

Let's Go Wild
7 May 2023

Welcome to the first of what I hope will be weekly small ideas...small in word count, but big in impact. Your feedback is welcome, and respected even if not acted upon. Some weeks there may be multiple approaches to a single point; others just a sprinkling of un-common thoughts, as in lacking commonality, at least on the surface. Like all of reality though, nothing is non-local, nothing is isolated or alone. Let's explore, shall we?

'Wild'...do I celebrate wild, or denigrate it? Do I seek to domesticate, control, 'husband' or manage; or do I value true diversity, the unseen connections, relationships, and dependencies that Nature miraculously unites into one? Has humankind actually 'mastered' life in all its varied forms? Do we understand the ways krill feeds the salmon in the cold northern Atlantic, storing the Sun's energy for the long return to a spawning ground? Do we truly believe that a salmon penned and fed an unnatural diet will manifest energy in an identical way? Is it 'progress' to sell more food for less cost, if you don't understand the relationship between microbes, soil, and vegetable or fruit and destroy all with petrochemical 'fertilizers'? Your soil 'amendments' may be the knife that cuts our collective throats...

If it takes six pounds of fish meal (formerly wild life) to add one pound to the body of the salmon, that math can't continue forever. I don't want to hear your defense if it is that faceless, nameless capital and its minions have all the answers; whether they are one or a few, those who make the decisions in a stupid attempt at phantom riches have names and families, and can be sought out and educated.

If you value anything 'pristine' but think 'we' can do better than Nature, start by re-creating gravity in a lab, then change my mind...prove you are right. Cuz...the wild has been 'progressed' out of us too....

One of the lies that feeds the madness is that we can't live any other way, that TINA (there is no alternative). Another is that with enough money, the bad things only happen to those poor people, not to me. We've forgotten there is a real world, a world of relationships that extend far past mere humans. It's a world that changes with every change of energy in you or I, moment-to-moment. It's a world that cares not for profit, not for power over others, not for all-out or even 'just' war. It's a world that is unimaginably complex, unpredictable in many facets, and utterly, completely, interconnected.

Humans used to live in and with Nature, not walled away from it. We used to understand in the marrow of our bones that we were kin with all life. We need to get back to that state of being, quickly. Here's another definition of TINA: Tech Is No Alternative. The people who will make the needed change of consciousness happen are not the intellectuals, the politicians, the doctors or the scientists; at least not those who think they are superior because of their title, or find their mission to be accepting the traditional dogma and repeating, supporting, it. They are people like you and I. Ordinary people, who are fed up with the lies and the dying that results from those lies. We are strong, we are many, and we are capable if only we stay grounded in reality and its true nature.

As a world, as a people, we've been through one heck of a fear rollercoaster these past few years. For me, what little trust I had in 'authority' dissipated like smoke in the wind. But that was then, this is now. How do we heal?

Here are two important questions: first, think back on vigorous, successful resistance movements and how they welcome and successfully re-integrate political prisoners back into the community upon their release. This is vital to the movement, vital to the community, and vital to families. How might we begin to re-integrate those who fell for the fear, for the authority

pronouncements, whose memory blew away so completely? What process, whose love, welcomes them back once they awaken?

Second, successful movements are a cross section of a whole community; not age-, wealth-, or class-stratified. They are family friendly; they support those who can withstand a (hopefully short) stint locked up because of disobedience while simultaneously involving the young in movement education and finding ways they can be just as involved, just as committed, as any adult. Our reach for wholeness involves everyone, and everyone can contribute. Bless her, but Rosa Parks was not a sole soul that decided one day she was tired. It was a movement, she had support, others joining in gave strength to everyone. It takes a village...to right the wrongs, to heal the traumas, to cherish each other and flourish together.

We humans are uncomfortable with uncertainty; far too often, uncertainty hurts. We want a plan, an obstacle-free process, and a prize for sticking to it. We also boil down everything to the symbols in mathematical equations and call it 'reality', under the cover of a theory of everything that ignores consciousness and still can't find that tiny bit of solid that everything else is built from (because solidity too, called a 'particle', is a lie). The subjective world: awareness, emotions, ephemeral spirit; can't possibly be put into an equation and thus can't be used for making decisions according to 'modern' physics.

And look where this drive for certainty, for comfort, both sought within a cold, dead Universe of resources, has brought us. On the surface, we can be forgiven for thinking this way; while ignoring the subjective and calling it fantasy, we act as though a solid world is the only world there is. We ignore and resist the True Nature of this life. Using only words, describe the color red. Using only words, explain to me the depth and quality of your own grief. All we experience in life is the real gift of our time here, so why do we ignore and denigrate the richness we feel? Why do we treat the immaterial as....not real? Who benefits, when we focus on the solid and not on our love for each other? If we spend our time talking 'about' reality, do we ever actually 'know' reality? How can we know; in a real, visceral way, what is true...and what is not? How will we be different, when we completely focus on the truth of our Being-ness?

Let's Go Wild!

14 May

Perfect is not how things look, but how I look at things. Francis Weller

Survival is insufficient.¹

To even say, 'survival is insufficient', is insufficient. What is this life about? Do you feel it has purpose, and if so, what purpose? I often ask myself: what is my vision, what are my gifts? We seem to have forgotten, not just our answers to these Big Questions, but to even ponder them for a moment. Perfect is not, in this sense used here, flaw-less and bliss-full; it is a way of framing that this instant in time couldn't be any other way. Everything is energy, and energy moves; it is, in this moment, sensed and sensing, realized and realizing. Quantum physics tells us 'there is no *there* out there'; reality is only in awareness, not a physical object that persists 'outside' without consciousness 'inside' paying attention to it. Survival then, and the 'Law of Evolution' many are so fond of these days, is not all there is to this life. Value quality over quantity, always. In a Universe where nothing is non-local, where all is connected, there is no quantity, only quality. As we sense above, so we should understand the below.

¹ Ostensibly, according to "*Station Eleven*" author Emily St. John Mandel, this quote came from "*Star Trek: Voyager*" episode 122, aired in September 1999

Of course, this concept goes against all our training in this lifetime, in this 'modern' world of comfort and individual responsibility. How might we begin to see the world through new eyes? Some have pointed the way....

"While the Wise know of its existence, the Foolish do not, for their hearts are heavy with selfish desire. This harmonious Spirit exists not only in man, but also in the birds, the beasts, and the fishes, and even in plants. Beasts play, birds sing, and fishes jump; while plants flourish, bloom, and ripen. They know how to enjoy that Spirit: man oftentimes does not". Kaibara Ekken (Japanese Confucian scholar)

"From Wakan Tanka there came a great unifying life force that flowered in and through all things – the flowers of the plains, blowing winds, rocks, trees, birds, animals – and was the same force that had been breathed into the first man. Thus all things were kindred and were brought together by the same Great Mystery". Standing Bear

So where are we in the evolutionary process, (hopefully) morphing out of materialism and into deep, conscious awareness?

"We are living in what writer and cultural critic Daniel Quinn calls the Great Forgetting. Many of us have forgotten that we're a part of an ecosystem, a watershed. We've forgotten that we're kin to all the other animals. We've forgotten that we need each other. We have forgotten what I call the "commons of the soul."

For thousands of years we were nourished by being members of a community, gathering around the fire, hearing the stories of the elders, feeling supported during times of loss and grief, offering gratitude, singing together, sharing meals at night and our dreams in the morning. I call these activities "primary satisfactions." We humans are hard-wired to want them, but few among us experience them. In their absence we turn to substitutes for satisfaction: rank, privilege, wealth, status — or, on the shadow side, addictions, distractions, greed, abuse, rage. The problem with these substitutes is that we can never get enough of them, because they don't actually 'satisfy' a thirst. We always want more. But once we find our primary satisfactions, we don't want much else.

Though primary satisfactions are rare in our culture, we do experience them. We can remember what they felt like and let our longing for that state become our compass, telling us what direction we need to go to get back to those satisfactions. We can find them through our friendships, by spending time in nature, by risking being vulnerable with someone we trust.

Of course, others have already pointed out the path and reasons why we are so confused. John Trudell spoke of the present time as the rise of Tech-No-Logic. In this time, approved behavior becomes our functional currency, with artificial intelligence and surveillance our paymasters. Capital no longer uses productivity to measure our value to this economy and to determine our reward. Rather, the most docile and compliant gain the most. The trap has been sprung; lockdown triggered demands for government to save us, to fund us when we couldn't work, and to heal us with free medicine. John encouraged us to resist. While they disconnected us generations ago from our source, from the truth of this life, we now must recognize our isolation is neither permanent nor ordained. Let us intend to reconnect. Our relations with Cosmos can be, must be, exalted and expanded. To question is an act of authenticity; refuse to merely "believe".

Plants transmute light into life using photosynthesis. People transmute life into love and consciousness using perception and being-ness. Light, life, love: three aspects of this same existence in non-dual reality. Humans know of the healing offered by plants because "they tell

us about themselves”. We are letting them down; because healing requires reciprocity. We are not supporting the plants. A human heart-field is a non-physical, kinesthetic touch. Our brain and heart both generate electromagnetic fields that extend beyond our skin, as do plants and animals. All of these fields, mingling, can be sensed. Offer a gift. Ask for consent. Be curious. Say thank you. Everything in the ‘world outside’ is alive too, just not as you or I experience it...yet.

Generosity is key to reciprocity. Energy always goes many directions. We can’t only be takers. Many cultures have (or had) a ritual of thank-fullness prior to harvesting, hunting, and eating. Is it sufficient to pause for seconds, respecting the tomato for the relinquishing its fruit or the chicken that gave its life for the food I now eat? Do I owe the wider world more than a thought in return for what I take? I feel I do, we do. If I am determined to resist this dominant paradigm, shaped by slavery, genocide, scarcity and competition, I have to risk healing when a door to health opens along my path. If I am open to possibility, willing to let energy nudge me, and I look, listen, and sense with attention, I don’t need “a plan”. To truly be in this world I have to look deeply inside. We tend to allow others to control, limit, manipulate, and exploit us; because we grant the “outer” world primacy. Discord and division are prime methods used to keep me looking outside. Truth lies within, which is why our attention is demanded from outside.

