. This is about straight-up cultivation of the light, guidance and grit needed to step into the Main, intent on life; to feel universes align and paradigms collide standing strong in the true u; not the consumer lied to, but the voice who replies to what's to keep and what's to cast off as we blast the mask off that which clouds our inner knowledge.

While I step outside and breathe clean breaths, brown-skinned Iraqi kids living above the black gold fueling our lives step into the hot sun and breathe in the radioactive dust of depleted uranium munitions muting their cells and scarring our collective soul. Young American soldiers return home after their bombs drop, no awareness or thought of war's hidden costs as their sperm and other cells suffer from this latent fuse igniting long-term truths mutating America's unborn youth.

At the same time guilt, anger and apathy are no place to reside. The immense planetary suffering caused by humanity's collective disconnection needs to drastically change and we are that change. But to be this requires the vision and personal richness to reinvent ourselves. Each day with each act focus, commit and lunge forward with your heart.

And when you do find yourself reeding into complacency, consumed with anger or spontaneously combusting into heart-soaked tears, breathe deep and release anything which limits your ability to create insane amounts of beauty with every thing you do. Thru seeking to understand and alleviate hurt we access galaxies of pent-up goodness ready to saturate those willing to know that like emotions, imaginings and beliefs attract each other. In a world that too often appears to be coming apart at the seams, these exercises are about soaking in the wisdom of self-care to feed and inform all we put out and take in. So RELEASE inhibitions of emotion and mind and ready yourself to elope with the dreamer inside.

Before embarking on this t'ai chi goodness, get still, open your senses and if available find a lovely outdoors spot to sit.

1. Begin by sitting upright with shoulders relaxed. Now using the palm of one hand, rub a mad amount of magic, wisdom and intent into your opposite index finger. Then switch.
2. Close your eyes, open your mind and know that with each conscious act your insides come alive as you affirm the wisdom, compassion and courage you are built upon.
3. Slowly lift your super-charged fingers to your eyes, feeling a lightness in arms as if they are floating up while shoulders relax down.

4. As knuckles caress your eyelids, make rhythmic circles and like a rake in a Zen sand garden, smooth your ruffled emotions and mind, feeling the world melt away.
5. After a moment, slowly finish your circles allowing your hands to drop down as though moving thru honey and creating a rise up your spine.
6. Quietly let the air, sound and life's underlying stillness wash thru you.
7. Begin to feel sparks of excitement and internal pressure build as life's majesty floods thru your pores, like a thousand smiles squeezing into a hundred smile container.
8. As you open your eyes, feel colors and textures flood in, fed, captivated and in love.
9. And every so often when immersed in this state of sauciness, you may catch a glimpse into the feel of forever. Yep, that's you, a lil more amazing, whole and in balance every time you feed this belief by stretching your imagination and patterning in this intent-filled emotional space.
daily acts

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

Powered by Boundless Hope, daily acts is committed to reclaiming the richness of all life by providing the inspiration, tools and opportunities, which empower people to live full lives by embracing and recreating the impact of our individual and collective daily actions as they ripple out into the world.

ripples journal

- 2004 "Best Earth & People Friendly Read" - North Bay Bohemian.
- 2003 "Best of the Small Press" Yearbook Selection.
- We've published 8 issues, putting out 21,000 copies of ripples goodness.
- Writing and art from ripples has appeared in Natural Home Magazine, Adbusters, Utne, The Permaculture Activist, Harbinger, and much local and internet media.

Sustainability Tours

- Upcoming Tours thru November!!!! Go to www.daily-acts.org.
- We've toured over 275 people through 30 amazing site visits, powered 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.

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.

HOG: Holders of the Groove

Recently I was chezhipping some nice farm-fresh kale when the 12th century voice of Dogen Zenji whispered to my ear: "Build great temples from ordinary greens." Which pretty much covers what ripples and the groove holders of daily acts are here for: to ever remind, reaffirm and spill it into the universe our individual and collective need to build great temples from ordinary greens and build great dreams from ordinary scenes. At their heart, ripples and daily acts hope to aid each of us in pulling out of ourselves what we wish to speak and be thru all hours. To do this we're growing, changing and further unfolding ourselves. Recently the decision was made to publish ripples twice a year for the time being to invest that ripple energy into the vital work of growing and funding our efforts. Below is a taste of what's been going on with a dash of the secret sauce that helps us serve up ever larger doses of revolutionary delight.

