

# ripples

*a revolutionary journal of seasonal delight*

Inside u will find:  
**A Cosmic Stew**  
**Feisty Brilliance**  
**The Greased Pig**  
**of Happiness**

\$ priceless

daily acts

**VOL 10 • FALL 05** *reclaiming the richness of all life through each of our daily acts*

## Ewww, it's chilly... snuggle up!

As the days grow short and we descend thru fall, the rhythms of life do respond. Less production. Less output. More rest and drawing in. We slow to take stock and prepare for the coming winter, to give thanks and rekindle our relations.

Thanks are on my mind a lot these days. Living in a lather of appreciation brings flow and fertility to all we do. It gifts a mindful awareness that's at the heart of healthy relations. So I'd like to give thanks to you. Whether you're an emerging leader, longtime luminary or a frisky greenhorn with the newborn glimmer of life-luvin' antics in your eyes and acts, you all are the ones that bring us ripples to a rich, purposeful order. You keep us searching to find and provide some guidance, rations and a heartraft for those trapped but ready to adapt to the rapid change on humanity's horizon.

As more of us find, share and boldly embody the emerging hopeful stories, together we feed this communal stew of feisty brilliance. This is how we take stock and prepare for the coming world. We remember to lovingly appreciate and polish what we got, and further step to a life of luminous revelry. And when the gloom of peak oil, peak water and peak institutional stupidity weighs you down, your people stew is there to remind you to keep ripplin' vividly in rhythmic validity with nourishing, audacious acts. Ours is a blessed time to be alive. It's a gift to collectively codify spirit, body and mind into a living, breathing message of no less than the best cultural expression we wish to carry forward as we get shat thru the evolutionary sphincter that is fast approaching.

In a world crumbling and coming apart at the seams, I don't know that the answer we're after comes from working harder and faster to counter the rapidly amassing harder and faster of a maxed-out society making bad decisions at break-neck speed. I think we all just need to breathe and chill the hell out.

Baby, I can't help but believe what you most need is a few more words sown to soothe with the nutrient-rich verbal comfort food to renew your groove. So *ripples* is back to boogie it up with another potent source of support, here to feed the force of your conscious unfolding. While fear and sadness are quick to occupy our mind's eye, we must remember that vision isn't seeing things as they are. It's being so damn entranced with the world being born that together our acts tango, dancing with grace on the discarded shards of this dying age. Together we'll drink deeply, give thanks and feed 'n' renew this life one day, one page at time.

xoxo  
trathen

"I think we all just need to  
breathe and chill the hell out."

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NEW LEAF PAPER ENVIRONMENTAL BENEFITS STATEMENT				
trees	water	energy	solid waste	greenhouse gases
4 fully grown	677 gallons	2 million BTUs	178 pounds	263 pounds

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RIPPLES JOURNAL STATEMENT OF UNINHIBITED GOODNESS				
design	thanks	rhythm	whole	neighbor
8	8	6	13	13

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

Above figures represent number of times each word was used in this issue of *ripples* journal© Visit us in cyberspace at [www.daily-acts.org](http://www.daily-acts.org)

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[www.daily-acts.org](http://www.daily-acts.org)

End of the Road, Brian Earle's Place, Petaluma, CA

# The Greased Pig of Happiness

by gavio

Again and again, we get victimized by the socialization drill: "What's yer name... What d'you do?"

It torments all of us, New Agers and CEOs, Hippies and Yuppies, businessmen and artists. All except the most dedicated fringe-dwellers are susceptible. We've been conditioned to think some combination of tendencies or talents leads us to our "Work." And our work leads us to identify with some "Job" or to have some words slathered across a uniformly-sized piece of paper announce as "My Business Card." There. Now I'm labeled, categorized, and packaged for easy consumption. A Snickers bar on two feet.

Damn! Now what am I gonna do when I'm not working? Guess that's when I'll pursue happiness - like it's some greased pig, all asqueal, hell bent on slippin' through the frustrated fingers of my psyche. And when happiness is pursued this way, as is our Constitutional Right, what does it become? Really it ends up being another

categorized, identified tennis-shoe-hipod-chocolate-cake thing.

Usually we mix it up with certain emotional states. When we feel joy, for example, we may say we "are happy." When falling in "Love" we say "Ahhhh, here's happiness such as I have never found before!" And to keep the chase alive, we consume and spend and use ever-bigger piles of stuff. Inevitably, though, our world changes - fired, dumped, widowed, burglarized or jacked over and happiness slips away again on the grim wings of grief.

No wonder we can't take in all the harshness in the world...no wonder we are drained of the ability to take responsibility for our actions, or we fear losing our job or our lover. If every occurrence of sadness or sorrow, anger, frustration or outrage threatens this slippery grip on

happiness, how could you go face to face with the realities of such a herky-jerky, everything-being-remodeled-at-once world?

All this takes a most wondrous turn, though, when you find your happiness in who you are instead of what you do. You start feeding your insides on the how and the why of your who, while the seemingly endless quest for the whats ever-so-gently falls away. Satisfaction in the roles you play during all your doings wells up and you internally fortify yourself for the times ahead. Fearlessly you stare into the gruesome eyes of the Oil Wars. You can give yourself fully to the tears of frustration and outrage that rack your sobbing body, staying strong in the knowing that your internal happiness waits patiently like a friendly pooch on the porch of your soul.

When I remember to stay thus stoked, the deaths, the destruction, the devastation, destabilization and devolution all become manageable because the authentic emotions accompanying such no longer terrorize my sense of well being.

I am still my full self, whole and steadfast. I stand ready to suck up the full value of my true role in life, digging into a deeper and more abiding sense of creative happiness - a little thrill that jolts me every time I do pretty much anything.

It's time to bust out of the old doctor-dentist-fireman-policemen method of self-identification and time to understand that our role in life is about the fullness of what we bring to every situation. This kind of role isn't dependent on the fabric of our culture remaining woven the way it is. What we're looking at here are roles that we will be playing even as

crazy upheavals and unpredictable evolutions rock the planet. You start to realize that you are still an expression of Life and Living. As the end of the Corpo-Petroleac Empire bears down on us like some hormone-crazed bull, you realize that you will still be you, carrying your gifts, your talents and your role with you into whatever evolves next. You realize you can grab the bull's horns and vault over it with the powers of a reincarnated god - you might land with a thud and you might even bust a foot, but you won't face a gory death on the deadly points.