Food independence is radical. Black Panthers were destroyed because of this and the danger their food programs presented in opposition to discord and division. The stories of guns and violence did what they were intended to do: focus our hearts on fear, and ignore the example they set of taking care of neighbors without just pleading to government to solve our problems instead. It is also why today we are nutritionally impoverished by Big Agriculture, killing the living soil with oil-based chemicals in a so-called search for yield. Real food is medicine. Hands touching Mother Earth is healing. Heirloom seeds contain the history of struggle and survival; we need this ancestral wisdom, too. This culture of control will not survive if we are diligent with our gratitude, ceremony, community, and reciprocity; all arising out of our deep connection with soul. So-called green capitalism is a mechanical Trojan Horse, sent to destroy all that humans who are aware hold dear. Energy independence too; even as many plead for renewable energy, keeping the solar panels ‘net metering’, feeding power onto the grid rather than using decentralized battery storage along with grid disconnection, keeps the true control of society in centralized, profit-driven authority, not local, needs-based hearts.

This is amazing – it’s in our hands already. We choose with every thought, every movement, every sensation, every gift we make. We choose a new world of relationships and true mental, physical, emotional, and spiritual health; or we choose submission to a Matrix of violence and greed that leads us straight into Hell right here on Earth. I am not alone, and I have gifts. You are not alone, and you have gifts. Learn new ways to share, new ways to relate and live with heart and soul, always in this moment. Look inside and know. Look to the horizon and be.

You say, “this is order,
and it’s better than chaos.
You say, this is democracy,
and it’s better than anarchy.
You say, this is civilization,
and it’s better than wild.”
And I say, “really?”

How are laws limiting gatherings better than
the 12 of us feeding 80 in this park
a free hot meal on the cold December afternoon?
How is it that an anti-biotic (*against-life*) laced,
beef-parts-based sausage

is better than this sun-warmed, just-picked
juicy red homegrown tomato?
How is the latest *blockbuster* movie
with the tired, retread script
better than my friends and I around
a campfire on a secluded beach
naked and howling at the rising full Moon?

21 May

Drowning people
sometimes die
fighting their rescuers

This will be short; I am traveling and my days are full. To riff off the intro, we humans sometimes don't know what is good for us, and we react while deeply entangled in our fear and too often make poor choices. Sometimes those poor choices turn out badly. Today we hear so much about renewable energy, green energy, and it's hard to think choosing this path forward leads to our death. Before we discovered "industry", the power of coal first, then oil, and the magical ability both offer to do 'work' at an incredibly (un-believably!) low 'price', we depended upon only the current energy we could derive from sunlight. Both coal and oil offered us a doorway into past sunlight, and we have torn up our Mother Earth scraping out the easy-to-reach, tasty supplies, and now we settle for the hard-to-find and often nasty remnants. But this, too, shall pass. The amount of past sunlight still, today, embedded in the 'renewable' energy we claim will save us, is the wrong 'rescuer', and we will do well to fight it. The real rescuer, the one that won't kill us, is the concept of *enough*. The days are long gone when we could pull enough energy out of the ground to be wasteful with it. The legacy fuels mentioned are primary energy sources; and we use them to generate a secondary power source, electricity. Much is lost in the translation; yet conservation and living within a sustainable energy *budget* is rarely mentioned in the cultural discourse. We are not taught to balance our accounts, either money or energy. We will be wise to learn how to budget both, and quickly.

Growth, evolution, seeking; these require change. My outside world is a representation of my inside world; the macro is the micro, as above so below, if you spot it, you got it (projection), we have many cultural memes that describe this idea. Let's just not frame our choice as either 'inner' or 'outer' work; just because I work to change my inside doesn't mean I can do nothing in the outside, quite the contrary. Growing, evolving, inside allows me to interact with the outside in new ways. What if the act itself of bringing awareness from inside to out is the key to changing everything?

Those of us who have enjoyed success are too often rooted in the past, 'stuck' in that success. As we see it become more difficult (or maybe impossible) for our children to attain the same 'rewards', we long for a return to the way things were. We can never go back; it's the end of the world as we know it....once it's past. This doesn't mean we can *forget* our past....

"Being American implies the *obligation* to both know and understand history."

Rose Fitzgerald Kennedy

This conundrum may be news to you, my friend; how can I learn about history, so often written only by the winner, and more importantly, understand what it means today? What is your process? History often does not repeat, but it often rhymes. Moreover, we are not encouraged to

be curious about the beliefs and experiences of others; we take 'offense' and suffer trauma solely because we are shown a different way of being through their actions and words. If I want to win the hearts and minds of others to my vision for this life, I first have to know them and what is important in their world.

The Internet is a tool born of war. As such, it is great as a means to surveil and control. Have we outgrown the Bill of Rights; the idea of liberty itself? Is censorship and centralized control the best path forward? Who is the enemy of the People? These are big questions, and impossible to discuss in a Tweet or sound bite; we can take these questions up in conversation, in real life. It is less effective to take them up in virtual though, as we tend to cluster in silos that echo our own opinions and beliefs. In other words, we each live online in just a few monoculture worlds, of which there are many, but we rarely cross the boundaries from one garden to another. A rhyming lesson from history: monocultures don't survive very long.

Ancestors and Descendants offer different perspectives: wisdom and yearning. Sacred means, deserving of profound respect, veneration, and a deep sense of gratitude. Sacred Reciprocity is when I offer my physicality and abilities to act on behalf of an ancestor or descendant, in return for some extra sensing of wisdom and yearning they can provide in this moment.

Conscious creation is not a single or serial act; it is a constant *process*. Approaching it mindlessly is not relational; rather it is foolish and unsuccessful (except by random chance). At every moment, conscious or not, we (along with all life) are creating our world; not just shifting energy, but directing energy in unison.

Emotions are raw; once the mind names and interprets emotion, we experience feelings. I do not fight *for* what I do not love; nor do I grieve it/her/him. I cannot survive alone, nor can you. Fear, anger, frustration; all amplify and spread as easily as love, gratitude, and compassion. I can choose, and hope to choose wisely. I pray you do too.

28 May

"Psychotherapist Miriam Greenspan uses the term *intervulnerability* to describe the need for this mutually held space. When asked about this idea in an interview, she replied, "When I say we are *intervulnerable*," I mean we suffer together, whether consciously or unconsciously." Albert Einstein called the idea of a separate self an "**optical delusion of consciousness.**" Martin Luther King Jr. said that we are all connected in an "**inescapable web of mutuality.**" There's no way out, though we try to escape by armoring ourselves against pain and in the process **diminishing our lives and our consciousness.** But in our *intervulnerability* is our salvation, because awareness of the mutuality of suffering impels us to search for ways to heal the whole, rather than encase ourselves in a bubble of denial and impossible individualism. At this point in history, **it seems that we will either destroy ourselves or find a way to build a sustainable life together.**" [emphasis added]

This is a core aspect of what Thich Nhat Hahn called "*to inter-be*"; this concept of mutuality in both our suffering and our healing. But truly, how could it be any different, if the Universe truly is a wholeness, a Oneness, a manifestation of only-and-ever local awareness without separation?

The Western high-tech lifestyle makes it all-too-easy to take Nature for granted. All mammals share the same underlying physiology, but somehow we humans are so caught up thinking big thoughts with our big minds that we've come to believe that we're different from, and usually superior to, everything else around us. Sure we can build skyscrapers, fly airplanes, and simply

turn up the thermostat to combat the cold, but it turns out that the technologies that we believe are our greatest strengths are also our most tenacious crutches. *The things we have made to keep us comfortable are making us weak.*

Take the Internet for instance....now why do I need to remember anything, if I can search for an answer (albeit from an unknown source) faster than I can type the question? And isn't Full Self-Driving mode grand? Yeah, there's still bugs, but I mean really...we'll soon get past the testing phase, right? But are we being lied to about the capabilities of Artificial Intelligence (AI) to provide real-time answers to life's problems? Are we 'solving' anything when we rely on silicon and bits to be our authority? What is the most important aspect of life, soul, and Universe that we should strive to manifest in our own wild and crazy lifetime; and can a computer program answer that better than you yourself?

Values, in the way C.S Lewis might define them, come from an alignment with true reality. They are not commodities for us to trade in a narcissistic quest for self-fulfillment, or things we can make up, choose from a list of ingredients, or build into our technology. From this perspective, real values come from beyond humans, from the Divine. They are not something that can be quantified into ones and zeroes, but something that can only be heart-felt. Something that has impeccable qualities; something that is sacred.

Descartes' contrasting view is that we can render everything into equations, including human values, and that if we mathematically manipulate those abstract symbolic propositions, we can *compute* reality. Descartes saw in that a method for how we could achieve certainty. He understood the anxiety of his time as being provoked by a lack of certainty and the search for it, and he took the position that this method of making the mind a computational process within Nature would alleviate the anxiety that was prevalent at the time. He began a process that would move past merely separating mind and matter, and toward a worldview that saw only matter as real; what we now call 'materialism' in science. A contemporary of Descartes, Thomas Hobbes, went further and suggested that thinking arose from small mechanical processes happening in the brain, leading to ideas that 'thoughts' can be 'read' and captured, transformed into effective action(s). In doing so, Vervaeke points out, he was laying the ground for artificial intelligence: "...what Hobbes is doing is killing the human soul!"

And, of course, that's going to exacerbate cultural narcissism, because if we no longer have souls, then finding our uniqueness and our true self, the self that we're going to be true to, becomes extremely paradoxical and problematic. If you don't have a soul, what is it to be true to your true self? And what is it that makes you utterly unique and special compared to the rest of the purposeless, meaningless, cold & dead cosmos?

Worse, if the metaphysical foundations of our society tell us we have no soul, how on earth are we going to imbue soul into AI? Four hundred years after Descartes and Hobbes, our scientific methods and cultural stories are still heavily influenced by their ideas. Too many *still believe* the Universe is a collection of 'resources' that humans do well to exploit, and relate to Spirit as 'just another belief' that stands between our evolution from savage to civilized.

Nothing is so firmly believed as that which we least know.

Perhaps the most significant outcome of this mindset is that we still don't really understand the interaction between matter and mind; we can't explain consciousness, just like we can't create gravity, solve a three-body problem, or find that tiny bit that every 'material object' is made of. The most dominant theory about reality is still that matter is the only thing that's real. Materialism claims to explain what's happening in your brain when you're happy, for example, but it can't tell me *what it's like to be you* when you're happy. It can attempt to write the code we now call AI, but it can't convey what it might feel like to be an AI. From a materialist viewpoint, your experience is a byproduct of matter. Nothing more than an illusion. A ghost haunting a meat machine.

