All Aboard!!

That’s right, it’s time for another magic ripples ride. You ready to get 10000 damn high on the course and contents of your life in the context of this time that you can’t help but juggle the bootie? We’re talking passion and purpose so bold you can’t help but laugh, cringe and cry.

Of course it’s all the same but tasty story, just a new season’s hopes and glory. All of it here for you, to help what speaks to you stick to you, to see you thru the hurt of the world that weighs on you when living to be more than what you buy and do. By finding and shining your one core truth, we all grow too and you find there’s no you in you. Cuz seen from truth, we’re all just shimmering ripples on a sea of life in tune. But still, it all comes to the next thing you think and do and put your heart into. And since with our dreams the fears come too, these ripples are here for you.

The world is moving so quickly and with many barely hanging on, maybe it’s time to just let go, let flow and let your troubles alone. To just keep livin’ and laughin’ and polishing and crafting your conscious daily actions. To just keep turning the fear, lack and ego-crap that happens into the mantras and magic to see past life’s distractions and just let your peace happen.

It’s a revolutionary act to feel happy and sufficient in the face of such an overwhelming story of lack, one we experience and perpetuate each day when not on path. Whether trying to “save” life or just get by, can we get to healthy and whole from a story of “not enough”? In this rare and precious evolutionary moment of quickening personal and planetary crises, what this world most needs is for us each to feed our awakening inertia with every mindful eco-efficacious act we can muster. As we affirm the importance of this again and again while peering deeply into the state of our planet and our people, we grow moved to root into a daily commitment to live a life that matters deeply, ringed of purpose and value. As this resonance grows, we can perceptually stretch our hearts and aware impact around more, from enough, with a self and community-sufficient lushness that can kick lack’s ass to the curb. The compost can.

So in these pages we’ve got the season’s gleanings to ignite the composting of your food, garden and life scraps. We’re talking shapeshifting fungal delights, the lingering scent of sustainable time, a homegrown revolution of inspired right relation and soooo much more. All of these offerings to encourage, nourish and tempt you to temper your temple with ripples of richness and resiliency.

xoxox

tratten

“Inspiration is not garnered from litanies of what is flawed; it resides in humanity’s willingness to restore, redress, reform, recover, reimage, and reconsider. Healing the wounds of the Earth and its people does not require saintliness or a political party. It is not a liberal or conservative activity. It is a sacred act.”

-Paul Hawken

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www.daily-acts.org
Practical Peace
for a Cluttered Culture

by gavio

Pages and screens brim with groovy green gear you can buy to save the planet in high fashion as the eco-schwag promotions run amuck. Hybrids and CFLs are chump change against the bigger loot out there for the picking. One new favorite that’s sure to become a classic: “green weapons of mass destruction” — I kid you not! Fuel efficient fighter jets, lead-free bullets and landmines that compost themselves into poop are just the beginning for a world so intent on domination that the irony of building weapons that “do not do lasting harm” is lost. Or check out green fashion — petroleum polyester is now a green alternative to ever-so-thirsty cotton. How ’bout the greening of NASCAR? — yep, ‘cuz the permeable parking lot of new proposed racetracks is more environmentally benign than the shopping mall lot that is surely the only other outcome. There is even rainwater catchment on a proposed rocket racing spaceport in the desert. Talk about irony! Somebody PINCH me and tell me I dreamed it.

The very extinction of life is blister-packed and offered up for our shopping pleasure in the green sales orgy. But our downfall isn’t looming from global warming or petroleum depletion, as much as from a shortage of imagination and vision. We’re being from an unwillingness to consider that our societal lifestyle is nothing more than a passing fad in the grand scheme of evolution; that doing more doesn’t do better when you’re already overdoing; and that we can’t just shop our way into survival.

How can we be getting sold so easily? So proud we are of being natural selection’s flagship, the very pinnacle of evolution — look how far we’ve hitchhiked using those opposable thumbs! And our brains — oh my gosh the very universal marvel of complexity and sophistication and surely the envy of all other life forms cosmos-wide. It’s just not possible for us to be lost or confused or simply dumb, so what we’re doing must be good. Right? Right?