This solidity is contagious, too, 'cuz the peeps around us are grown wholer by the pervasive soul-smiles we bring. Making room for everyone else's. Your presence encourages all of us to laugh like kids as we discover what we are as we finally grow up. Compassion Builder. Professional Guest. Evolutionary Space Holder. Planetary Jester. Passion Propogator.

Who are you, really?

The answer to that is the key to the Magic Kingdom 'cuz the way forward isn't padded by a red carpet rolled out by rampant teams of experts flown in from faraway lands. While we need to learn all we can from all available sources, the real movement is about us, you and me. We are the ones we have been waiting for - nobody else is coming to the party.

Looks like we'll be traveling together over some precarious terrain. How 'bout we get to know each other?

*Gavio is a visionary designer, artist and weaver of inspiration. He is available for holistic interior design and feng shui consultations in person and by correspondence as well as speaking engagements, classes & writings.*



the daily press. We need careful, contemplative artists like Kentridge, generous sciences, empathetic storytellers—artists capable of keeping in mind the sage advice of Philo of Alexandria: "Be kind, for everyone you meet is fighting a great battle."

"William Kentridge," through Sept. 16 at the New Museum of Contemporary Art, 583 Broadway (betw. Houston & Prince Sts.), 219-1222.

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USA posted in p61gr

The way you get something accomplished in this world is to just keep planting. Just keep working, keep plugging away one day at a time, no matter who criticizes you, how long it takes, or how many times you fall. Get back up. And just keep planting.

# JUST KEEP PLANTING

by Adam Khan

When Paul was a boy in Utah, he lived near an old copper smelter, and the sulfur dioxide pouring out of the refinery had made a desolate wasteland of what used to be a beautiful forest.

One day a young visitor looked at this wasteland and saw no animals, trees, bushes or birds...nothing but fourteen thousand acres of barren land that even smelled bad. He looked and said, "This place is crummy." Feeling insulted, little Paul knocked him down. But something happened inside him. Paul Rokich vowed that some day he would bring back the life to this land.

Years later Paul was in the area, and went to the smelter office. He asked if they had plans to bring the trees back. The answer was "No." He asked if they would let him try. Again, the answer was "No." They didn't want him on their land. He realized he needed more knowledge before anyone would listen to him, so he went to college to study botany.

At college he met a professor who was an expert in Utah's ecology. Unfortunately, this expert told Paul the wasteland he wanted to bring back was beyond hope. Even if he planted trees, and they grew, there weren't any birds or squirrels to spread the seeds, and ultimately it would take approximately twenty thousand years to revegetate that six-square-mile piece of earth. His teachers told him it would be a waste of his life. It couldn't be done.

So he went on with his life. He got a job got married, and had kids. But his dream would not die. He kept studying, and thinking about it. Then one night he took action. He did what he could with what he had. As Samuel Johnson wrote, "It is common to overlook what is near, by keeping the eye fixed on something remote. In the same manner, present opportunities are neglected and attainable good is slighted by minds busied in extensive ranges."

Paul stopped busying his mind and looked at what opportunities were right in front of him. Under the cover of dark, he snuck out with a backpack full of seedlings and started planting. For seven hours he planted. He did it again a week later.

Every week, he made his secret journey planting trees, shrubs and grass. But for fifteen years most of it died. When a whole valley of his fir seedlings burned to the ground because of a careless shepherd, Paul broke down and wept. Then he got up and kept planting.

Freezing winds, blistering heat, landslides, floods and fires destroyed his work time and time again. But he kept planting. Week after week, year after year he kept at it, against the authorities, trespassing laws, the wind, rain and heat...even against plain common sense. He kept planting. Very slowly, things began to take root. Then gophers appeared. Then rabbits. Then porcupines.

The copper smelter eventually gave him permission, and later actually hired Paul, providing him machinery and crews. Now the place is fourteen thousand acres of trees, grass and bushes, rich with elk and eagles, and Paul Rokich has received almost every environmental award Utah has.

He says, "I thought that if I got this started, when I was dead and gone people would come and see it. I never thought I'd live to see it myself!" It took him until his hair turned white, but he kept that impossible vow he made as a child.

Read more about Paul & The Bingham Canyon Copper Mine  
<<http://www.usu.edu/saf/h051900.htm>>



# Rise & Shine

by trathen

**M**ost days in mid-afternoon I just faaaaaade out. Like the patterns that connect us often do, my fade comes about the same time peoples and critters all across Gaia hit their slow spot. And while a mountain of work tugs for me to push on thru, today I listen to the rhythms of my innards and take ten to luxuriate in a wee sun nap. As I brush past a pot of lemon grass in a lushly dappled nook on the deck, I check the temp and just have to laugh in disbelief. Looking at this relaxed patch of black fur, I can barely believe how hard my cat chills out. I wonder how she ever winds herself back up. So I stretch out by her to get relit by the sun and with shirt-covered eyes let my weary word-filled mind melt down thru the boards.

About when I'm set to return to the laptop tractor beam, I rebel and heed a call from the garden to string up some peas, 'cuz even sugar snaps wanna be all they can be. I'm convinced this sort of meander is crucial to our individual and collective wellness. When we better tend our rhythms, slowing to connect with our neighbors and senses, to observe the weather and whatever our world presents us, we provide vital sustenance for the undernourished details that grow us whole.

Getting reacquainted with the rhythms of nature and the nature of our relations is central to redefining our sense of purpose and meaning. It's how we'll get past the toxic grasp of this frantic, fragmented culture, suicidally ignorant of its dependence on a healthy world. And I KNOW you know we can do this. We can lead our lives by minding our daily ebbs and flows, creating habits and practices which draw us into cadence

with life's pulse. So just like two of my wall side mantras remind, I will love so true and trust. I will trust in the worth of these words to properly serve as a cosmic harmonizer, gently massaging your disheartened parts and feeding your dreams.