The truth is far more complex: your experience is material, matter that is manifesting because of experience, and not the other way around. All time is now; and some time is more now than

others. The now of time manifests as a result of our experience of it, different for every living creature and more. This is profound, yet few even try to understand.

31 May

There is only Now...

I[1] watched a video of Charles Eisenstein[2], topic of the talk is, “Staying Sane in the Next Five Years”. He starts off defining the ways we can answer a question like this; and I was struck when he mentioned that we have moments when the unconscious becomes conscious, when habits become visible. These times let us consciously choose to continue as-is, or do something different. Of course, this ‘freedom’ makes prognostication impossible. We can no more predict when the next human will step onto another celestial body than we can say with certainty when racism will end in America, or the person I ‘am being’ a week from now. Thus we have a role to play in crafting, in manifesting, a future we want to leave behind when our Soul transitions home once more.

These moments also can feel crazy; I am sad, afraid, one moment, and hope-full the next, without any real ‘explanation’ or justification for the change. Perhaps the reason is because I shift from one line of time, where the path does go dark, to another which leads into the light? This shift is what I point to above; when we claim our ability to manifest a future that is more caring, compassionate, nurturing, and loving.

What does this moment of Now, when we can choose, look like? I also this week came across a narrative[3] regarding choices made by two people, in a moment of war. These excerpts condense the story:

“We weren’t there to kill human beings, really. We were there to kill ideology.” (Lt. William Calley)

“Officially termed an “incident” (as opposed to a “massacre”), the events of March 16, 1968, at My Lai — a hamlet in South Vietnam — are widely portrayed and accepted to this day as an aberration.

Colonel Oran Henderson, charged with covering up the My Lai killings, put it succinctly in 1971: “Every unit of brigade size has its My Lai hidden someplace.”

Of the 26 U.S. soldiers brought up on charges related to My Lai, only Calley was convicted. However, his life sentence was later reduced to three and a half years under house arrest.

Never forget, my friends: *This* is what we’re up against.

But let’s also never forget the actions of a man named Hugh Thompson. A helicopter pilot, Thompson arrived in Vietnam on December 27, 1967, and quickly earned a reputation as “an exceptional pilot who took danger in his stride.”

[On that day in My Lai]...All Thompson knew for sure was that the U.S. troops he saw pursuing civilians had to be stopped.

Bravely landing his helicopter between the charging GIs and the fleeing villagers, Thompson ordered Lawrence Colburn [the airship’s gunner] to turn his machine gun on the American soldiers if they tried to shoot the unarmed men, women, and children.

Thompson then stepped out of the chopper into the combat zone and coaxed the frightened civilians from the bunker they were hiding in.

With tears streaming down his face, he evacuated them to safety on his H-23.

Never forget, my friends: ***This is how we can choose to live.***

Here’s the thing: the obvious choices...in many cases, the ONLY choices we ‘think’ we have...are false choices, provided by those with particular agendas. We are manipulated through controlled information channels, ones meant to deny experience and wisdom, distort perspective and fact, isolate each one of us (we who are social creatures by nature), control behavior through shame, attack the credibility of those who disagree (not with truth, but with personal slander or innuendo), and *knowingly tell outright lies*. This “gaslighting” process will

deny and obscure the truth and possibilities we have in our hearts, and flip the narrative away from possibility and curiosity into blind obedience, onto whatever serves the control, exploitation, and oppression agenda in play today.

Let's also unpack the bit about choice. My friend Lindsay channels, and this is what she sent out yesterday, as I write this installment of *Let's Go Wild*:

"Everyone reading this is doing the same: YOU are guiding yourself to wherever you TRULY choose.

The most difficult aspect may be the fact that you truly choose everything you experience. This seems to be repugnant, to you. Especially in deep pain, in resentment, in furious anger, in ultimate discomfort, you resist this fact.

You think to yourself, 'Why would I create this suffering?'

Sometimes, you lie to yourself and imagine that everything is suffering.

Worse, sometimes you mis-attribute the idea that life is suffering to the most divinely inspired channels in living, human memory.

This was never said or meant. What was said and meant is attachment is suffering.

No one chooses to be attached or non-attached but you.

You may wonder, 'How would I not be attached to that which I love, enjoy, crave, create, experience...?'

The truth is, you can experience anything in a state of non-attachment. You may be fully present, laughing deep, belly-laughing, loving every moment of a happy time in deep connection with those you love so intensely — and still remain in non-attachment.

Poof, that moment ends — and still you can enjoy the full presence in solitude, in contemplation, in deep connection with whatever it is before you now...

This one [Lindsay] remembers a time when another attempted to carry her off into the night, with no one to help, perhaps to perform unspeakable acts and, eventually, murder her. What was her choice? She chose to find a calm presence within and, in that state, she was able to choose to free herself from the very different path she could have ended up choosing IF she had remained in the place that pretended that what happened next was not up to her...

Even she rebels at this idea. ***Though the deepest part of her knows it is true.***"

This is another way of looking at choice; and perhaps it doesn't resonate in you like it does for me. I offer this writing today as a mirror, a way to look more deeply into my heart and inner construct of reality, ***and into a world in which there are alternatives that are neither obvious*** nor easy. Staying tame, civilized, or even 'safe' is not the only, or even the best, choice.

One more topic: judgment. A family member got carried away a few hours ago, first by anger then by hate, and made what appear on the surface to be 'bad' decisions. Many of us would look at a situation like this and wash our hands of it, in part to avoid getting tainted by the unpleasant, unsafe energy, and in part by the attitude (often spoken) of, "you made your choice, now you deal with it...alone". In light of this writing, might we find a way to step up our care and compassion for one whom we love, and increase our support as they deal with the debris their decision leaves in the field of our relationship? IOW instead of severing our connections, or refusing to help in ways we might think of, ignorantly, as 'too much', can we grow our own capacity for **unconditional love** and be there in grace-full support during another's time of great learning?

Let's Go Wild, friends....Be the Miracle

[1] I am releasing this early because I am guided to....someone needs to hear this now, not next Sunday

[2] <https://substack.com/redirect/1720f04f-f4dc-4e00-a989-1d914979a712>

[3] [Mickey Z.](#) March 16, 2023

4 June

Can you feel it, when you are walking in the Light?

One of my first memories of a news event that ‘changed everything’ was being in music class on 22 November 1963 when the PA system interrupted class to say we all had to go home. I had turned nine years old not two weeks before. I didn’t understand why we had to leave mid-day, but I knew it was important, because our teacher began to cry. Once home, of course we were glued to the TV as the horrific news came in from Dallas. In the years (and decades) that followed, I gained more understanding of what we lost that day. I listen to the American University speech JFK gave that last summer of his Presidency and weep at the loss of what might have been. He was truly a counterweight to the burgeoning Military-Industrial-Complex President Eisenhower warned about in his last address to the nation. He had shepherded peace during the Cuban Missile Crisis, refusing to cave to the demands of the warmongers who learned, if nothing else, that a President who focuses on peace can never be allowed in the White House again. He had to die, for the M-I-C to live; and so it was. I think about this a lot now, since first learning the RFK Jr. was thinking of running in 2024. Believe me when I write: no one can possibly run for President who ticks 100% of my (or your) issues and beliefs. But let’s face it; if Empire has its way, it will once more be Biden v. Trump or at least some imitation of either/both, and they will continue the status quo, *only more*. The tragedy is that more of the same will make our social and cultural institutions even more rotten than they are today. If America was truly a democracy, we’d either have a parliamentary-style, proportional representation of several parties (not two); or an open ‘primary’ (or first) election, followed by a runoff between the two top candidates a few weeks later. We would be able to fulfill the promise of democracy: we’d vote *for* the candidate who best represents our vision of the future, and not be forced by an imperial process to vote ‘for’ the lesser of two evils. In the latter case, and the way things are today, we are forced to vote for evil, or not vote at all.

We’ll briefly touch on the corruption that makes our shared values so hollow now in the rest of this piece, and will return to this idea in the coming months. My read on the zeitgeist is this: America is terribly, tragically, divided today. You might call it divide-and-conquer, a psyop, gaslighting, or any one of many concepts like these. But we will continue to experience the destruction of a global Empire until we begin to have constructive conversations in which we find out what others think, feel, and dream, for themselves and their descendants. It will also take a large dose of truth and reconciliation, before we find the trust and confidence in the ‘other side’ to reach agreements based in love and respect that everyone can fulfill. I will be blunt: no current, Establishment-approved candidate within the Dem/Rep duality of political control even understands that last sentence, not to mention has any desire in leading the discussion we must have if we are to thrive. Whether you favor RFK Jr. or someone like Marianne Williamson, we need a leader in touch not just with your favorite issue(s), but in touch with the Spirit of Humanity in whatever form that takes in your heart. As we ponder what follows here, please keep in touch with your heart and soul, and ask humbly what guidance or solutions you are given from these sources. I ask because without implementing that guidance, which I firmly believe will be pretty much the same for everyone in its intention, if not the actual action, we have no chance.

Continuing the thread begun mid-week, I want to add to the predicament koan. A problem is some aspect of life that has a solution; depression is a problem. A predicament is an aspect that has no solution within the consciousness that created it; rather, it requires a fundamental, radical difference in approach and manifestation. Climate change, as currently described while we seek a solution, is a predicament. When we put all our eggs in the basket of ‘renewable energy’ as the ‘solution’, we are using the same consciousness that created the problem. We simply think that the only product from petroleum that contributes to environmental

degradation is burning the fuel portion of the long-chain hydrocarbon generically referred to as oil; but we get far more from the raw material extracted from Mother Earth. There are two major discrepancies in that statement; one, it ignores toxic pollution other than what goes into the atmosphere from burning fuel; and two, it ignores that solar panels can't 'make' plastic, fertilizers, herbicides, and all the other byproducts of refining that at one point were just thrown away. There are myriad more issues, and just as many alternatives that are not often discussed. The major alternative that we never quite seem to lift up is *using less*.

You may have heard that Europe was facing a cold winter, 2022-23, due to the reduction in energy imports because of sanctions on Russia. It turned out to be less dire than predicted, in part because the winter was more mild than usual, and in part because the people cut back their usage of gas and oil. *Radical change*: conservation. In fact, there is now concern that the supply/demand part of economics that drives prices in free markets will drive the gas price close to zero (free!) by the end of summer, because stocks are far higher than normal for May due to the lessening of demand. It feels right that more Europeans went without thermostats set on 72°F last winter, and Wim Hof is big on convincing folks that comfort is for weaklings and people who don't mind dying early. In fact, he says:

"When they forego a few creature comforts and delve more deeply into their own biology they're becoming *more human*."