So we keep doing and doing and doing.

We’ve cluttered our culture with over-caffeinated doings not old enough to be traditions and not sane enough to be worthy innovations. They’re the desperate activity of a people working obsessively at nothing to fill the uncomfortable void before and not yet.

There must be some non-toxic solvent to clean this up — some Feng Shui cure for our societal soul.

Here’s one: Inspiration.

Inspiration is the guide who can lead you into right relation. But it needs some space ‘cuz its subtlety is easily lost in symptoms of culture-wide repetitive-motions syndrome; its quiet voice easily squelched by the neon roar of consumerism at full throttle.

I make space for inspiration by a subtle shift in to-do list management strategies. I have a Master To-Do list, the basic plan, applicable in every moment and always available. On it? Breathe and engage in what’s next. That’s it.

All the rest goes on a subordinate to-do list — all the details and activities screaming for attention. In truth, it’s never all done ‘cuz as soon as one item’s crossed off, another blinks on. Peace is found not at some mythical time when all the items are completed — peace is found by getting comfortable with the presence of this list. That Master To-Do list, though, can always be done over and over again in a dance of cultivating presence — breathe and engage in what’s next… then do it again.

Don’t know what’s next? Probably time to stop. Breathe. Await the inspiration. It will come. It may not be what you were expecting — these are the moments when magic is at its thickest, but frankly, a healthy dose of magic seems a good tonic for a confused species in a bustled relationship with an uncertain future. The formula: stop and await clarity.

When it comes, it wills up inside, fresh and pure as a virgin spring. Another breath and it lights up the inner recesses of my nook and the marketing images just fade away. The clamorous voices of fear and greed subside, yielding to the greater wisdom. Peace falls over the convoluted gray-matter landscape. What’s next varies from moment to moment — it might be going to work again, or maybe doing the dishes, or maybe just awaiting the NEXT inspiration — another breath. Sometimes really big decisions are made in the clarity — pack up, move out — and hit the road in search of a new home. Other times, it’s subtle — call a friend or empty the recycling. Over time, it becomes a navigational aid to sanity building, and ya get to thinking that if we focused more on it, we might just heal our relationship with Life.

The invitation is to drop the re-action and seek out the inspired action — beyond the sales pitches and the eco-apocalyptic death panic and the infuriating momentum of how we do it now. Put away your wallet and the idea that we are in hopeless crisis — imagine instead we are eyeball-deep in paradigm-bending opportunities that can’t be bought, sold or traded… They can only be engaged by showing up bright and shiny, solid with integrity, on purpose, and on fire.
There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep yourself open and aware to the urges that motivate you. Keep the channel open…

-Martha Graham

Shapeshifting Fungal Delights
by Susan Price

Ahhhh... fall is here, a curtain descending after the final act. Mornings take longer to warm up. The fireplace finds itself useful once more. Fruit ripens on the vine. We eat walnuts and persimmons, squash and tart apples, sharp cheese and spiced cider. The rain clouds gather. Mushroom season is upon us!

I got so excited this year knowing how our fungal allies will amaze us with their gallant shapeshifting and rapid propagation. Mushrooms have gotten a bad rap in the past and I'm delighted so many people now know the incredible benefits of mushrooms in our lives, our diets and our gardens. To lure you onto the fungal bandwagon, I offer this brief exploration into the mushroom kingdom.

Mushrooms provide incomparable health benefits, with most edible mushrooms offering protein, autoimmune enhancement, anti-aging, anti-fungal and anti-bacterial properties. Many edible mushrooms can be specified for treatment of cancer, arthritis, high cholesterol, diabetes, fibroids, fatigue and cell oxidation. Best of all, these medicinal mushrooms are just darned tasty! Ironically, the most common market mushrooms - Button, Crimini and Portabella - have almost none of this medicinal goodness!

Mushrooms' role in Nature is complex and beautiful. Mushrooms provide nutrients and water to plant communities through their vast network of mycelia permeating the forest floor. This same mycelial internet increases the water storage capacity of soil, aerates it and holds it in a fibrous web that prevents soil erosion. They're best known for their decomposing strategies, ensuring continuation of the birth, death, and rebirth cycles in Nature. Mushrooms are Nature's original disaster response team, protecting landscapes against famine and catastrophe.