A wonderfully crazed farmer recently reminded me that you grow soil not vegetables. Bob Canard frothed with vigor as he relayed how food grown from the heart in healthy soil overcomes deficiencies with such an etheric sweetness it accumulates the kind of completeness, which leaves you in the grip

of carrot dreams. He was adamant about not growing with the adversarial attitude of pests and problems to be addressed, and emphasized a need to produce a yield that nourishes soil and humans alike.

Our relations, homes, gardens, habits, jobs, purchases and beliefs are all the soil, each an interdependent community that when properly cared for has the ability to deeply nourish us. Summing the wisdom of life in a sentence Fritoj Capra says, "nature sustains life by creating and nurturing communities." What follows are the makings of a compass that helps me better tend what's vital. It guides by the concentrated force of ecological principles, good reference points and some handcrafted biodynamic habits guaranteed to reap cosmic order from chaos again and again.

Soundly principled practices like Permaculture<sup>1</sup> can inspire and direct us in adapting to our rapidly changing world. From outstripping the planet's carrying capacity and badly degrading the natural systems our existence hinges upon, we are quickly heading into an energy descent future where much less



of the resources we take for granted will be available to support us. With much of our lives fueled by a rapidly diminishing cheap energy supply and a serious lack of leadership or societal preparation, **it is absolutely up to us.** Please don't underestimate the change that is on the horizon. Put your oxygen mask on first. Get educated, get skilled, get emotionally prepared, get to know your neighbors.

We need to seek, share and become deep-hearted, clear thinking and resilient cultural reference points. Begin with peace and carry stillness into motion, fluid and flowing, while consciously honing the strength and clarity of your brilliance. Cuz each time you get that, you know to surround yourself with the inspired people, models and mantras, which draw you and others up to a more purposeful order. Once there, you can't help but go bigger and deeper with words and acts of such soulful style that you stun others into revelation of who they are when well fed. But for a seed to achieve completeness, it needs nourished soil able to fully support its growth. So we hold that sometimes sense of completeness, tuning our compass and lives to what's vital. We develop our ecoliteracy and fortify healthy social networks. We look to the horizon and nimbly adapt, building fertility by harnessing the undervalued resources and opportunities our world teems with.

Mark Cohen is a wonderful friend and mentor whose keen observations and insight often inspire me to look closer at life. Anytime we talk, he's tinkering with his home and garden design, ruminating on the cool weather flavor shift in leafy greens, a tasty batch of mead, beautifully cured buckets of olives gleaned from side street trees few others notice and the cosmic flavors of it all. Even thru a phone line I see the sprite-like sparkle in his eyes as he marinates on harvesting food and sun, fiddling over how to use all the juice in his new solar system. Mark has made a hobby of expertly knowing his details. With a strong emphasis on the importance of the home scale economy, he's always

observing, learning and refining his world. Beyond the resplendent benefits and security of producing food, energy and crafts, whether you're off the grid or in an apartment, it's the mindset that matters most. From daily issues to the coming confluence of our century-defining crises, learning to think critically, observe and trouble-shoot your situation are vital skills to develop anywhere. Whether we feel victimized by a problem or see it as a design challenge and opportunity is a matter of life-shaping importance.

Due to a recent move, this is the first *ripples* not born in the awe-inspiring redwoods and permafied<sup>2</sup> paradise that nurtured these pages and me along. Now instead of up a wooded watershed, I look at a 6 ft. fence out back and a stream of cars out front. It was sad and scary to leave a place I felt deeply connected to and empowered by, but what an opportunity to internalize those highs, find them in less obvious spaces and see what lushness can come. What an amazing chance to get past the renter mindset that plagues our planet. I doubt we'll live here long, but who gives a damncheese-doodle. When we leave, this place is gonna be so loved, the next renters will know the grip of our carrot dreams. And along the way? I'll build skills and relations, observe, garden with friends, grow food, medicine, habitat and wonder, save seeds and share cuttings.

Though it can seem a daunting extra set of details, there's a beauty in the simplicity and truth of working with the real measures of what your life costs and contributes. Last month we produced 5.5 lbs of trash, 50 lbs of recycling, used 116 kwh of electricity. We composted 12 buckets of food scraps, saved 5 gallons of nitrogen-rich liquid gold fertilizer (pee)<sup>3</sup> and redirected 102 gallons of greywater into the landscape instead of down the kitchen drain. The compost, pee and greywater fed some of the 120+ food, medicinal and habitat plants planted, transplanted and seeded in the last 7 months.

“...there's so much magic to be had in reclaiming that which has become common and covered by the red dust of life.”

Consider this: while letting the yellow mellow saves water, it still turns two fuel sources (pee and clean water) into a waste stream that requires more energy and infrastructure to be treated as an off-site problem instead of a valued resource. A billion people don't have clean drinking water. Our nation's food is grown with fertilizers whose nitrogen is made with imported natural gas transported by oil. Soon we will all feel the effects of farm costs, food and energy prices skyrocketing for this very reason.

Correct choices with how energy is applied are a survival imperative. From slime molds to complex ecosystems, nature knows no waste. Developing your design eyes is an essential, beautiful and empowering path. It's about taking stock and one act at a time learning to create and nurture like nature does. It's about learning to harness and apply our immense power, to cultivate what feeds us and compost what feeds on us.

As I write, worms are munching and pooping, closing the sacred loops in how our lunch scraps are renewed. Microbial-rich tea drips out the worm bin bottom, caught and ready to be diluted to nourish the soil. In the kitchen a pot collects wash water. Some day, I'll have a sweet automatic greywater system, but RIGHT NOW it's 50-some meditative trips a month to turn one more waste stream into a nutrient cycle feeding our lives.

Not to mention the opportunities that arise. I harvest leaves from the street, chips from locally downed trees and cardboard to build soil and recycled

concrete to build garden beds. My sweet neighbor Mariko and I peruse the property to plot rainwater catchment gardens. How about bees? Fruit trees? Unpave some sidewalk? Rain barrels? Nothing but opportunity.