Indeed, it might pay dividends we don't expect if we were to have a little less comfort and little more work and movement in our lives. IOW, maybe the supposed relief from 'guilt' because of the purchase of an electric car or solar panels on the roof could be augmented with some conservation and lower consumption overall, to better effect.

Here's another conundrum: war. So much of government is directed to meet the needs of the out-of-control military-industrial-complex, especially since corporations have no limits on what can be spent to buy a politician's favor. *Radical change*: no corporate funding of candidates, full stop. *Radical change*: nuclear disarmament, unilaterally at first, by the only nation to ever use them against a civilian population, if necessary to get the ball rolling.

Carl Sagan: "Most people, recognizing nuclear war as a grave and terrifying prospect, and nuclear policy as immersed in technical complexities, official secrecy and bureaucratic inertia, tend to practice what psychiatrists call denial: putting the agonizing problem out of our heads, since there seems nothing we can do about it."

He's not wrong, but the longer we keep thousands of warheads in a dozen countries, the closer we come to a fatal mistake. *Radical change*: end the use of land mines and depleted uranium ammunition, as both are true crimes against humanity (change my mind).

Here's another conundrum: health care. I remember Sarah Palin arguing against single payer proposals in 2008, saying, "No death panels!" Truth be told, we have had death panels since the mid-1960s, only we call them 'health insurance providers', companies that hold the power to pay for treatments, or not. Medical bankruptcy is the most common form of debt cancellation, and society benefits from a healthy population so much that the collective 'we' should be happy to ensure doctors get a fair wage and patients pay nothing for care. Worried about sick people going to work and infecting others? *Radical change*: make sure they can access no-cost care, and pay them their normal wage to stay home when ill, no matter how long it takes to recover. Am I the only rocket scientist in the room?

Here's another conundrum: debt. Where does money come from? The government borrows it into existence. All the recent talk about raising the debt ceiling is essentially saying we don't have enough money to go around. Except...we were making a billionaire a day during Covid, as 'wealth' transferred to the top because small businesses were shuttered and 'non-essential' workers lived off of borrowed government funds. BTW, despite the flood of doom fear porn should the government default, the U.S. has defaulted in the past, four times in fact. And three of those occurred in the last hundred years, under the Federal Reserve system (which is not 'Federal' except in name). Sidebar: know the difference between million, billion, and trillion?

Here it is in a way you can hopefully grasp. Count seconds on the clock; you count a million seconds in less than eleven days. Do that a thousand times, count a billion seconds, and that's 31.4 years. Do THAT a thousand times, count a trillion seconds, and that's five times recorded history, or 31,400 years. So to say that the national debt is closing in on USD32 trillion in a country of 340 million is astonishing, if not actually a collective fever-dream. Any growth is exponential, meaning it doubles after some period of time. The debt in 2012, \$16 trillion, has today doubled (in just 11 years). Anything that 'breaks' after some amount of growth, doesn't appear to be in trouble until the last few doubling periods; prior to that the increase is hardly noticeable. Debt is 'solved' by paying it off or by defaulting on the promise to pay. So for all the grandstanding in Congress and the White House about "oh dear me we CAN'T default", the only other option is to pay it down, at just under \$100,000 per person in 2023. If you support a family of four, you are on the hook for \$400K. What is your plan? *Radical change*: stop all war funding, bring troops home to remediate our caregiving systems (deeply problematic) and infrastructure (tragically eroded). *Radical change*: debt jubilee for individuals and families, and a return to the days of tight credit (for only large purchases, like a home, unless we take the radical step of land reform, wherein no one 'owns' land, we lease it from the community). I don't want to go on much longer, so I won't unpack the falsehood that "lenders deserve to get their money back"; that's ignorant, as banks don't give you money that otherwise would shelter cockroaches in a vault somewhere. If you disagree with that statement, please do a modicum of research about fiat currency and the fractional reserve model banks operate under now.

This screed is just getting started, and I sense you are running out of interest. That's kind of the universal problem these days, anytime a predicament comes up in conversation. A few characters in a Tweet, a photo on IG, even a text or FB direct message can't possible provide context or understanding of nuance and complexity. Thus, we never have a meaningful discussion about the radical changes we need within every institution, every watershed, or every neighborhood about returning to our human roots and destiny. Fiat currency is phantom wealth; social media is phantom friendship, air conditioning is phantom Nature. True wealth is healthy relationships (including economic), healthy communities (including difficult discussions with people holding other beliefs) and healthy Nature (NOT including toxic chemicals and manmade electrical fields). Just like in the first *Let's Go Wild*, the invitation is here: civilized and modern ain't doing it friends; it's time to go Wild!

11 June

We store our love in the hearts of our neighbors...all of them, human and more.

Because consciousness is a necessary component of the Universe, to be totally objective (data defined) is impossible and, ironically, 'immaterial'... used as 'isn't relevant'. Therefore the belief that everything is composed of tiny particles of stuff, commonly now called materialism, is not Science; based as it is in "just the facts". What gives us selfish desires, when it appears other animals are not selfish? Spirit animates all creatures, humans conflate God and Spirit as human-centric in many instances or beliefs, in error. We find comfort in connection, both through time (ancestors & descendants) and throughout the Now within this Web of Life, from which we are never isolated.

'Social energy' is real, yet rarely thought of. It also is not just human-centered, many have true relationships with pets, and animals of different species have shown concern and caregiving abilities to non-kin. A murmur of swallows demonstrates a natural will to relate with the collective, to be embedded within a social culture that moves as one being. We are not bound to submit to this kind of control: yet I thrive when I am supported by my community, and our

community thrives when supported by fulfilled members. This richness is found in the depth and quality of each and every relationship that manifest the community itself. I want to live with, not against. 'God' too often is felt as stern and remote, in contrast to the One which is here, now, and generous.

We can make radical ideas seem like common sense. Any true concept of 'world' rests on coherent principles and deeply understands how those principles are translated into effective action. *Key:* The Universe is one living, conscious, energy. Increasing cooperation, care, and connection should be our primary focus. *Key:* I am the Universe, having a unique human experience, not an individual lacking resources and afraid to die. *Key:* Value quality over quantity. To act from these truths requires clarity and wisdom.

The land should belong to those who work it; in other words, to the whole community. Yes, this idea is the opposite of industrial and technological culture, both notions based in separation and both un-natural, while centralizing power and taking it away from those closest to the action, the work. When the consequences of industry and technology are global, we must choose one of two paths: 'global control' to remedy and mitigate the unforeseen consequences of industry and technology, or decentralizing, to put the decision making in the hands of those who will be affected, good or bad, by the results. Centralized, or global, power is inherently ignorant of nuance and local mores and culture. It can't possibly appease everyone all the time; thus its crucial flaw: it continually fosters the rebellion that ultimately brings it down. Decentralized, because it meets local needs and vision, is more durable and effective; even though it requires more skill with difficult conversations and conflict resolution. Empire, which owns the majority of land (title) and people (debt) today, justifies TINA (There Is No Alternative) by controlling academia (past) and media (present, future). How many lies have been used to control any particular result? How much profit for the few, to the detriment of the masses?

In essence, the focus of modern is on profit & stuff. Conversely, the essence of a well-lived life is Spirit & Love. Industrial society must enroll everyone to keep control; to focus on human Spirit is radical and cannot be allowed to spread, or soon everyone wants to defect from the Matrix. Living simply, focused on Spirit & Love, is its own, tangible reward. When I touch, with sensitivity & care, the interconnected Web of all Life I, quite literally, taste the Eternal. Nothing relating to profit or stuff lasts long by comparison.

In this world of duality, an individual's freedom is essential for diversity (non-monoculture) while simultaneously this individual depends on a community for support and care. That community care must also be diverse, not a monoculture of one-size-fits-all, which is precisely the point of much of the identity politics we have been forced to adopt just to find a modicum of respect. The dominant culture lies when it says an individual must be self-responsible; it should be obvious we can't live isolated and alone, yet culture tries to convince us we can. It's complete illusion; who benefits from this insanity?

The illusion was greatly strengthened during the Industrial Revolution and, more recently, with the invention of digital technology. Even before though, the movement from farm into city had caused the forgetting of the simple, happy, fulfilling and thriving 'Spirit-filled' life that marked our collective evolution as humans. This is why the colonization of the Americas required the genocide of the Natives of Turtle Island; profit & stuff abides no better way of life. If we can remember once more the healthy ways of life, in harmony with the rhythms and patterns of this natural world, we can once more fulfill our spiritual possibilities. Separation, self-interest, exploitation, even the concept of 'original sin'; we cannot thrive in any culture that enforces these as valuable. I may be radical, advocating for goodness, truth, and beauty; but my heart and soul will abide nothing less without vigorous protest. IMO: the loss of our inherent connection to universal light and love is the root of the myriad predicaments we face today. Of course, a key aspect of propaganda is to mimic authentic beauty and so mask the truth of its message, which is quite ugly and repulsive. So the archetypes that lead resistance to Empire are the artists and lovers.

To focus on being anti-profit and stuff is a dead end; let's be *for* what we envision rather than try to reform an inherently unhealthy, ugly system. If we attempt to struggle from within the beast, we risk being crushed or absorbed by the very culture we abhor. Any culture that relies upon dehumanizing the workers will itself be dehumanized. This is critical to understand, because deciding whether to fight or build is a frequent argument between radicals. I have taken "Active Shooter" training; the three steps, in order, are run, hide, fight. In other words, leave, go to ground out of sight, and only if necessary fight the system, I mean, shooter. This is good advice, except there should only be the first two steps if we are talking about a change of consciousness, a radical restructuring of culture to what it once was. We flee the system, taking away the energy it intends to suck from us. We go dark; and in the shelter, out of sight, we manifest our vision, a new culture of connection and care.

I am struck by a question that was asked near the end of a class this week; posed by a gentle soul, serious and heart-full. We will all do well to ponder this, as we collect ourselves on this precipice, high on the cliff, looking into the abyss; as the rivers near flood stage, as the fires rage closer, as the winds begin to howl. "Go inside", she urged. "Connect with your Great Power, wait for the nudge, for it will come. You have five minutes...before your life turns down a new path, unexpected, because of an emergent disaster that threatens your life. What will you take into the night? If you only have room for five things, what is most important to take on the journey of evacuation; knowing you'll never have another chance to return? What if you only have space in your hands for three? What will they be? What's.....important on the other side?" For we are all disaster first responders; some by profession, but we all are being tested in the trauma of loss. What is important when we start anew...tomorrow, next home, next culture, next life? Let's gather it now, while we can. We rarely get notice, enough time to prepare, another chance to pack our most important carry-on bag, the one we use to start over. What do we want to see in our next iteration, our next attempt to again fulfill our human purpose, what will ease our next transition? What is most important in your heart?