Even more exciting is their ability to remediate environmental disasters. Paul Stamets has revealed several common mushroom species that digest hydrocarbons found in petroleum products, pesticides, synthetic fertilizers, PCBs and many other pollutants. Amazingly, Stamets has also discovered some mushroom species that will destroy biological and chemical warfare agents, like Sarin, Soman, and Agent Orange. Mushrooms are particularly effective at filtering coliform bacteria (e. coli and the like) and heavy metals. Imagine the potential for naturally repairing damage done to ecosystems worldwide.

So, how can YOU bring more mushrooms into your life?

Incorporating mushrooms into your diet is easily done. Many are gourmet additions to any meal. My favorite recipe for the exotic mushrooms appearing on supermarket shelves and farmers’ markets this fall is simply saute them in butter, garlic, salt and pepper. YUM!!! You can also get their medicinal effects by drinking mushroom teas or taking mushroom supplements. Your garden will love these fungal friends that can be added as compost, mycorrhizal supplements, bunker spawn, or wood logs. Save your gourmet mushroom butts for your garden! Mushroom spawn and compost are often available locally or the spawn can easily be mail-ordered. Consider mushrooms a natural, sustainable and tasty long-term solution for natural defense boosting or toxic remediation.

Many tribal societies considered mushrooms as equals or even gods. Mushrooms and humans share a common genetic ancestry, so it's all in the family. This fall, take a slow walk in the woods and absorb the gorgeous array of mushrooms busily creating a healthy environment and bringing fungal delight to our lives!
How does this sound to ya'll: a rich life that matters deeply through each breath, step and bite, each purchase, moment of grief and reclaimed belief? How about households and communities full of such lives, crafting a culture of celebration and resiliency in which every choice, every drop of water, every scrap of life and act of living is valued? With a small task with plenty of humility and gaps. But instead of lack, why not lavishly wrap life’s majesty thru each blessed broken ounce of our being? I say “our”, because there is no me, my or individual I on this ill world of water sancturing around our sun at some 67,000 miles an hour with a bunch of hominids who’ve forgot who they are. Our blood and bones, any pines tree and its cones and all things that flow and grow literally spiral as the milkyway.

What’s at the center of your SOULar system, the beliefs and practices that keep your acts in rhythm? The Peace Pilgrim spoke volumes when she said, “Find your highest light, schedule it, live it.” A sense of sufficiency comes from appreciating and tending our vital relations and living our truth the best we know how from one moment to the next. Key to this is staying clear on meeting true needs. Not to be confused with the ego greed of a fool’s dream, high or low on esteem and hungry for money, power, drama or distractions. Or even the partial peace of a well-kept unstrained bubble. True need for me being a life that’s healthy, just and reverent with enough clean food, air, water, shelter, love, peace and purpose. Peace and purpose being a centered service to waking and learning to live well in place.

Place being this selffamilyhomegarden-communityworkworld in this miraculous time. A fool’s dream being different than the requisite risking to seem a fool by facing your fears, and stretching the seams of comfort to fill your dreams.

What’s your true need? What are the practices and habits you have and need to stay clear and on path? To schedule your priorities, not prioritize your schedule? By tenaciously rooting out the limiting beliefs shaping a life less than it’s potential to be, you take back your power to shape reality the greatest you can vision it. Then day after day you orient your compass by sowing the beliefs, visions, mantras and whatever else arounds you and embodies your values. You find what shines your highest light and equips you to dismantle your demons. Once a core practice is established, other routines and reference points can be sown to keep you lit and on track.

George Bernard Shaw said, “Life is not about finding yourself. Life is about creating yourself.” What better way to create yourself than to consistently marinate in the voices, flavors and faces that light you up?