Hell yes, it's a lot of details. But there's so much magic to be had in reclaiming that which has become common and covered by the red dust of life. These are the matter and energy flows that grow you from the ground up. Do they add to the fecundity of your world? Do they build your dreams and innermost capacities? Do they give true security and meaning?

Will all this even make a difference with the ecological changes we're setting off across the planet? Who knows but we're all gonna get composted anyways. Some day the whole of this lovely blue pebble will again be stardust and pixie dreams. Maybe this entire life trial is lil more than a flea flicking boogers into the vast black universe. But while we're here, why not create insane amounts of beauty, ease the suffering and hold space for others to do the same? Why not shine bright, starlight?

*trathen heckman is founding director of daily acts organization and ripples journal. He lives in the Petaluma River Watershed with his lovely wife Mary where he drinks tea, eats tai chi toast and religiously plants subversive seeds of conscious delight.*

<sup>1</sup>Permaculture — A design system for sustainable living and land use and much more!!!

<sup>2</sup>Permafied — The soothing transformation of a mind, garden, etc. with Permaculture practices

<sup>3</sup>Pee — [www.liquidgoldbook.com](http://www.liquidgoldbook.com)

# Local Living Eco-nomics

by Judy Wicks

The Local Living Economies Movement is about:

- Maximizing relationships, not maximizing profits.
- Growth of consciousness and creativity, not brands and market-share.
- Democracy and decentralized ownership, not concentrated wealth.
- A living return, not the highest return.
- A fair price, not the lowest price.
- Sharing, not hoarding.
- Life serving, not self-serving.
- Partnership, not domination.
- Cooperation, not cut-throat competition.
- Win-win exchange, not win-lose exploitation.
- Family farms, not factory farms.
- Bio-diversity, not monocrops.
- Cultural diversity, not monoculture.
- Creativity, not conformity.
- Slow food, not fast food.
- Our bucks, not Starbucks.
- Our mart, not Wal-Mart.
- Love of life, not love of money.

*Judy Wicks is the president of the White Dog Cafe in Philadelphia. She also co-founded and co-chairs the Business Alliance for Local Living Economies (BALLE), (www.livingeconomies.org) and the Sustainable Business Network.*



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# Quality of Life Index Rises for 5th Straight Year!

The QOL index, now globally recognized as the leading indicator of vitality, has risen for the 5th year in a row, reaching 45 last year, according to latest reports. This is unprecedented and indicative of the extent to which our species has aligned itself with the larger system of life on this planet.

The QOL Index has been used as a replacement for the variety of obsolete economic indicators that had been the standard throughout the dark industrial age. The QOL includes factors of biodiversity, health of particularly sensitive animal and plant species including humans, quality of air and water, and stability of topsoil as well as regional population densities of species relative to available resources.

Unlike former economic models, which created the simplistic expectation of unlimited growth of human activity, the sophisticated QOL index seeks balance and should ultimately stabilize at 100, a number forecasters are hopeful will be achieved in the next 50 years.

Researchers are documenting a new spoke

An enterprising *ripler* got a little ahead of us for a moment and brought back these souvenirs from our potential future - clippings from the "Post-Carbon Chronicle" dated 3rd day, 3rd moon, 27th sun. Hmmmmm.

**Wanted:** professional guests to provide support services for small community in coastal region. Our group is currently devoting its energy to a special cleanup project. We need food prep, cleanup, home and garden care and emotional support. You'll be provided with all resources you need.

**Available:** intuitive Homeopathist for land reclamation project after 5 years on a farm regeneration Project in the southwest. Ready for new opportunity. Gifts include deep compassion, humor, intense energy and fiery spirit. Special knack for topsoil healing. Please contact me at 234216790.

**Wanted:** builders for reclamation Project dismantling remains of suburb in inland region, and constructing small community for 500 residents. Skills needed include: creative recycling, physical labor, artful deconstruction & toxic remediation. All resources and support including food provided. Term of project approx. 3 years. 125691612 for info. Care Agents Sought for halfway house for former corporate CEOs. Gifts must include compassion, humor, sharp intelligence, and intuitive healing abilities as well as strong presence. You'll be fully supported for your work including housing and sustenance. Variable timing. 126475187

**Mushrooms available.** Large established colony of mushrooms skilled and well-practiced in toxic remediation. Specialists in former roadways and other asphalt. Available for relocation to new project. Please contact manager at 1222548715

A group of scientists gathered recently to discuss the latest round of growth in North America. These scientists included representatives from all three major branches of science - rational, intuitive and spiritual who journeyed from all parts of North America. The purpose of the gathering was to monitor progress in living systems restoration following the collapse of the Corporate Empire and the unwinding of hyper-industrialization. We interviewed one of the representatives of the intuitive Sciences, an artist who remarked that the progress that has been made in the last 15 years since we've come to recognize the equal value of intuitive and spiritual Sciences in an approach to problems has exceeded all expectations we could have set. We've made tremendous strides in reestablishing our community communication and communion with the earth herself.

We've seen the redevelopment of topsoil, cleanup of toxic residue and reinvigoration of earth's biodiversity on a scale we could not have imagined. On top of that, we're delighted to see the further increase in our effectiveness by returning full autonomy to every local ecosystem and watershed, allowing the particular needs of every situation to be addressed consciously. I am very grateful and humbled to have had the opportunity to attend this gathering. We don't make journeys like this very often anymore but this one has been worth the effort. Similar sentiments were expressed by most of the other attendees present including one spiritual scientist who expressed deep gratitude to see how vibrant a part of all life humans have become as we have....

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- trathen, daily acts

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"the world has never faced a problem like this. Without massive mitigation more than a decade before the fact, the problem will be pervasive and will not be temporary. Previous energy transitions were gradual and evolutionary. Oil peaking will be abrupt and revolutionary."