We are not inventing connection, spirit, and love; we are merely re-member-ing *within* connection, spirit, and love. Because these ideas are not allowed, they feel like we are starting over; yet we do have living humans who operate moment-by-moment, in reverence for all life, like in the original natural world before the abomination of profit. To borrow the words of the dominant, Imperial culture, 'it's time to go'. Let's Go Wild!

18 June

Fail to define the problem correctly and you fail to solve it effectively.

Case in point, UKR: if we had defined the problem in a way that recognized Russia's [legitimate] concerns and fulfilled the agreements made over the decades since 1991, we could have prevented the war ongoing today, or negotiated a peace that left an intact UKR, saved tens of thousands of lives, and avoided the energy crisis and efforts to transform trade to other currencies, away from USD, now underway. Yes, it would have left Putin in charge of Russia; but this is the point. Today the US defines the problem as 'we don't like your leader; so we have the authority to destroy your country'. That hasn't worked, it can't work, and it won't work. How many repetitions of destruction will we require before we figure out that peace and economic cooperation benefits everyone, while kinetic warfare does not? How many times will we kill innocents in the name of democracy, a democracy that never truly succeeds, before we realize that winning hearts and minds is the sensible solution to differences of opinion? If you are getting your news from a mainstream source, you may have trouble getting your head around these ideas. But it is true in the eyes of those outside America; and the further away from WWII we get, the more likely another country will turn its back on what "America wants" in these next

several years. Our collective desires have become the very evil we fought so hard during the last global war; and because the arc of the Universe bends toward justice, we are due for a time requiring us to make amends to the whole planet.

[Warning: as hard as it is for you to read what comes next, it's even more difficult for me to write this. But it seems like we are so disconnected from reality today that this is a necessary thought to articulate within my plea for peace. Sorry.] To anyone who argues for war, especially due to hatred of others: it is unlikely you know what you are talking about. Full stop. War is blood, guts, screaming, fire, shock- & awe-fed terror; and the wailing grief and shattered lives of a mother crying for her son, a wife for her husband, a soldier for his comrade, and children for their parents. You who call *any* war a 'just war' are welcome to sign right up and grab your gun; and remember, this culture doesn't do any healing of the intense trauma engendered by what you experience once you kill. I shouldn't have to say this: War is not what you have seen in movies all your life. Those plot lines were meant to sell you on a flawed concept, that war can be won and thus is good, and war is not that at all. **Death always wins.**

It's so sad and tragic: we have enough for everyone; we humans have an innate desire for connection and peace. But if we are honest about what drives the American, and therefore the global, economy it is war and death. Not just the MIC; our allopathic healthcare system, based as it is in profit, is war against the health of our own neighbors and communities. Our lack of concern over mental health issues, migration, and homelessness, to name just three of the issues we have no 'apparent' solution for, show the poverty of soul now afflicting us. We don't have training in conflict resolution, we lack education about nonviolence in relationships, and our spiritual lives, seemingly an afterthought in our daily lives if not completely gone, are barren. The very nature of war is deeply tied to hate; despite the brainwashing that the people in other countries are evil and sub-human that our military and media force upon us, many soldiers aim to miss. It is overwhelming and traumatic to see an 'enemy' die from your actions, actions which are the result of this implanted, imagined hate. Historically, we've labeled it many things to keep it hidden from view: shell-shock, combat fatigue, PTSD....in essence, we can't kill another without killing some part of ourselves.

In an attempt to mitigate this particular issue we, America, have spent several decades inventing and perfecting remote killing technology; making war like a video game. It has the additional 'benefit' of limiting the number of our children, neighbors and friends coming back from the war in a box. In this way, out-of-sight is also out-of-mind. It is easy to maintain the myth of exceptionalism, of '*we are the sole superpower*', that drives patriotic fervor and leads to the death of millions on other continents. Remember Stalin: one death is a tragedy; a million deaths are a statistic. I sincerely doubt you can get a true sense of a million dead for the profit of America.

It frightens me that I am starting to hear talk about the possible use of nuclear weapons in Ukraine; of course at the moment, the talk voices fears that Russia will be the war criminal this time. That's rich, coming from the only country ever to commit war crimes with nukes. And keep in mind: the crux of initiating Mutually Assured Destruction onto the planet stems from the frustration and impotence of the side losing the war. It's clear to those who know, Russia is winning in Ukraine. They'd hardly end up going nuclear as long as that holds true. Rather, the priming, the mental preparations underway in media today, are meant to stoke the American public to accept the 'inevitable': a suicide by Empire, afraid to envision a world of peaceful co-existence.

June is the 60th anniversary of President John Kennedy's speech at American University (<https://www.youtube.com/watch?v=ofkKnfk4k40>). It is a great use of time to go back and hear his words once more. It came just after the Cuban Missile Crisis...an event that brought the world literally to within seconds of nuclear annihilation. There was a Soviet submarine, whose commander had not been in radio contact for some time, and thought that meant the war had already begun. He gave the order to fire a nuclear torpedo; which, if it hadn't been

countermanded by a government representative onboard, would have led to full scale retaliation by the US if we had followed the nuclear use doctrine in place at the time. How did we ultimately step back from the abyss? President Kennedy and Premier Khrushchev **compromised**....I hope writing that word doesn't send this post to purgatory as hate speech. They managed to find common ground and respect the views of the other, even if they could not assimilate those views themselves. The USSR pulled the missiles from Cuba, and in the common narrative, the US gave up nothing in return. We now know that Kennedy pulled US missiles out of Turkey in return, missiles that posed a very similar nuclear threat to the Soviet Union, but got a pledge from Khrushchev that this quid pro quo would remain a secret. Kennedy's own advisors didn't want this trade to be made; Kennedy needed silence on this to save face at home. It was a different time, with diplomats who understood the proper solutions to a disagreement are found, not with bombs and guns, but with dialogue. ***They were not afraid to talk.***

Let me write a phrase again: peaceful coexistence. We have gotten so far from giving each individual even a modicum of respect that we now have children committing suicide. The fight to be called by a gender pronoun of choice is, in essence, a demand to be respected for one's individuality and unique experiences. When Senator Rubio decries Brazil for deciding to leave the USD for trade and instead using (any other currency) by saying, "We can't abide that; how can we control their economy and sanction them if they don't depend on our currency for trade?" we have most certainly lost the plot of respect, and much more so, compassion. The model would be, in a peaceful world, every nation at the table, with a respected voice, finding common ground and negotiating win/win solutions to global and local predicaments, with no one left behind or dominated to death. We are no longer the shining city on the hill anymore, if we ever were.

There are still cultures today that elevate the spiritual into every moment of one's waking life; that is not America, except in rare, anomalous cases. One has to be, whether an individual or a culture, completely in the dark about what is good, true, and beautiful to be able to ignore the spiritual happening in every moment of our lives. Seeking the light, which draws our human hearts close like moths to a flame, can't avoid lighting the fire of love in us. We can be fierce in our love, we can strengthen connection with that which animates all life, we can summon the energies of peace in our own relationships first, and the wider community soon thereafter. This is not an impossible dream or task. But you won't be hearing it from any of the usual suspects, those who domesticated us into obedient, passive consumers, who stripped us of our humanity as the *cost of living*. Spirit bears no cost of life, yet Spirit remains strong in our souls if we just look. It is time my friends, to throw off the chains that bind us to this dying, 'civilized', way of death.

This is the essence of going wild; this desire to manifest a peaceful world. It is tragic that dreaming of peace in all of life's aspects is so fringe, and that doing something to bring it into being is so rare. But if we finally ask the big questions: what is mine to do; what are my gifts to give, during this wild and beautiful human lifetime; what does it mean to love and connect and play our (small) role in the Web of Life; and what is a life (and death) well-lived? Once we see that future, we can't un-see it. I posit you will have to get out of the Matrix of media and corporate news to have even a tiny chance of finding the answers to these questions. It's not impossible, but it's not likely as long as you remain docile and civilized. Let's Go Wild friends!

25 June

I'm the person I once didn't dare dream to become, living the life I didn't think was possible.

My purpose in writing this series is to reframe the discussion away from the dominant cultural narrative of separation and scarcity, onto our inherent human being-ness, which derives naturally from connection and enough. We are taught that humans didn't become the most powerful force on the planet until we became 'civilized', until we grew into 'modern'. Columbus was amazed, or rather aghast, at the 'wild' people he first encountered in what he thought was a series of islands on the edge of the Indian Ocean in Asia. He observed they were not involved in day-long labor, that their needs were met simply (enough) and they learned language quickly...which should make them easily converted to Christianity. He referred to them as wild, not civilized, at least until they took on European ways. This perspective of wild or natural being the worst one could be permeates our world today. It is, thankfully, not complete; some few humans do still act in the world as connected, cooperating, compassionate people. They remain wild, and relatively undomesticated.

What can we take from this quote?

"I frame this in terms of re-establishing connections – social, natural and metaphysical – which have been stolen from us over a long period of time.

The overall perspective is holistic; not just in terms of seeing the whole picture, but in knowing that seeing the whole picture is *important*.

Within that overall reality, we could focus on the many fundamental differences between the way of being and thinking encouraged by the dominant system and the alternative which I happen to term the Withway.

We could compare *their* power with *our* empowerment; *their* desire for control with *our* need for freedom; *their* lust for quantity with *our* quest for quality; *their* emphasis on price and profit with *our* commitment to value and fair exchange; *their* life-hating fetish for artificiality with *our* love for nature within and without; *their* twisted addiction to lies with *our* gut feeling for truth; *their* shallow, fragmented and subjective outlook with *our* profound and all-embracing organic vision; the ugliness of *their* world with the beauty of the archetype we hold in *our* hearts."

Paul Cudenec, "The Withway", Preface, January 2022

I particularly like the term 'Withway'. It feels like the opposite of 'Againstway', which is the norm that facilitates domination. "You're either with us or against us" some have said. The separation required in one's mind and heart to allow one to kill another is the crux of against. That separation is usually a wall that isolates Self from Other, that makes Other the enemy, because without that distinction, I would be harming 'my Self'. If my Self is All and I attempt to kill even just a small part of All, I kill myself.