At its best, daily acts is both mantra for our lives and moniker for the boundless organizational emanations of those we've invested their hearts, smarts and time into birthing this vision. All the letters, hugs, calls, volunteer time and donations are what nurtures our spark as we get set to reach even farther-flung places 'n hearts and burst the seams on any undersized dreams. After all, ripples isn't just a spunky and hopeful one or two person show. It's emblematic of a way of being; of affecting deep change thru growing more whole and expressing mad amounts of liv with grace and style, wrapped in smiles; of experiencing the powerful shifts that occur when we deepen our commitment to the richness of all life thru mindful and frisky daily acts.

While diversity is the unfolding of nature's evolutionary plan, its magic lies not in the quantity of species, but the quality of their relationships. Holding the groove is about rediscovering our common unity with life's larger community. Even with the majesty of nature's rhythms on our side, our efforts get divided and it's difficult to keep a conscious beat in the face of a human culture so out of whack. But together, we gain the support to grow and community whole, holding the space to sustain a greater depth and diversity of efforts. Together we become a powerful magnet for more of the same.

And for the secret sauce:

creativity and hope in our heart space are like gravity and slope in life's landscape. In a watershed there are points of concentration where vital energy and resources accumulate, enhancing the land's capacity to sustain a greater number and diversity of plants and critters. As these communities use, store and generate more energy, they further increase life's richness and ability to flourish.

Here at daily acts the creativity and hope, which began with ripples, has held the space for an amazing core of this organization to concentrate, grow and flourish. The do-gooders who regularly give themselves to these efforts go by the name HOG - Holders of the Groove. While it's often my rapper on page and stage, this splash of praise is for the folks behind the scenes on Sustainability Tours, at events and elsewhere. It is such a blessed gift to work and dream with such people. So as you pursue the following send a thankful thought-blip to the HOG peeps and one to yourself as well because you are a HUGE part of this. Each time your insides say YES in resonance, with an extra smile or mindful act, we all grow stronger by our collective accumulation of creativity and hope. So wiggle those hips and give yourself a pat on the back or grab
on the ass as u breathe deep and release that which inhibits your flow. Why not respond to the heaviness of hurt's gravitational pull with the equal and opposite levity of creation and beauty?

Some of what our hard-working HOG peeps have been up to:
- We've spoken, taught, toured, tabled at and hosted a dozen events since late February, dishing up the inspiration and tools for thousands of folks to empower and enrich their actions and communities.
- Started E-Treats, our monthly email dose of boundless hope — Sign up!!! Send your request to info@daily-acts.org.
- We've begun developing partnerships and programs with companies and organizations like Earthenotes, Indigenous Designs, New Belgium Brewing Company, New College of California, Sonoma State University, Green Block and Adopt An Activist to share and develop more sustainable solutions for our lives.

Upcoming:
- Become-a-ripper & Adopt-a-ripper programs.
- Tours, tabling and speaking events: see our website for the goods.
- Healing Our Planet, Healing Our Selves book release!!! Fall/Winter
  - This upcoming anthology will be chock-full of goodness featuring the likes of the Dalai Lama, Marianne Williamson, Deepak Chopra and your very own rippero-trathy heckman with a chapter on daily acts of revolutionary delight.
- 2005
  - Sustainability Tours go international!! Belize Jan/Feb 05
    - Slide show and details will be organized for September. This is an amazing tour not to be missed if you're up for some eco-luv travels.
  - ripples book release Spring/Summer 05!!!!
  - And much more, check our website and sign up for E-Treats to stay in the loop.

Ways to plug in:
- Become a Member!!! (see back page for form)
- Volunteer: Contact Loi@daily-acts.org.
- Bring a friend on a Sustainability Tour to learn, commune and be inspired.
- Become-a-ripper & Adopt-a-ripper (pg.19)

Julie sharing the love with the young tikes: Lawren Earth Day

"True wealth is not measured in money, status or power.
It is measured in the legacy we leave behind for those we love and those we inspire"

-Cesar Chavez

But jeez, what about some of my daily acts?