~The Department of Energy Hirsch Report

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## Why not

have a sustainable future? Why not have a rich, full life in a beautiful, safe and supportive environment? Why not have meaningful work that leaves time for a variety of activities? Why not have a rich social life with lots of fun? Why not make our cities into a collection of villages, decent places to live? Why not grow healthy food? Why not have gardens, parks and public spaces designed as gardens of eden? Why not have industrial plants that can recycle everything we use in our lives? Why not share with the people around you? Why not... In the end it is up to us. It is not enough to beat our breasts and cry, "what can I do?" It is totally clear what we can do. In the first place, we must put our own house in order. From this point we can extend our influence outward into the larger community – by our example, by our society, by our values – and transform the earth into a better place.

Do it!

~Ali Sharif, founder Permacultura Latina America

**get skilled:**  
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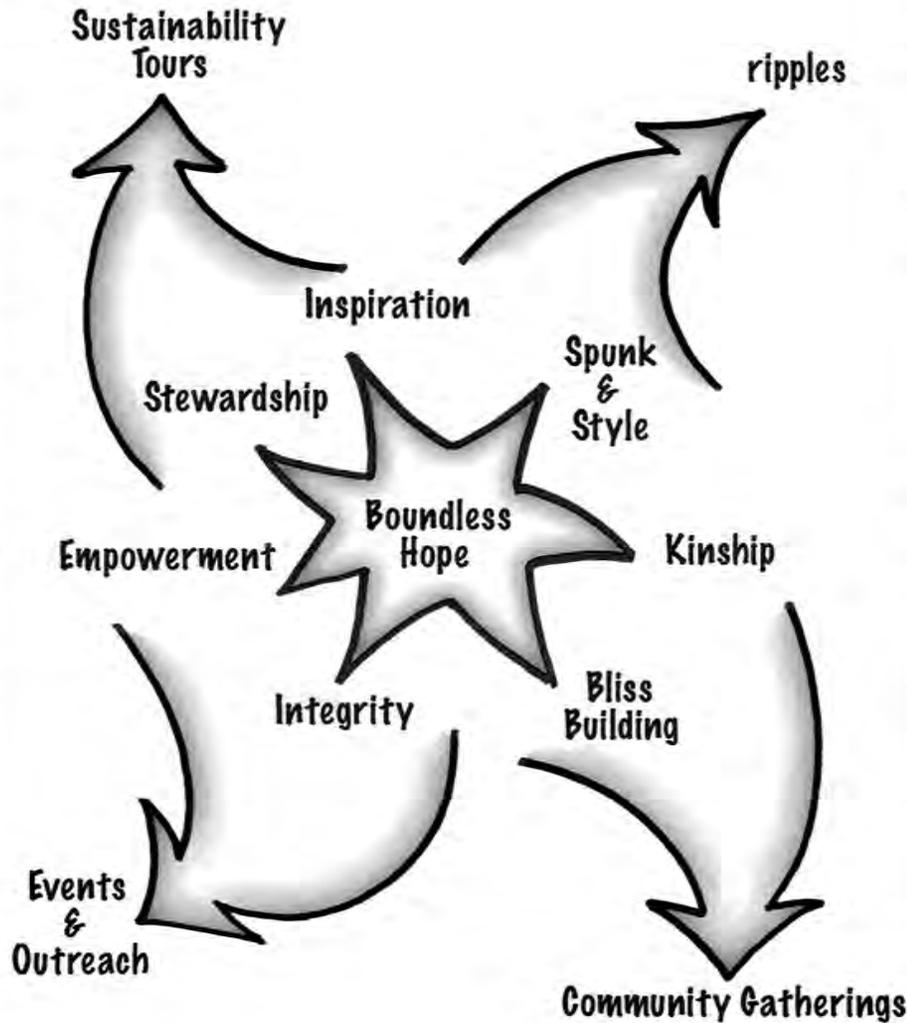
The Energy Curve of History

In the last 100 years, we've consumed 50% of the planet's primary fuel source.

*This curve lovingly borrowed with permission from "The Community Solution"  
- check 'em out at <http://www.communitysolution.org>*

Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well...but rather an ability to work for something because it is good.

-Vaclav Havel



Rooted in ecological principles, these core values shape the workings of *daily acts organization*. Together, they also form a splendid compass that guides us into the larger community. Always a touchstone we return to again and again to evaluate what's working and what's not, what to enhance and what to give away, this compass is a powerful tool for designing our world.

How do you wish to design your slice of life? What tools do you need? Do the actions and attitudes that shape your day build your dreams and innermost capacities?

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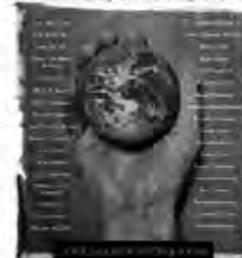
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415-663 9090

Never Underestimate the Power of Potlucks!

A couple of years ago we were having dinner with a neighbor and had the idea of making it a regular thing. So we started to meet every other Friday for potlucks at alternating locations. We began inviting other neighbors, keeping a paper list of attendees. I didn't call everyone, leaving folks to connect with neighbors about upcoming potlucks. At each gathering we chose the next location/host. The word spread and different neighbors would show up each time. We now have an email list but many still rely on word of mouth and as many as 40 people attend.

I noticed how happy everyone was and sometimes I would just sit back and bask in the joyous vibes! Different groups of neighbors became friends, walking dogs, gardening or car pooling together. When I suddenly went in the hospital for emergency brain surgery, I experienced the real power of these connections. Although I received immense support from the community at large, the organization of that support came from these local neighborhood connections.

I was amazed! There was daily pet care while I was in the Hospital and by the time I came home, a printed schedule of meals had been made and round the clock care organized. There were weekly scheduling meetings, a yahoo email list and a HUGE fundraiser...all organized by neighbors that sustained me throughout my entire recovery process! All this was based on friendships created primarily through the potlucks. You can imagine how wonderful it felt.

My dream is to have gatherings in EVERY neighborhood! It is a simple idea that is easy to start and maintain and can be done many different ways. I have lots of tips to help anyone that wants to consult with me on how to get started. Our potlucks are now almost 2 years old and have a life all their own. The main thing is to just begin and let it grow. Gotta Go...time to make a cobbler for the potluck tonight!