One more thought on this. When my emotions are rising, especially anger or frustration with another person, what would it mean to stop and take inventory, asking in particular, 'Why is this person in my life?' IOW, what is mine to learn from this? What shadow is being brought into the light, what scar from prior trauma threatens to tear open once more...the Withway (no separation) is an invitation to work together to get unstuck, to heal, to choose a different reaction or path. Too often we react using our normal unconscious patterns, and get the same result. What if my angel sat on my shoulder and whispered, 'You have a fear that your love will leave you. How can I help you get past the fear? I keep bringing people to you for you to love, and then I get them to leave. Maybe one of these times you'll react from your heart, not from your typical rut.' How else could my angel help me heal, especially if my healing is up to me alone?

I understand why this is so difficult to grasp. When our primary cultural, political, and economic agreements break down, how do we continue to live productive, safe, and purpose-full lives? We're immersed in a sea of cognitive dissonance: hey there, what's important; climate change, nuclear war, peak oil and runaway inflation v. find a mate, have children, take on lots of

student debt and good luck finding a job that will allow you to pay it off and buy a home for your family at the same time....This is no longer leading to depression, it is leading to demoralization. A depression can be managed, like a problem that can be solved. Demoralization can't be rectified *without changing foundational beliefs*, as solving a predicament also requires a new consciousness, a new set of values and priorities to use in order to gauge process and success. It is often the smarter ones who get stuck in this dilemma; they can get in the weeds trying to solve the predicament without changing perspectives, and we can't talk them out of it without supporting their questioning and rethinking of what constitutes true wealth and a proper realignment of our collective priorities.

So.....where are we in this evolution from domesticated to natural? I haven't spent much time (yet, in this series) on one topic that is almost nonexistent in dominant culture: grief. Grief is just the landscape now. It doesn't rise and fall in waves...it just is. It is the ground we traverse as we attempt to cope with our domination. We are taught how to acquire material goods and we find our own path to maintaining relationships; but we are not taught how to heal from losing either. If the lockdown era did anything, it made isolation and separation an explicit mandate, not an implicit choice. It reinforced the cultural demand that we find our own path forward as we heal our oft-broken hearts, with little (if any) support from others. I feel this is, in part, a result of our own unprocessed wounds and trauma; if I am to open up to the pain of another's broken heart, I am reminded of my own, which is very likely still raw and painful and unhealed. Modern is about nothing if not comfort. I mean to say, we are encouraged to bury the pain, medicate it, distract our thoughts from it, do anything we can to avoid processing and healing the wound that is causing it. Especially if true healing would mean reorienting our perspective away from civilized and back to what brought us here; our deep grasp of wholeness, our wild view of connection, our sense of belonging.

There is another common misunderstanding about our spiritual being: many think enlightenment is about total, complete, 24/7 bliss. In truth, it is not. It is about being present for everything in our experience; and that doesn't mean to suffer. Pain is mandatory, suffering is optional. Suffering derives from the story we tell ourselves about the pain. Do we convince Self we are to blame, or the opposite, that we are a victim? Do we get lost in the deep pain of the death of someone close, or do we cherish that part of their love that will never leave our hearts? Enlightenment focuses on pain and what we can learn from it, then releasing it. It isn't about negating the pain with medication (in a physical and spiritual sense), then waiting to see how it damages our relationships when the pain returns.

I request her transition be one of ease
Her Spirit lives forever
My heart breaks
releasing my hold on my need for her
to remain in a broken body
True healing means no longer
continuing physical suffering
with no end in sight
My heart
My Love
will never disconnect from yours
We are whole
even in our grief
We only grieve what we love

To conclude this week, what is required of us now is true discernment. We are awash in a sea of lies; by design, and not from you or I. The only way to sort out the truth is to do the work; to

seek your answers to the Big Questions. Who am I, why am I here in this life, what are my gifts and talents, and what does my community, and Nature, need most from me *right now*. Dominator Culture is doing all it can to keep us from this inquiry, because it is the opposite of what a 'good, civilized, modern' human should be doing, while in support of *their* goals. IOW, modern is the problem, tech is not the solution, and staying quiet will kill us all. We need to step out of the Matrix as it is currently configured and return to how we kept right-relationship prior to the evolution of this false paradigm of craving comfort as our highest aspiration. Let' Go Wild my friends!

2 July

When you know who you are, when your mission is clear, and you burn with the inner fire of unbreakable will, no cold can touch your heart, no deluge can dampen your purpose, you know that you are alive. Chief Seattle

Much of the ground of fear we stand on today is because only a few of us can exist outside of this "civilized" oil economy. We know supply chains and public safety are fragile, and so we know we will die in a collapse if stores shelves are empty. This existential fear is why data and logic hold no power to wake someone from the trance-nightmare of Empire's End. These folk will insist the economy is sound, institutions are truth tellers, and authority is perfect; without evidence or logic. Today is the result of decades, and trillions of decisions, that have given capital its unstoppable momentum. The collapse is unpredictable; and crimes against humanity are likely, if not guaranteed. If you spend you life's attention on surface issues, or only go deep into your own special niche, you won't see it coming. Our immediate future is viable only by finding those who, right now, are growing a new shadow economy and creating a shadow culture. The 1% will not escape; but we can. Will we?

So, what do I mean by that? In the long-term view: the question is not, can EVs save the climate? The question is can we reframe our energy, financial, political, and economic systems to focus entirely on enough? Do we need to continue to hoard, to act from greed and fear, in the current scarcity mindset, or can we flip to abundance and sharing? Can we change our relationship to things, each other, and Nature, rather than demanding a simple solution that lets us continue our toxic ways? Serious question: we obviously need more in this scarcity mindset, but more of what, exactly?

Honestly, I pray we don't create a free energy model until we have sacred clarity and commit to responsible use of that energy. Remember what got us here: energy for our bodies from plants and animals and wood for heat and cooking. Then we went to coal and whale oil; still of Nature and limited to the current supply we could get our grubby hands on. In 1859 though, we found that we could get a lot more energy from oil; which is essentially prehistoric sunlight created by Earth but not in unlimited quantities. Anything which is finite will run out at some point. We used to use the energy in one barrel of oil to get 100 barrels out of the ground. Today we get less than 10. The concept of Peak Oil was misconstrued by comments outside of context leading us to think it points to the end of the oil supply. Careful consideration however, teaches it is about the point in time of maximum extraction of oil; clearly very different, and clearly very near. Once our access to oil begins permanent decline, the scarcity mindset will be in uncharted waters and the ramifications are dire. Scarcity will go insane as it dies, if it dies alone. Think of scarcity processing the various stages of grief: denial, anger, depression, bargaining, and finally acceptance. What is mine to do in the hospice care of scarcity? What is yours?

At the same time, we have another Peak coming soon: Peak dollar (USD) usage. Money is a proxy for energy, energy is the master resource in this paradigm. Dollars are debt, or future work pulled into Now, for use on a promise to repay later with interest. The last few decades

have shown the world how untrustworthy the US has become. Wars are always about control of resources; always. As the Empire became the sole superpower in the 1990's, with the collapse of the Soviet Union and the still moribund economies of China and India, Empire's need for resources have caused death and suffering on every continent, in part because there could be no resistance to this military behemoth, funded by more oil, than the rest of the world used for conquest combined. This domination is propagandized in media as Clark Kent-to-Superman, but is seen by others as the Dr. Banner-to-Raging Hulk instead. As the US unilaterally voids treaties, as it foments death in dozens of nations for its own benefit, as it inflates the money supply (which is an unseen tax on any who do business using the currency); many of the nations are actively turning away from using the dollar in trade. The ramifications of de-dollarization are as obscure as they are devastating to Empire; and are coming into view if one has eyes to see, and access to news from outside CONUS.

What is the energy of contraction? What is the currency of the End of an Empire? Will we have enough energy to remake our economics and culture? What should be our priorities, for in a world of shrinkage, of less energy and less purchasing power, we must salvage what is most important, and let the unnecessary fringes fall away. Is Netflix core? Or the 64-inch plasma screen you watch it on? Or might we instead stock shelves with books on natural healing and remedies, along with practicing nonviolent communications and learning how to effectively grieve the loss of a loved one?

WHAT IS IMPORTANT?

Our lives unfold to serve our growth and development. We pretend this is happening to us so we can experience playing hide-and-seek with our own consciousness. Alan Watts: "We think we want what we want, but what we really want is what is happening." So often we are ashamed to admit our desires are exactly what we want. **When I am attached to some aspect: 'I am love and light', for example; latent in my shadow is a desire to experience the opposite.** Contrast this with 'enlightenment', meaning a willingness to 'just be' with what is occurring, no stories, no attachment. Does it serve our development to stay attached, or delve into enlightenment?

Most activists are running away from huge fears, deep pain. I know I certainly fit this description. I am afraid of insufficiency, of scarcity, and of the anger of others when they face lack. I am afraid I am not enough myself; that I can't meet the demands that transformation of consciousness requires. We humans, in this culture, take pleasure when we can say, 'I'm right, see how wrong the world is?' We enjoy our fear, our own victim stories. We assume everyone is, so we scare them and victimize them so we don't feel so alone in our misery. Maybe I really don't want to change...we are the monsters we say we are fighting. My cardinal traumas, hurts, and beliefs become erotic attractors; I repeat the patterns of betrayal, rejection, abandonment. I seek familiarity; I want to feel it again. Shame demands my love and attention. Once I open my shame and unpack its origins and stories, the alchemy of transmutation of that energy into joy and liberation is ecstatic (the opposite).

What serves goodness, truth, and beauty? What feeds you soul, not your traumas? What creates a life of balance, where one returns as much as one takes? Who do I want, no who do I need to be? This is not about the superficial: appearances, jobs, or names; but about my essence, my soul, my talents and gifts. My devotion can be to awe, wonder, respect, and gratitude. Without these heart states, life is a chore, not a labor of love. I grow my love with my reverent, sacred attention. There is no higher calling.

I breathe in air, as do you
Rays of the Sun caress me, and caress you too
A wind is blowing free past me, and past you

Free just as I am, and as you are too
I simply want to love and to breathe, as do you
I release my heartfelt gratitude to the wind, I pray you do too
I don't need anything else, nor do you
My heart is ablaze with love, yours is too
Illuminating our way home, united
This is how I be, and you can be too
I won't be broken, nor will you

[9 July *Envisioning Enlightenment*]

16 July

Understanding only derives from becoming.