In my own familyhomegarden portion of living, well in place, Mary and I, our kittens, worms, bees and fifteen truckloads of plant companions recently moved to a new home. As we forage a new way forward on hands and knees nibbling front yard greens, a whole food forest in containers sure makes starting anew easier. Recycling moving boxes is ok, reusing better. But ohhh the joy of sheet mulching your way to onsite abundance by burying your lawn!

Peeking out the window, I have my own people, as curious passersby pause to ponder. The West coast’s #1 export is paper and cardboard, wasting emissions and energy to transport carbon across the sea. Why not keep it to bury our green grass artifacts of a wasteful past and replace them with multi-beneficial plants that reconnect the functional affioetion of our landscapes to all life’s relations? What about a front yard farmacy of food, fuel, fodder, fun, redundancy and fertile fertility? Even your kitty likes to get high on life. Why not provide catmint and catnip, next to a bed of chameleon flowers so you can both roll, snip and tap your bliss?

The beauty of getting to know your place, be it urban or rural, rent or own or whatever is that by tuning into true need, seasonal energies, local resources and overlooked opportunities, we rebuild our atomized relations and relational capacity. We can grow soil, food, medicine, skills, community and the biological wealth of our lives, gardens, porches... All that I learned and grew in the marginal conditions of our last place greatly benefits my understanding of our new abode - seasonal angle of the sun, cold spots, sun traps, where to plant deciduous fruit trees to passively cool our house, waste streams to be reclaimed.

Just after moving in, a Hosui asian pear tree welcomed us with 250 lbs of fruit. At $3.00/lb to $3 each, this and other fruit are a scrumptious dividend. But are you too busy to deal with seasonal abundance and so you let it go waste? The gift and challenge of tuning into natural rhythms is that while it pulls us into alignment with life’s pulse, it pushes hard against busy
schedules disconnected from seasonal flows. But what delight is it when you make the time. Awash in pear potential, we juiced, canned and froze. Jams, sauces, chutneys, frozen pear slices and some tasty pear tarts chilled with pear slice ice cubes. I’m amazed at the diverse bounty of harvests we’ve enjoyed this year from compost to fruits, greens, flower teas, beeswax and so much more. An infinite intermingling of cycles coming and going, complex, rich relations teasing and tempting for attention. Attention too often occupied by smalstrem of deadening relations individually wrapped in plastic crap. I do have enough time for what matters when I prune the mind-numbing array of choices that don’t.

Just as we’re pear-saucing, my man Menz is having an apple-pressing party, plum-jamming sessions are fresh in memory and mouth as folks share some tart abundance. Garden treats arrive from all over on our doorstep. Blueberry Luke is giving away an onslaught of plump tomatoes. As I load 25 lbs in a sack to be sauce and canned, I share the locale of a dumpster with wild ready for rescue as we build a culture that values each drop, scrap and act. We share seeds, cuttings, sprouts, harvests, bees and waste streams. I swing by the Mackey’s lush urban permaculture homestead with the ginormous pumpkin vining into the street and happen upon fresh blackberry pie, homemade cider and a stash of gleaned peaches. Who needs Prozac when you get relations baking fresh berry pies and heirloom squash while sipping cider bubbly from last season’s surplus?

While the line between sustainable hedonism and unsustainabe hypocrisy is vital to accurately assess and compassionately address, these stories and millions like them exploding across life reek of the world being born. The richness of flavor and experience, with an ethic of fair share, earth and people care is the difference between the world being killed and the one being sown, grown and tenaciously lived into existence. Yes we are rapidly moving into an energy desert era with radically less resources available and a moral imperative to leave a livable future for those to come. But why not descend peak everything with a sense of sufficiency and our ethics intact? Rather than lock or an “I gotta get mine” paradigm, when these gardens and waste streams are ready for harvest, they beg to be shared. You can’t help but want to give and store it away. Relish and propagate these experiences.