In Community  
Karin Lease  
[wyldflwr@comcast.net](mailto:wyldflwr@comcast.net)

get to know yer peeps:

[www.getoffyerassandmingle.community](http://www.getoffyerassandmingle.community)





*Discovering 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 and support 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

- 10 issues printed • 33,000 copies of ripple goodness
- 2004 "Best Earth & People Friendly Read" - North Bay Bohemian.
- 2003 "Best of the Small Press" Yearbook Selection.
- 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

- changing lives • inspiring projects • and hot damn they're fun!
- Hundreds of inspired folks, dozens of our finest ecological sites and social visionaries. Organic farms, green politicians, Permaculture gardens, natural buildings, alternatively fueled vehicles and way more!
- Don't miss em! Tours thru December • visit [www.daily-acts.org](http://www.daily-acts.org)

## events

- green gatherings • concerts • talks • workshops big and small
- We're connecting with peeps, tabling, inspiring, educating, painting hundreds of inspiration flags and rocking 24 foot long worm puppets thru thousand-fold crowds of mindful rabble-rousers.

## rippers

- United States • Canada • England • Belize and Beyond
- Loving street soldiers distributing packets of *ripples*. Wanna ripple some conscious might where YOU live? Contact [ashley@daily-acts.org](mailto:ashley@daily-acts.org)

## volunteers - Holders of the Groove

- 100 volunteers • 7,000 hours in 2004 • That is serious luvin'
- We also partnered with dozens of amazing visionary green institutions, businesses and organizations. Dive in and rock this crazy goodness - table, join, ripple, tour, organize, write, paint, laff, grow more lit and share your stories with us. Contact [volunteer@daily-acts.org](mailto:volunteer@daily-acts.org)

## membership

- Connect • Get inspired • Stay supported • Grow empowered
- This is where it's at! Sink yer toes into deeply supporting networks. Our best ability to keep putting all these goodies out in the world, affect greater change and inspire others to do the same. Grow our community and put our time, money and hearts in what feeds us the most and cares for life.
- Help us help you, us and life - join!

## wormla

- Our 24 foot long cultural composting worm puppet who transforms fear, greed, etc. into the rich fertile soil of inspiring acts, pooping out copies of *ripples* to the astonished gazes of delighted onlookers



*"I have continued to see daily acts innovate great programs, meaningfully touch the hearts of many and literally manifest the kind of transformation on a cultural level that is necessary for true sustainability to evolve... This group of people is unlike most that I know in an organizational capacity because they all embody a shared vision that empowers each individual to be fully present and equipped to participate in the direction and stewardship of the organization."*

- Kari Winn, Associate Producer of The Green Festivals

THANK YOU for helping make all of this come true and for continuing to support and evolve this organization!!!

# The Taste of Sanity

by Pride Wright

It's 7:00 am, and I'm sippin' coffee at Trident on a recent visit to Boulder. Trident is a venerable Pearl Street hangout for burned out revolutionaries and their college kid compadres. "Anarchy" (the conceptual variety, of course) wafts through the air like smoke from Turkish cigarettes. Weary and bitter, the burnouts used to seem so foreign to me, but recently they have come to be uncomfortably familiar.

Global climate change, peak oil, religious extremism (at home and abroad)—the magnitude of the problems we're confronted with is mind boggling. As an activist, to be less than consumed with addressing these issues seems naïve, maybe even reckless. But after fifteen years of publishing an alternative magazine and as a social and environmental activist, I've recently been wonderin' if a new era of simplicity and peace can be ushered in by hand wringing and frenetic activity. Is it likely that what's best for my spirit, partner, family, and community is not also what's best for humanity and the planet?

I've recently come to believe that as advocates of sustainable living, if our experience on this sphere isn't demonstrably better than that of the fear and scarcity crowd, we simply don't have anything to offer the world. Planetary sanity begins within. We don't need martyrs; we need a broad-based grassroots movement that is sustainable over time, and this can't happen if we're not actually enjoying the process. **Live close to the ground, meditate consistently, plant a garden, go for walks, travel, share meals. Cherish family and friends.** Do the optimum thing instead of everything. What needs to get done will get done as a byproduct of your inner experience. Peace and simplicity have never been attained through maximum effort, so loosen the grip a little bit.

I'm on my bike, crankin' up Moran Road alongside the creek, enjoying the flaming reds and yellows of the dogwoods and oaks, the waning afternoon light, the cool and increasingly dense air here in the Sierra foothills. I love the way nature powers down with flamboyance and style. This gradual season-long diminishing of energy is not only a joy to behold, it's a powerful metaphor. At night, the percussive washboard sound of the crickets slows measurably as the temperature drops. They say you can actually calculate the temperature by the cadence. Tonight, friends will gather for butternut squash soup, roasted garden fresh beets, parsnips, fennel, and rutabagas. Throw in a crisp apple and some lemon and thyme—wahoo! This is what autumn tastes like. This is what the earth tastes like. I catch myself feeling exceptionally grounded, connected, and whole—an energetic abundance that is my contribution at this moment to the Cosmic stew. In ways that remain beyond my understanding, a deep sense of wellbeing is not only beyond pleasurable, it's the beginning of planetary sanity.

*Pride Scott Wright is the publisher of the Harbinger Magazine as well as the Green Steps Journal, and is one of the best damn humans I've had the pleasure to come across and work with.*

“Do the optimum thing instead of everything.”

## Belize, Central America

### Permaculture Design Course



Dates: 6-19<sup>th</sup> February,  
2006

Place: Maya Mountain Research  
Farm

Instructors: Toby Hemenway,

Penny Livingston, and many guest speakers

Cost: \$1200, includes organic farm-fresh meals, all course materials and expeditions, a subscription to the *Permaculture Activist*, and comfortable accommodation on the farm.