History is written by the winner(s); science is funded (and thus written) by the rich. To live as if truth matters, be willing to question and change your understanding based on experience and new information. Dogma always changes; unfortunately, too often it changes one death at a time because so many minds are closed. It changes because as we become what we seek, our wisdom about reality deepens. As we align more accurately to reality, reality aligns with us more deeply. What lives in those first few breaths of change? Love: for goodness, truth and beauty; all now closer when a portion of the lies dissolve. The new, moist, loose soil of wisdom offers courage. Love and courage are two sides of the same coin.

In a world long-controlled by manipulated narratives of domination and oppression, our 'modern' science of reality is terribly distorted and hugely problematic. We have much to heal in this culture of programmed distrust, disbelief & ignorance. A limited mind cannot comprehend an unlimited one. Once we think we know, we close off further development, and we stop looking for wisdom.

So much is hidden. We call water the 'universal solvent'; not because it erodes, but because it hides. We humans are so limited in our perceptions that we think atoms and molecules are only slightly out of sight. We don't grasp the implications of what is true: atoms are almost too small to grasp in our mind. A single iron atom can fit in a space between molecules of water, and be carried along as the water moves, and we won't be able to see it (or many other iron atoms) as we drink.???

Wait.... 'a space between molecules of water', what's that all about, you ask? Fill a glass to over-full; so that the surface tension prevents water from spilling out onto the table. Then take a sponge and you will find you can fully immerse the sponge in the water despite the glass appearing 'completely full'. The water molecules fit 'their spaces' around the material of the sponge, so the total takes no more room with the sponge than without. Many different molecules: sugar, iron, fluoride, calcium, etc. can be tucked in the spaces of water and we have no clue. That pristine river water hides all kinds of bad (and good) 'stuff'.

That's not all... Liquid water (at room temperature) is 40% coherent (the portion in contact with a surface or very nearby), called 'structured', and 60% incoherent or unstructured. In coherent water, the interaction with the surface(s) induces long-lasting electronic excitation of many of the other-than-water molecules present. It also has 'plasma' containing free electrons, literally creating an electric current. Our body's connective tissue has coherent water; therefore the whole body is an electrical matrix that touches every cell. It also reaches out, projecting as a hologram into relationship with 'physical' reality. My electric wave/body interacts with other bodies and consciousness itself, and because of entanglement, that communication is instant.

The higher the energy state, the more coherent it is, and the greater the level of health and vitality it manifests in my body. Remember, all molecular interactions start with one photon exciting one electron, initiating a molecular cascade.

Water is life: all life arises within the structure/matrix of water. Water is an infinite energy donor, allowing proteins, enzymes, and DNA to function at nano scale. Walter Russell: "Bodies manifest life, but life is cosmic. Life is not chemistry or matter. Life is not in the body. Life is Spirit, and Spirit is still."

We hear, "Trust the Science" often these days. But is what we are told about Science complete and correct? Actually the 'latest' science, Quantum Physics (QP), is a radical transformation in our understanding of how our world works, compared to the Newtonian view of a cold and dead Universe I was indoctrinated in as a child. This new view of science shifts us from seeing bodies as molecular and chemical only, and starts including electrical, light, and vibration energies also. A good start to asking why this is an important question would be to explore 'placebo' and *other mind/body connections*. Taking a pill is a ritual: doctor tells me this will make me better and I believe; but the pill is not the source of the healing. The focus, the expectation, of healing is the remedy, not the chemical. Is the ritual necessary? No. This takes training and a deep understanding however, to be able to change my quantum state at will. In a patient, one who is negative in most situations, full of blame placed on others, along with shame, self-pity, help- or hope-lessness; even a touted 'miracle cure' will be ineffective. Their 'law of reality' will be what they manifest.

Max Planck, one of the originators of QP, once wrote: "I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything we talk about existing, postulates consciousness."

The dynamics of consciousness shape this world. It is taking events in a particular direction. Money, honest money, enabled specialization; for most of human evolution, each member of the tribe was well-versed in how to survive, and could reasonably be trusted to form a small, new tribe in the next valley over the mountain when 'home' became too crowded. With a growing population, and a deepening sense of the world and remembered history, the addition of domesticated animals and crops freed a few of us to take on specific roles and further develop our relationships within the Web of Life, at the cost of losing the essential skills needed to separate from one community and start another. Money allowed *value* (labor) to be traded, not 'just' commodities; it was alchemy, this changing of skills and gifts into tangible support. The predicament though, is that trading labor (value) comes at the cost of allowing those with the most control over the money to set its value for their benefit. We lost the market dynamic of price discovery, giving it instead to those with the most money to lose.

And today, our money is no longer honest; it is unsupported paper, meaning backed but nothing but increasingly-empty promises of stability and trust, and it lacks morality. The fiat currencies of the past (there have been many) have always gone to zero value when trust evaporates....*which it also always does*. A valid question, dear reader, is, "why bring money into a discussion about consciousness?" Because...whatever is driving us forward, whatever it is that is manifesting our reality inside this Universe of space/time, is not a linear, material bunch of stuff that coincidentally sweats off consciousness when excited. Money is not the driving force of civilization; it is a figment of distraction from our real work in this lifetime. That work can be driven by our individual and/or collective fears arising out of horror, or by consciously manifesting our sweet dreams. Soul work is the only important work; and many are currently unemployed.

Another aspect of life that science knows very little about is time. A profound misconception that results from the current, distorted, linear view of time is the belief that three dimensions

are the only dimensions. This perception leaves us thinking that physical reality is the only reality.

By changing our relationship with time, we change our perception of ourselves and the world. What is time? Consider this:

Time is not quantity counted, but rather quality experienced. Remember being 'in flow'?

Time is not what calendars and clocks make us think it is.

Time is not linear, but rather chaotic, fractal and holographic.

Time is not money.

Time is Art.

Time is an invisible principle, like gravity; fundamental to the universe, that affects the space it is entangled with.

Time is the atmosphere inside a mind.

Time is the universal factor embedded within synchronization.

Correct understanding of natural time opens us to the vast realm of synchronicity and the synchronic order — it is here that we will find new solutions to the challenges that face us, both individually and globally. Note the language here, 'we will find'... I posit that we humans don't think much in a creative fashion; instead we channel energy from Source into manifestation. The distinction is hard to grasp, especially when it 'feels' like I am the one 'having an idea'. If I accept the channeling premise, then human 'control' of any process or thing is an oxymoron. If I remain stuck in the linear time model, then the past cannot be changed and the future is unknowable. QP tells us that all time is available now, and the past can be changed because it can still be touched by consciousness. QP teaches that the 'Now' is just the moment that is visible, on the surface of the River of Time, if you will, which is entangled with all other time that ever was or will be. Imagine being far from shore, on an ocean. Swells lift and let down your ship; but without great wind, there are no whitecaps. Waves, like time, pass by. In time, it can be seen in much the same way: some moments are pregnant with energy, and I sink into the depths and call it a flow state as I 'lose track of time'. Other times are so routine as to be boring; and in these moments, although the nondescript nature of experience leaves little memory, we once more 'lose our sense of time'. Time is a very fungible dimension, and we understand almost nothing about it, truly. It's not that we lack enough time, it's that we don't spend enough time in a space that nourishes our souls. I feel this is one of the great crimes of the Internet and smartphone technology...distraction from anything real.

Speaking of time gets me considering memory. We humans tend to think we are the only beings who have memory, since 'animals are dumb', right? Consider this however; hummingbirds have what some call 'spatial' memory. They engage with their space. They remember which flowers they have already tasted, when (and where) particular blooms peak, even various feeder locations only visited years ago. This is a classic bit of wisdom our ancestors embraced: a species, any species, which is not deeply enmeshed and engaged in this bountiful natural world, is actively dying.

For us today, this points to our lack of community. If you are like me, we have hardly known true community. In the urban jungle, we hardly know our neighbors by sight, and rarely have deep conversations with one. It wasn't always this way; one shouldn't wave at the person across the street solely because they live nearby. We share so much today without acknowledging this fact: we share life, death, predicaments, scarcity and abundance. We are not perfect; still, let's seek to be functionally complete. We are not alone; our gifts are needed, our work can have deep purpose, chores can be sacred despite the repetition. Our neighborhoods can be stable and tight-knit. Of course, we know it will not be perfect; especially in the culture we have grown up in, many live with inner demons, and can be very divisive, and this trauma drives them to lash out or self-isolate/-medicate. It falls to us to support and cope as best we can, and to learn ways of healing so we can integrate everyone back into community. You may find it difficult to imagine, as today commerce **is** our community. We buy rather than borrow, and buy from around the

world, not just within the area we can reasonably walk. We sell rather than share. Most of us are so specialized as to be effectively without skill to contribute to, or reciprocate with, our neighbors; we share nothing important or real, in the sense of collective consciousness, within our relationships. We are like vacant lots in far too many instances.

If this is not you, the obvious question becomes, “How do we reach them?” Standing in our way is ‘our’ inherent deferral to ‘authority’, even when we distrust authority broadly. After all, we look to government to ‘keep us safe’, right? Perhaps the Universe expected Covid to lead us to question authority, or even rethink trust altogether. Perhaps we might begin to trust Self, our inner understanding, our soul-nature, over ‘trust the science’, especially a science founded on money and profit, not health. What does it take, this new sense of trust? A deep love of life and a deep trust in the Universe, not a particular political party or global conglomerate. If you love someone, set them free. Grasping leads to suffering; we will always, eventually, lose what we crave. I know deep inside, it is not mine to change your mind, to convince you of anything. No conversation on the Internet is true communication; more likely, it is a silo where I seek validation, not new information. We don’t have a ‘public speaking gene’; relationships (and conversations that change one’s view) work best when they are one-to-one, face-to-face. As does prayer.

Few even acknowledge our debt to the energy of the Sun, or the light energy that connects us to that magnificent Being anytime we are in sight of It.

Your sparkling draws my eye
Dew glistening, on vibrant leaves
bending lower under water’s weight
but never tired.

White petals wave
now that I am looking
In the gentle, warm breeze
you say hello, in friendly greeting;
I say beautiful.

Your inflorescence connects
My eye with our Sun;
reflecting a yellow that please me,
each photon followed by
another, all the way back to
SOURCE.