It’s all the more amazing when you know the true cost of agribusiness dinners, far traveled foods and car trips to buy imported fruit when needing to drastically reduce green house gas emissions. Aside from declining resources and ecosystems, with the subprime mortgage meltdown, people in debt to their eyeballs and increasing inflation eroding the value of your dollars, it’s wise to use less while growing real wealth: healthy relations and community preparedness, skills to meet true need, plants, seeds, food in the ground, water catchment. No matter what happens to the dollar, 250 lbs of pears 250 lbs of peels. Thru living by simple ecological principles and human values we can create rich, resilient lives that use significantly less resources and are more lush, productive and sustaining. Hell yes, it’s a lot to get your head, heart and acts around. But it is what it is. Get your facts straight. Get your story straight. Get your compass and practices in place. Step to your truth from your peace. Impossible times are an opportunity to shine in a way you couldn’t have previously imagined.

I would have never thought I'd be here, in this way with these ripples. We're growing more food, medicine and relations with a smaller eco and carbon footprint and more quality time for peeps and work than I believed possible. Daily Acts has doubled our output and I started serving as director of Green Sangha, too. But I feel richer, more peaceful and in balance than ever, even as I push and stretch as far as I can fathom and sometimes bear. I don't know how, but I know I couldn't do it without you and a tenacious intent to love this life with all I've got in spite of the pain, fear and lack.

Amidst your busy-ness, hold the space and clear intent to tune into the seasons, build community and make living in rhythm our culture. Why not turn this into the future we call home by feeding and infecting friends, family and strangers on the street with a well-lived life? These are the conditions conducive to life, and with proper placement in heart, mind and taste buds, this story can thrive. It already is. Just keep knowing, sowing and becoming an inspired and infected insect, invested in you and your relations lit and on center. You are amazing and whole and were born for this time. Love and live accordingly.

1Paul and Suzanne Mackey’s blog: http://www.petalumanurbanhomestead.blogspot.com/

Photo Captions:
1. New abode with lawn ready for burial
2. Truulfod #7 of plant companions
3. Empty moving boxes, a sheet mulcher's joy
4. Voila! Onsite abundance with veggie lur for all
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—Daron Byerly, Quality Assurance Administrator, Seventh Generation

Excerpt from an image that depicts 1.14 million brown paper supermarket bags, the number used in the US every hour. This is about half of ‘em. The piece is titled: Paper Bags, 2007

The work is by Chris Jordan. For more on Chris’ amazing documentation of consuming culture visit http://www.chrisjordan.com
Edges between ecosystems, ideas, ways of being are where the most diversity lives- the most opportunity for individual expression to flower, drawing the necessary resources from the ecosystems and thoughtforms surrounding.

Are you acting, doing, stewarding while your peace and wellness suffer? Stop. Return home.
Make your self whole. We need you.
What you live inside is what you create outside.

Are you cozy and safe but cut off from a community that badly needs you NOW?
Stop. Reach out.
Make your world whole.
We need you.
There is no peace on a dead planet.

Live in the zone of diversity.
Stretch your self,
stretch your peace.
You are more capable than you imagine.
Grow you and your world whole and rich.

Comfort the disturbed.
Disturb the comfortable.

Which do you need now?

There is a pervasive form of contemporary violence to which the idealist easily succumbs: activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit one’s self to too many projects, to want to help everyone in everything is to succumb to violence. More than that, it is cooperation in violence. The frenzy of the activist neutralizes his work for peace. It destroys his inner capacity for peace. It destroys the fruitfulness of his own work, because it kills the root of inner wisdom that makes work fruitful. - Thomas Merton

People are always talking about their comfort zones. You ever heard that expression? "This is outside of my comfort zone." Grow your goddamn comfort zone then, okay? 'Cause we are running out of time. My suggestion is, grow the comfort zone...

... And so I'm hard on people, I try to tell a few jokes, you know, to make it go down easier, but I'm hard on people. But I will tell you why I am hard on people. This is real ball, this is the last chance, this is it. I'm not telling you that... You go to places like I go, and the Pentagon will tell you that. This is real ball and people, for whatever reason, need sometimes a little encouragement. You walk up to that limit of yourself and you want that limit, 'cause that wasn't your limit yesterday and you go Whooo! I made it, now let me start telling everybody else what to do. But the goal is over there and every step hurts and every step is challenging and every step is humbling but every step has to be taken or we're not going to be here.