Well try a few of these goodies on for size
1. Start a good living file. Fill it with potent images, quotes, articles, resources and recently acquired sources of delight.
2. Use your breath, senses and each movement to uncover actions of the elevating kind: Revitalize life.
3. Have a letter writing party w/ organic tea and crumpets or wine and cheese.
4. Organize friends and families around discussions, book and article readings.
5. Start a guest speaker series.
6. Just add luster to what comes your way.
7. web sites:
   - www.atrix.com
   - www.betterworldtravel.com
   - http://www.whitehouseforsale.org/
8. Books for yer brain, belly and soul:
   - Hidden Nature, Alick Bartholomew (V. Schauberger — amazing insights)
   - The Millionaire Course, Marc Allen (manifesting your dreams!!!)
   - Getting Things Done, David Allen (getting better organized to rock SERIOUS goodness)
   - A Movement of Movements, Tom Mertes (global uprisings and solutions)
1 New Day, Week and Year - same 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 cubic feet of landfill space, 230,000 pounds of pollution avoided.
- gewd karma and luvin the earth every time u tap that tusky

2 Write, Record & Seek to Share
Step into the sunshine and use your tools of personal and planetary liberation.
Acquire new ones and know the joy of rippling at ever-greater scale.

3 Sustainability Tours are here & rocking!
Learn, laugh, share!! We have amazing tours each month. Check our website or
write us about receiving one of our fancy-pants brochures. Don't miss these!!!

4 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.

5 Eat well
Buy seasonal, local and small scale. Get to know the people who grow your food — grow some of your own. And of course BECOME THE MEDIA and let others know about the goods on local, organic and all the rest.

6 Buy Fair Trade
Help people and planet with food, clothing and other products that are equitable for all. REALizations!!
www.indigenousdesigns.com; www.nosweatapparel.com; www.coopamerica.org;
www.sweat-shops.org; www.responsibleshopper.org; www.globalexchange.org;

7 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.

8 Use a green company
www.earth-tones, 888-327-8486 uses 100% of its profits to support environmental groups, including us (see pg.13). Internet, Long Distance & Mobile Phones — all while luvin mama tierra and your friendly neighborhood ripples.

"I see how it works: people get wrapped up in their daily schedules, as though they were clothes.
At night, they take them off, sleep,
get up and put them back on the next day.
And that's how very little that's novel and enterprising,
and full of initiative gets done.
People are simply too busy
wearing their own personalized daily clothes
to go shopping for a new vest or a different cloak."
-Karen Eberhardt

9 Read
To become the media, we need to take in REAL and good news and information. Utne Reader; The Nation; Adbusters; Mother Jones; The Permaculture Activist

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 re-compose it in a way that works for you or print and 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.

11 Become-a-rippler, Adopt-a-rippler
Send us an email or note to begin receiving tasty packets of ripples for widespread dispersal of luv 'n sustenance. Support one of our existing or future rippers by paying for our shipping cost, $50, $20, $2.36... It all helps, for as li'l as $2 we can get a stack of ripples in someone's hand and work some serious magic.

"Gee, great, yor fantastic. Gawdamitey, I love your little world-changer! Thank you, for doing this good thing and sending all those copies"
— Karen, Adopted-rippler extraordinaire

12 Sign up for daily acts E-Treat
info@daily-acts.org

So where can I get one of those world saving shirts
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 (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.

Clothing Facts

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<th>% Daily Values</th>
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Wear, share and enjoy!

tedesigns.com ©2004
word from our peeps: from 8 to 87 ripplers rocking the mic

Guys and Gals.....I'm 88 & was abt. to "turn the world back to God", as my friends beseech me so often. But...picked up a copy of Rippled by accident.....and discovered that evolution is still attainable......

will e-mail you abt. the Youth program we're birthing down here.

NOV OVER. HISTOR... Ready to Ripple?

Mary P.