For details and registration contact:

[info@mmrfbz.org](mailto:info@mmrfbz.org)

*Through lecture, discussion, small groups, site visits, and hands-on experience, participants will gain the tools to create sustainable ecologically based landscapes, homes, businesses & communities.*

Maya  
Mountain  
Research  
Farm



the artistry of sustainability brought to life - visionary design consultation  
feng shui that says yes! - organic design of spaces, places and processes  
interiors for inspired living - exclusive decorative finishes & natural pigments  
beauty in balance - writing, workshops, individual attention in person or by phone  
fine art - applied art - mindful creativity in support of growing you whole

“It's not what you get  
for your efforts but what  
you become by them”

-Anonymous

## Daily Actions - the real deal

**Y**ou've heard us say it a zillion times, but we're not done yet 'cuz right here is where the action's really hot. Your life just like everyone else's consists of a continuing stream of daily actions - the stuff you do that fills up the time zipping by like telephone poles outside the window of a runaway train. The pace is quickening and it's time to crank up the candle-power of the ripply brilliance you are. We're all on the train together and if we wanna keep riding, we're gonna learn to think different - together! So keep your arms and hands inside the coach at all times and let's ride on...

**Get Educated** - Start on the web, if you have access. Take a little time and google up whatever fires yer imagination. Don't know where to begin? Here's the big picture:

[www.alternet.org](http://www.alternet.org)  
[www.tompaine.com](http://www.tompaine.com)  
[www.democracynow.org](http://www.democracynow.org)  
[www.coopamerica.org](http://www.coopamerica.org)  
[www.globalexchange.org](http://www.globalexchange.org)

Already got the idea, but wanna get specific about what's next?

[www.solari.com](http://www.solari.com)  
[www.livingeconomies.org](http://www.livingeconomies.org)  
[www.willitseconomiclocalization.org](http://www.willitseconomiclocalization.org)

Get on Board with Peak Oil:

[www.energybulletin.net](http://www.energybulletin.net)  
[www.postcarbon.org](http://www.postcarbon.org)  
[www.postcarbon.org/eos](http://www.postcarbon.org/eos)

their part, it given the  
I'd put my money on people such  
as Savannah Rose Walters, age 12, of  
Odessa, Fla. After learning that Amer-  
icans waste 4 million gallons of oil  
every day by not properly inflating  
their tires, Savannah got such compa-  
nies as Sears and Goodyear to donate  
1,000 tire gauges and launched a local  
public-education campaign to get  
people to "Pump 'Em Up!"  
People are so hungry for global-  
warming solutions that Jerry's Fa-  
mous Deli in Studio City delivers  
your rye-bread in a hybrid. Or consid-  
er the renaissance in public transit in  
Denver, Salt Lake City

Tired of the internet, or no regular access? Check out these books and magazines:

*The Party's Over: Oil, War and the Fate of Industrial Societies*  
*The Permaculture Activist Magazine*  
*Hidden Nature: The Startling Insights of Viktor Schauberger* by David Belamy  
*Principles & Pathways Beyond Sustainability*, by David Holmgren (Permaculture  
Co-Originator)

*Gai'a's Garden: A Guide to home-scale Permaculture* by Toby Hemenway

**Get Skilled** - Fill up on what you need to actively make the new world  
your world. Check out classes from these fine folks:

Solar Living Institute - [www.solarliving.org](http://www.solarliving.org)  
The Permaculture Institute - [www.permacultureinstitute.com](http://www.permacultureinstitute.com)  
Occidental Arts and Ecology Center - [www.oaec.org](http://www.oaec.org)

Thus fired up, you can go back to ole' brutha google and find lots more.

**Get to Know Your Neighbors** - Now, leave the internet  
behind for a while, crawl out from the books and magazines, get out and shine  
your light in a personal way.

Have a potluck, as suggested by Karin Lease in this very issue of *ripples*, or take the  
gang into the kitchen and cook together. Sit down, pray, laff, eat, talk, cleanup and  
share. Kick it on back and watch the magic happen.

Host a film showing with a talk afterwards. Linger and converse, feel, share and  
grow closer. Try these films on for size:

The Future of Food  
The End of Suburbia  
Koyaanisqatsi

Browse around on [www.spiritofbaraka.com](http://www.spiritofbaraka.com)  
to find lots more ways to entertain,  
educate and stoke yer peeps all at the same  
time. That's serious stacking functions!

Celebrate Buy-nothing Day. On the  
day after Thanksgiving, traditionally the  
second biggest shopping day of the year,  
gather yer peeps at home for a dose of  
sanity instead. Chill, hike, relax, eat, hang,  
become present, help each other grow  
whole and share, share, share.

Wanna learn more?

[www.buynothingday.org](http://www.buynothingday.org)





## Word From Our Peeps:

You are food for the ripples' soul. Each *ripples*, when we're stretched in the final hours some inspiring email, letter or care package comes in from the tribe. This time, it's a soulful bundle of treats, dollars & kind words from veteran rippler Taylor Pattinson.

If you believe, laff or steam with anger, follow Taylor's example and plug in here. Send words, art, scraps of luv and pocket change or the big bucks if ya get em. We luv support of all sorts; submissions, feedback, distribution, MEMBERSHIPS, bring it.

"...Speaking of inspiration, now's a good chance to tell you how inspirational you and your writing has been to me. Thank you thank you from the tips of my toes to the plateau of my nose to the inside of my heart!" -Taylor

Maybe it would be a cool idea to have alternative professions--like your "actual job that you do now" AND your "sustainable community" job. Everyone could cultivate something that they enjoyed and was useful to the community and practice it on the side. For example, I have started to remake clothes for fun. A thrift store pullover becomes a cardigan with a linen collar gleaned from a skirt too worn to wear again. In a sustainable community, maybe we just exchange and remake clothes instead of buying new ones. We'll still want to look good!

Maybe some people have the same job in the sustainable community (like an organic farmer), but for others it may not be feasible or desirable. I like designing websites now but maybe later, my skills as a clothing re-maker will be more useful instead! (And even if they never are, it's fun! That's the key.)

There could be local events where people get together and find out who is doing what in the "sustainable community". Maybe we'd even use some of the "sustainable community" services if we wanted to. Then the pressure is off because we are growing this new "community reality" alongside the current one and we don't need to change it all right away. And it's not a lot of effort to do something we enjoy anyway, at home, when we feel like it, and share it with others occasionally.