So what I'm saying to you is, you have to make a friend of the pain. It doesn't mean you don't get hugs, doesn't mean you become a martyr, doesn't mean you're self flagellating, no, no, no— you're precious, you're beautiful; take care of yourself, love yourself, laugh—but it can't be only that. - Van Jones (excerpt from a speech quoted in HopeDance Magazine #64, www.hopedance.com)
Become an Urban Homesteader

by Kelly and Eric of Homgrown Revolution

...frankly, it's pleasure that really inspires.

We're building skills, conditions and networks that sustain us, our friends and our neighbors, now and into the future. Urban homesteading is a way of life founded on pleasure, not fear. Urban homesteading is about preparedness, but our preparedness comes from what we know, not what we have. We are reclaiming the almost-lost knowledge of our great-grandparents, those most essential of human skills: how to tend to plants, animals and ourselves.

Over the last couple of generations our culture's given up these skills in exchange for a self-destructive addiction to "convenience," becoming the animal that cannot feed itself. We've replaced making with just consuming — we're defined solely by our appetites, and empowered only in how we spend a dollar.

We figured it was time to become producers again.

That's what we do here on our little urban farm: produce food, generate power, recycle water, plot revolution and build community. Changing what and how we eat is at the heart of everything, though. Homegrown food is mind-blowingly fresh and flavorful, 100% organic, and alive. You're unlikely to be satisfied with the pre-packaged and factory-farmed after discovering that lettuce actually has a distinct flavor, or eating a sweet tomato still warm from the sun or an orange-yolked egg from your own hen. The next step after growing fresh food is using the old home arts to preserve it: pickling, fermenting, drying and brewing.

Over and over we find anything we figure out how to do ourselves tastes better than the market offering. If it didn't, we probably wouldn't keep doing this. Yes, it's "green," it's prepared, it has many virtues, but frankly, it's pleasure that really inspires. Urban homesteading is not about deprivation or suffering, it is about reclaiming your heritage, and your right to real food and real experience.

Make The Shift

We are not alone, and we didn't invent this. Urban homesteading is a movement of sensible people making a healthy choice to disconnect from an increasingly untenable reality, thus creating our own culture from scratch. We live better, eat better, benefit the planet — what's not to love?

Anyone can be an urban homesteader, even in an apartment. You can produce more food than you think, even squeezed onto a balcony, a roof, or in a side yard. How about a community garden plot, or pirate gardening on reclaimed land? Opportunity abounds even in dense metropolitan cores. A guy we met in Brooklyn keeps bees on his roof and harvests hundreds of pounds of honey yearly.

American cities sprawl over tremendous amounts of wasted space, and it begs to be cultivated. The single family dwelling with its defensive swath of front lawn and hidden backyard is the perfect mini-farm. We envision cities greened not by lawns, but by crops — thousands of city gardens collectively forming vast tracts of urban acreage. You can start with your own patch of land and in so doing inspire others. Since we planted our parkway (that useless space between the sidewalk and the street) with vegetables, several of our neighbors have planted their own victory gardens.

And urban homesteaders are forming organic networks to share knowledge and know-how. What our ancestors took for granted, we have to relearn, and we need to help each other. Having documented our experiences on Homegrown Revolution for over a year, Eric and I are now the in-house urban homesteaders at Reality Sandwich. Watch for step-by-step projects and practical advice that will make a homesteader out of you in no time. See you soon.

Homegrown Revolution's Kelly and Eric are the authors of the upcoming handbook The Urban Homestead, available in spring 2008 through Process Media. Original article at http://realitysandwich.com/node/443
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volunteers - holders of the groove
- 200 volunteers • 25,000+ hours since 2002 • That is serious livin’
  - 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 ellen@daily-acts.org.

membership - join us!
- Connect • Get inspired • Stay supported • Grow empowered
  - This is where it’s at! Sink yer toes into deeply supporting networks. Our best ability is 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!

e-treats - sign up for a dose
- Monthly low-down • Inspiring news, articles, podcasts...
  - Go to Daily Acts’ website and sign-up for a monthly dose of e-treats in your email. www.daily-acts.org

“Daily Acts has completely changed my paradigm, my satisfaction with life, my sense of responsibility, and of course, my daily actions!”
- Stacey Meinzen, rippling friend, collaborator, do-gooder extraordinaire
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Daily actions to do and share and do and share and...