Just a note from paradise

Just wanted to drop a line to say that I love the first daily acts e-treat and just really enjoy seeing you weave your maverick web of fun and luv and eco-groovy inspiration :) 

Cheerios
Deb

Hi Daily Acts Folks,
This is a fan letter about the tour that Marty ran last Tuesday for the Ecology Action Home School group. The kids loved learning about Permaculture and planning their sacred sites as well as making twine. Marty was excellent and paced the children- 6th thru 8th graders- just right. Bravo for having such able folks aboard.

Love to you all, Jo-Ellen DeNicola

...we get movin so fast sometimes that we forget how truly blessed we are...You and daily acts are providing me the opportunity to be the better me I always knew I was!!! BIG BIG BIG LUV

xoxo Julie - Tabling Guru Mama

I am so glad to be a part of daily acts and think that everything we are doing is amazing!!! I feel really lucky to be able to be part of something so much bigger than myself and to be surrounded by such a great group of eclectic, crazy and brilliant people. -Mrs. Maloo Munis

Oh yeaaahhh I picked up ripples as soon as it came out and it's once again a wonderful rag. Thank you again for daily acts... Early on you inspired me to write a prose poem which I sent to the Russian river times, it got published a couple issues back. -momo

I adore the new RIPPLES...so poignant, refreshing and inspiring! -Wildflower

I LOVE Daily Acts...and practice them often. I call it "raising holy sparks"

-Cynthia Smith

thanks

I tell ya..... Each day us ripplers grow more and more thankful because the creative, hopeful and centripetal, inward spiraling forces of the universe are surely acting on our behalf. In putting together this issue, I again marvel at how supported we are, how strong our networks are growing and what we are on the verge of as more folks focus in on this vision. Again and again your letters and support prove that there are many of us who feel and think this way and we are affecting serious change with these efforts and this enriching approach. So much more luv is going into this work and will soon show itself in all sorts of ways. To give you a taste, almost 700 mostly volunteer hours went into daily acts in May alone!!! So again, here's a big thanks to the HOG ers below

Marty Falkenstien - Sustainability Tour Director
Julie Young - Tabling Guru Mama
Tara Timberman - Rippled Distribution and plenty more
Lori Medvin - Rippler galore & Volunteer Coordinator
Gavio - Rippler, organizational-facilitating groove holder, styli art man
Kendra Markle - Webbie delight, bringing it to the net!
Melissa Munis - Rabble-rousing utility player
Sarah Wright - Membership, organizer, bestower of wise words
Mike Heaviside - Techie Wonderkind
biz - Rippled layout kingpin & graphics wiz snizzle
traethen heckman - Chief Executive rippler, all purpose utility player
Some of our other rippling, tabling, plotting peeps: Benjamin Fahnre, Jason Berkman, Jeannine Harnd, Mrs. Lily Mudge and her sidekick "Peaches"

Fact and filler Thanks to all the great writers and idea peoples who continue to coddle, nurture and grow these lil ripples into a diversely rich multicultural paradise. Yea, that's us, tocs in the sand, sustenance on ice.

Oops - none that we know of this time, but some wise words from Ms. Wildflower:

"Types are part of reality of the written world. We cannot get rid of them completely. They're the little snails in the garden of words keeping us attentive."

"Thank you for making a huge difference in our lives last Friday. The Lawton Earth Day Fair was a huge success! You made a lasting impact, believe me. Thank you for your caring and generosity in teaching the children and everyone else, too."

Merci! - Debra
become a community member!

Why you ask?
- Because while we're overworked and unpaid and we are rocking SERIOUS change.
- We have the vision and skills, but need your love, 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 luxuriously abundant & acclaimed seasonal journal of revolutionary delight.
- Connections 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 ripple goodness
- $35 Woohaaa, u rock
- $20 More love than cash? Every bit as sustaining
- Other ( )
- No Cash? Wanna Help?

Name
Address

State Zip Phone Email

In senses quenched by the season's ascent we do reside xoxo trathen

Drop us a note why don't ya:
daily acts
p.o. box 826
Monte Rio, CA 95462
trathen.heckman@daily-acts.org
www.daily-acts.org