-Karen Hess

Drop us a note why don't ya:

*daily acts organization*  
PO Box 293  
Petaluma, CA 94953

Before I met you daily act-ers I hung out with a rough crowd. How my life has changed! I quit smoking, started eating less meat and more veggies, learned yoga stuff, and how to say "shizznicky". Yer powerful peeps...yep, yep...you should come with a **warning label!**

## Thank You

The recent death of a friend put me in mind of the many people whose lives he touched simply through the expression of his uniqueness. A talented metal sculptor, he earned his rent making graceful metal hooks. What he'd really done, though, was to make a life from turning the scrappage and refuse of our society's excess into trinkets of functional beauty on which to hang the tools for living.

I have some of his hooks, which pack a lot more psychic punch for me these days, but of much greater value are the hooks he left in my soul, tugging me out to meet the flow of time with patience and peace, reminding me that this moment isn't about some "thing" to be done, it's about the doing of Life.

Although we didn't spend a lot of time together, the time we did spend was of a very particular quality and I find that even though my ongoing daily life doesn't change that much due to his absence, my daily life has been changed forever by his presence.

Here's to you, Brian, and the spirited wisdom you injected with the intensity of your fiery gaze into every one of your mindful daily actions and interactions. *Ripples* on legs, *daily acts* incarnate.

And here's to you, dear *ripples* reader, for all the ways you carry your spark into the world. I'm ever-so-grateful to have met you in these pages. Indeed, you are the magician who transforms these simple leaves of paper from just so many spent resources into trinkets of functional beauty on which we can hang a whole new world. And you do it with such style!

Special thanks ripple out to the legendary Michael Heaviside. True to his name, Heavi has been steadily holding down the weighty end of this crazy operation practically since day one, putting wisbits gleaned from the corpo-world of his past to productive use making the back end of *daily acts* run as slick as the front end looks - without such, we'd have long ago been blown away on the winds of futility.

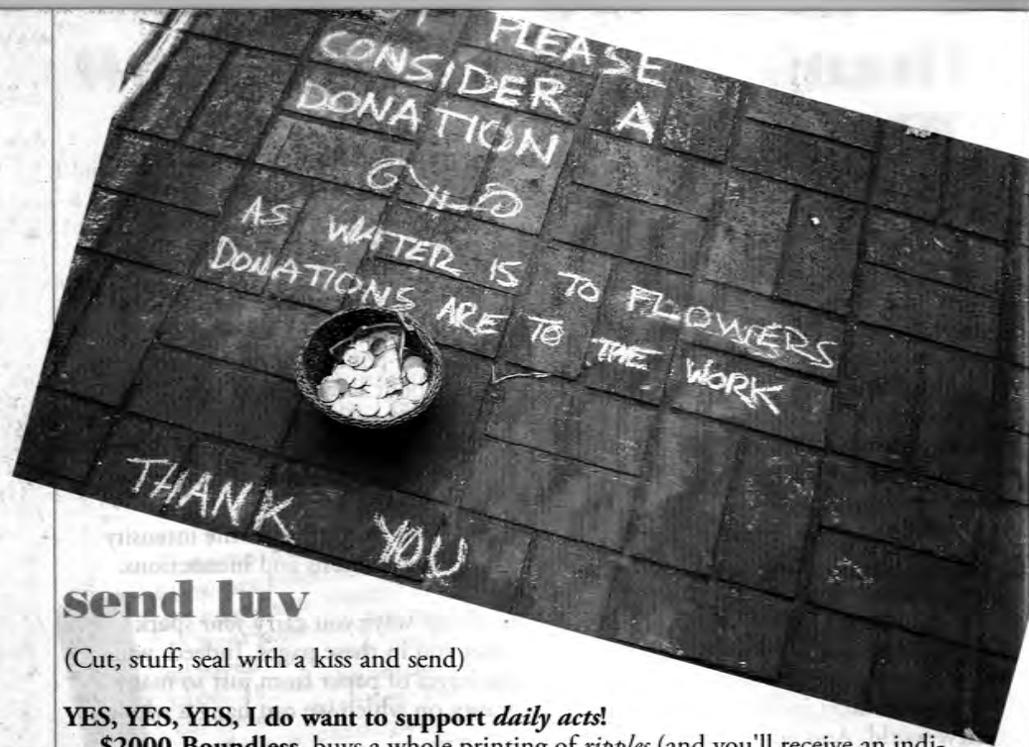
And more shoulder-clapping thanks to miss Stacey Meinzen, a more recent arrival in the DA inner sanctum, who's been huffing and puffing up a monsoon-like public relations storm leaving in its wake the exposure and sustenance it takes to grow us ever more effective. The front to Heavi's back.

And so it works in building a new world - peeps in front and peeps in back and peeps in all the spots betwixt - not locked in some ancient concept of job or title, but simply injecting the wholeness of who they are and what they know into whatever Life shows us next.

Speaking of next... we'll be back yet again just when the time is ripe... see ya then.

luv  
sav

Whistler, B.C.



## send luv

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

**YES, YES, YES, I do want to support *daily acts*!**

- \$2000-Boundless**, buys a whole printing of *ripples* (and you'll receive an individualized good living consultation, one Bliss Builder gift membership and all the goodies below)
- \$650-Stewardship**, funds one Tour (add four free 2006 Tour passes to the below)
- \$200-Mutha Luvva**, a whole lotta luv (add *Healing Our Planet, Healing Ourselves*)
- \$100 Bliss Builder**, opens the doors to many events (add a styli *daily acts* t-shirt)  
Women's  lg  med  sm Men's  xl  lg  med
- \$35 REALation**, build the foundation (add \$10 off ALL 2006 Tours)
- \$20 Ripples**, more luv than cash? Every bit as sustaining (enjoy e-treats and home delivery of *ripples*)
- Other**, Connect at the amount that matches your resources and help shape the movement placing people before profits by discovering greater richness in our daily acts.
- \$1 a day Sustainer**, join the growing number of people providing continuity for our core programs through monthly automatic payments. Sign up at [www.daily-acts.org](http://www.daily-acts.org)

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Petaluma, CA 94953

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[trathen@daily-acts.org](mailto:trathen@daily-acts.org)