Cultivate Presence...it's there you'll find your path, your purpose and your peace. Do your practice - even when you tell yourself you don't have time - that's when you need it most.


Get Educated
- Learn what's happening - even the stuff that's trying to undo everything yer doing. The web is brimming, so dig in.
- Know your impact. Calculate your eco footprint (www.myfootprint.org) and your carbon footprint (http://www.empowermentinstitute.net/lcd).

The Usual...

Relish Sufficiency
- Practice an attitude of gratitude, it's the source of sufficiency.
- Make yer own Buy Nothing Day - once a month, or a week, even. Make it a ritual with yer friends. Get into it. Share it. Live it.

Get to Know Your Food
- Not ready to become an urban (or suburban) homesteader? Tour your neighborhood and see what's already out there. There's fruit and greens growing almost everywhere - find some - learn about it. Glean some. Maybe a lot.
- Be thoughtful - talk to the folks, ask permission, learn about them, don't leave a mess behind.
- Ready to get started yourself? Begin small, maybe, with a salvaged pot from the local recycling facility or scrap emporium. Grow greens - chard, kale, lettuce plus a couple herbs, and some calendula for good measure. Grow it from there.

Suzanne gleanng Satsumas, Eureka!

Get to Know Your Peeps
- Pick up local zines, papers and other stuff - see what folks are up to in your 'hood. Wanna save the paper? Most are available online. So are all kinds of local chat groups, list serves and the like. Google 'em or find 'em on Yahoo.
- Find something interesting in one. Go to it.

Get a Relationship with Mushrooms
- Get a book, learn about them, get inoculated and grow some.
- Find some at a farmers' market, eat, enjoy, and contemplate how we can live more like them - in vast vibrant networks of cooperation.
- Resources: www.Fungi.com Paul Stamets (the guru of cutting edge mushroom research) & Fungi Perfecti's website
- www.MushroomCouncil.org San Jose website about mushrooms
- www.SomaMushrooms.org Sonoma County Mushroom Association

Sustainable Time
by Ellen Bicheler

It takes time to be sustainable. To achieve a smaller footprint requires a consciousness of how my time is used and a reorganization of my life. I prioritize what I value and use my time accordingly.

I hang up the laundry, a simple act, but it takes longer than using the clothes dryer. As I hang the clothes on the line, I begin to hear different kinds of birds, a hummingbird flits around me, my cat rubs her grey head against my leg and unprocessed thoughts come to me.

My reorganization of time results in carving out an hour in the garden most days. I tend to my numerous fruit trees, veggies, herbs and flowers and compost, build soil and sheet mulch. So much satisfaction bursting into sun-warmed cherries, gathering whatever is ripe and talking with neighbors. My garden Zen time harvests all those random and sometimes haunting feelings, leaving me with more energy for the rest of the day.

I enjoy cooking what I grow, when I allow myself sufficient time to do it. I love to chop and simmer, the whole house permeated with the pungent smells. My family is drawn to the kitchen, intermingling with me while I cook. Last night, I picked basil and chives and added them to the mushrooms. The smell of basil lingered on my fingers for the rest of the evening.

To drive less, and also to lose some of that stubborn weight that has accumulated, I bike. It takes an extra 15 minutes to ride my bicycle to the Post Office and then to work. Grocery shopping requires an additional half an hour. I feel the wind, the sun, and the rain and notice the pattern on the fence of a neighbor, the white wispy curtains in the blue house I like so much and the elderly man who walks with his body slightly bent over, but always manages to make eye contact and say hello. My family journeyed to Spring Lake this year on bicycles to camp, our second annual biking vacation.

My work at Daily Acts is meaningful and part-time. As Tour Director, I organize sustainability tours and work with Trathen and all of the fabulous volunteers to provide models for sustainability. I am still a beginner at sustainability. As I peel away more layers of consumerism, I pare down to what I need, really think before I buy anything and purchase from sustainable sources. I use my time in the same way: assess what I really want to be using it for and make sure that time is spent towards sustainable activities. The result: contentment, more time with family and friends and the beginnings of a bit of wilderness - like the blackberries in my backyard that always manage to come back and spread their sweet love.
Word From Our Peeps

patches of passions

Trarthen & Ellen,
What a wonderful day, James was so inspirationally nutritious and energetically packed! My socks are still happily knocked off. I must regen in the Northlands more often!
Daily Acts rules!
Mark McBeth

Bruce Hagen, Petaluma Argus

Hey! Thank you for your continued inspiring poetry, peace, peeps, patterns, patches of passions. Loving you from a warm fire rainy day in a cozy cob castle in the foothills.
Madeleine Etain

What a pleasure to meet you and hear your words of comfort and encouragement. We can’t act rightly day after day without an inspiration to do so. So thank you.
I read the handwritten notes in ripples about the fellow who is trying to ride his bike. I’ve bought a BOB trailer for my bike, so I have no excuse anymore. My 7 mile round trip to work is good healthy exercise. I love it.
And to my wife’s surprise, our dog, Missy the “Peace Dog.” (I’ll send you a pix someday of her at the Friday night Peace Vigil wearing her sign), loves to run along side my bike, if she gets tired she can ride in the trailer. Dog exercise made easy!
Again, meeting you was our pleasure.
namaste, scott

Scott Miller, Deputy Director
Department of Transportation
Solid Waste Division, Mendocino, CA

Thank You

Absorbing stray rays of early autumn sun at my regular hot springs hangout, a favorite place to write and work on ripples, I look up into a familiar face. I know him only as David. It’s several months since I’d last seen him there, and neither of us had been to the springs since. We picked up where we’d left off, exploring the beauty of the inspired action, and the gifts found in releasing the rote-action and the re-action. Serendipitously, it was our previous conversation that had sown the seeds for the very article I was polishing up that day for this issue.

For 9+ years I have been related to David only through our conversations at the springs. We’ve never prearranged our visits, and I know little of his personal life, except for bits learned from conversation. My relationship with him is based on inspired action — this is all that draws us together. We each make our way to the meeting spot based on our own rhythms. When we converse, it is an ongoing exploration of the workings of life, the human process and its peril, and the power of becoming ever more present and mindful to the details of life.
So it is that inspiration leads us into right relation. We’d both be missing a profound element in our growth over these years without these meetings.

Interacting this way, we resemble our kin the mushrooms, connected through a vast fungal internet, communicating on unseen channels with each other and all of life. This mushroom vibration amplifies our aliveness, and Life brims with a sense of sufficiency far beyond material measure. You realize that the secret to thriving in the chaotic atmosphere of evolution lies not in consuming at top volume, but rather breathing into your unique path; choosing your own steps based on intuitions of what’s right in your world; allowing inspiration to guide you to right relations with yer peeps, yer food, yer water and yer roots.

Thanks David, and the mushrooms, and all who remind us of life as an intricate process and not some cheap plastic-wrapped commodity. Thanks especially to you, dear ripples readers who make our web sparkle and shine in the morning sun. If you weren’t there, we’d just be a blob of spiderspin hangin in the wind. What is it you need? Only you know and we love that you come to these pages, and others like them, seeking and sharing right relation and lush sufficiency.

You are in more diverse form. We bring these bits of kibble to you because we are learning and practicing and stoking them for ourselves, too. Always humbled by how much there is to embody, we come here to grow ourselves whole with you as our partners, our allies and our roots.

And we’ll be back before you know it with another fresh lens on the world being born.

luv

gay

Susan and Rick — plattening the
Daily Acts office
send luv

Cut, stuff, seal with a kiss and send

YES! YES! YES!
I do want to support Daily Acts!

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- $650 Stewardship, funds one Tour (add four free 2008 Tour passes to the below)
- $100 Bliss Builder, a whole lotta luv (add signed copy of book, Healing Our Planet, Healing Ourselves)
- $35 REALation, build the foundation!
- $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

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