What are you saying to me?
Not to worry, this is perfect?
Sniff me, I am beautiful?
Dance with me, I am celebrating?
Eat me I can heal you?

Remember me, for I am you
As you are me.

23 July

“Unshakable solace exists in facing the unfolding storm head on with unyielding resolve. No one can take away our will, ever.”

The traditional, acceptable way to approach even radical shifts in perspective and ways of being is not, as we seem to expect, by just redrawing a new worldview based on different assumptions and values. Re-electing the same politicians, reforms, new laws with more funding, and purchasing ‘this one thing that’s green’ are not the answers. Rather it requires an entirely different approach and set of skills, including living into a new consciousness that owes nothing to money or societal/political power as in our world today. We will find this path most often by opening to experiences and especially, seeking out the synchronicities, the coincidences, that the **immaterial** world is constantly offering as revelations and suggestions for our way forward; a path that is obvious to those who look. Immaterial, not as in irrelevant but as ‘not solid’. Revelations not as dogma, but as new visions and wisdom.

“The former paradigm is over. It’s not coming back. It was never sustainable; how much clearer can it be at this point? How can it have been possible to loot, plunder, pillage and pollute the planet indefinitely in the delusional attempt to fuel perpetual expansion on a finite planet with finite resources? The only chance we have of salvaging any part of the planet’s remaining life support systems is to be collectively standing against the gathering storm of insanity, no matter what comes. It’s not just the power structure that has brought us to this dark corner we now find ourselves in; the controllers couldn’t do what they do without the active or passive support of the majority population. This must change now, or it will very soon be game over.” Dane Wigington [Also the source of the quote at the top of this essay]

As I write these essays, as I have these difficult conversations, time after time friends will say, ‘So what’s the answer?’ The problem is, just like the caterpillar eating itself silly and spinning out the cocoon, we can’t imagine the other side of this abyss: what might be, could be, precisely because it has to be a return to a totally different paradigm of interconnections, relationships, and natural health as we humans once knew intimately, before we became ‘civilized’.

No effective general, theoretical orientation has been provided by Dominator Culture to guide realistic and holistic “development” agendas. And no outlines exist for a gentle exit from this permanent debt-austerity cycle. In other words, if you lack a deep understanding of how a debt-based money system functions in real life, you will just have to go along for the ride as the few who do know drive the economic bus. Their vested interests, their sunk costs, ensure they will not offer alternatives that counter their dysfunction. So where can we look to find a different path?

Any time there is a disturbance that leaves us unbalanced, we must have a memory of balance if we are to regain it. Humans were innately balanced, when we lived in Nature and in right, respectful relationship. How do we remember those lifetimes, those ways of being? Our ancestral memories, faded though they may be, live on in our hearts, in our love of life and this world, and in the magnetic pull towards wholeness that our descendants manifest, even when we ourselves are heart-broken. No one wants a shattered, desolate future, for themselves and their children. Over millennia we sought complete connection; that inertia remains, even as it is obscured by isolation and delusion. Inertia, memory, even love can’t guide us forever without replenishment. If we fail to actively connect, to fiercely love, to focus our energies on a return to goodness, truth, and beauty; we risk it all. The magnitude of our loss may one day soon become too great to ignore, or too much to overcome.

If that happens, we will be drawn into a new state of equilibrium, divorced from what inspired humans to seek peak connection, possibly to never know that wonder and awe which is our human birthright. As we detach from what was our grounding, we drift at the mercy of the waves, rudderless and storm-tossed. That's no way to sail.

We've been taught our ancestors were savages, wild; that Mother Nature kills rather than heals; that we are exceptional (-ly alone); and intuition is delusion. What we consider good/bad is not our own sense, but has been fed to us by others. Others that control us, change us, limit us, own us, and believe they deserve these powers and are rightly our Masters. The key to creating a different future is seeing the lies and seeking the truth. Let's return to optimal health and fierce, community power. Seek to heal trauma, see caregiving as the highest good, and find awe and respect at the transformational power of love. For me, our story is about all kinds of things, but in this context it is about the ways in which we are born into a very hostile, dominant culture, a world that may be "alien," and then are so seduced by our illusions and our hopes and our dreams and our memories that we stop looking at reality. We have become a society of 'adults' who think, talk and act like children, pitted against masters of psychological manipulation who've honed their skills for thousands of years on this planet. It's not a fair fight and the weakened adults (made stupid on a steady diet of toxic chemicals, gluttony and luxury) aren't doing very well in this battle for hearts and minds. At this point, we know many people are seeing it; it's hard to ignore the erosion of values and respect. The question is, "will we ever develop the adult strength to process (heal) the trauma and push against the dominant narrative of exploitation and control?"

Once more, let me paint a short vignette of what the new world might entail. In this modern, dominant culture, approved behavior becomes our functional currency, with artificial intelligence and surveillance our paymasters. Capital no longer uses productivity to measure our value to this economy and to determine our reward. Rather, the most docile and compliant gain the most. The trap is being sprung; lockdown triggered demands for government to save us, to fund us when we couldn't work, and to heal us with free medicine. John Trudell, decades ago, encouraged us to resist the seduction of the Tech-No-Logic world being unveiled. While we have been disconnected, generations ago, from our source, from the truth of this life, we now must recognize our isolation is neither permanent nor ordained. **Let us intend to reconnect.** Our relations with Cosmos can be, must be, exalted and grown. To question is an act of authenticity; therefore, refuse to merely "believe".

Plants transmute light into life using photosynthesis, according to *quantum* physics, not Newtonian. People transmute life into love and consciousness using perception and beingness. Light, life, love: three aspects of this same existence in nondual reality. Humans know of the healing offered by plants because "they tell us". We are letting them down; when we treat them only as 'resources', because healing requires reciprocity. We are not supporting the plants, and their power is fading fast as a result. Our heart-field is non-physical, kinesthetic touch. Our brain and heart both generate electromagnetic fields that extend beyond our skin, as do plants and animals. All of these fields, mingling, can be sensed. Offer a gift. Ask for consent. Be curious. Say thank you.

Generosity is key to reciprocity. Energy always goes many directions. We can't only be takers. Many cultures have (or had) a ritual of thank-full-ness prior to harvesting, hunting, and eating. Is it sufficient to pause for seconds, respecting the tomato for relinquishing its fruit or the chicken that gave its life for the meat I now eat? Do I owe the wider world more than a thought in return for what I take? I feel I do, we do. If I am determined to resist this dominant paradigm, shaped by slavery, genocide, and competition, I have to risk healing when a door to health opens along my path. If I am open to possibility, willing to let energy nudge me, and I look, listen, and sense with attention, I don't need "a plan". To truly participate in this outer world I have to look deeply inside myself, into my inner world. We tend to allow others to control, limit, manipulate, and exploit us; because we grant the "outer" world primacy and deeply sense a lack of control, of

agency, outside ourselves. Discord and division are prime methods used to keep me looking outside. All this changes, once I value what's inside appropriately.

Food independence is radical. The Black Panthers were destroyed because of this and the danger their food programs presented in opposition to discord and division. It is why today we are nutritionally impoverished by Big Agriculture, corporations that are killing the living soil with oil-based chemicals for profit. There is no such thing as organic, meaning pure; chemicals and genetic modifications are in everything, everywhere. It will take generations to recover, to mitigate, to heal the rain, soil and seed. Real food is medicine. Hands and feet touching Mother Earth is healing. Heirloom seeds contain the history of struggle and survival of a species; we need this ancestral wisdom too. This culture of control will not survive if we are diligent with our gratitude, ceremony, community, and reciprocity; all arising out of our deep connection with soul. So-called green capitalism is a mechanical Trojan Horse, sent to destroy all that humans who are aware hold dear.

This is amazing – it's in our hands. We choose with every thought, every movement, every sensation, every gift. We choose a new world of relationships and true mental, physical, emotional, and spiritual health; or we choose submission to a Matrix of violence and greed that leads us straight into Hell. I am not alone, and I have gifts. You are not alone, and you have gifts. Learn new ways to share, new ways to relate and live with heart and soul, always in this moment. Look inside and know. Look to the horizon and be. Let's Go Wild!

30 July

“You have to take seriously the notion that understanding the universe is your responsibility, because the only understanding of the universe that will be useful to you is your own understanding.” Terence McKenna

I mention quantum physics when pertinent; and have long tried to fit my understanding of its concepts into my worldview. Because it is still so different from the material-world-view we are taught, it is not easy to grasp a quantum view of health. Let's recognize that if our understanding of reality is based on an incorrect model then we can't be surprised when our plans go sideways. It's difficult when my experience of the world leads me to accept a science that is incorrect; when my experience is of solidity, when I am taught the Universe is a set of parts there for our use as a 'resource'. I can be forgiven for believing the lies of Newtonian physics, of materialism. But once I know Newtonian is wrong, once I have experiences that show me the true immateriality of our world, once I see the world is a manifestation of consciousness and not 'cold and dead'; I must recalibrate my wisdom and understanding of what is good, true, and beautiful. Hence a need to unpack our quantum reality.

This week I will offer my paraphrasing of a book, "Light Medicine" by Dr. Ana Mihalcea, which is a start in this direction. What follows are not her words, but mine. But I derive them from reading her book. I present them mostly in the sequence as I read, but they will jump around a little.

If I am Spirit embodied for experience and development, can I see that reality is the "stage" and explore this with the creator of the props? Collective Soul and universal energy are One. The sole sacred, divine 'being' uses, bends, energy (light) to 'create' a stage for Universal development through conscious awareness. As above, so below; the Universe is holographic in Nature, meaning not just composed of only light, but whole and fully contained within each tiny "element".

“Allopathic medicine” describes a *mechanistic management of symptoms* and accepts chronic maintenance as natural. Prevention is marginalized; true healing is not profitable. Optimization of cellular function, a stop-gap measure (not the goal), is limited to certain vitamins and dosages. Once we change to a process (quantum health) focused on healing, not maintenance, a huge component must be detox; and this is new, far-less understood or acknowledged by allopaths. In fact, it goes against their basic principles and knowledge.

The allopathic model was ‘invented’ in the early 1900’s. John Rockefeller/Standard Oil began to develop oil-based ‘medicines’ and funded schools to teach their use. The schools also taught surgery. He took over sponsorship of the American Medical Association (AMA) and then used the AMA to promulgate, and begin to enforce, licensing for doctors. Of course, that license hinged on pills and surgeries; this allowed maximum penetration into the burgeoning medical ‘industry’. It also allowed for lifetime expense. One solution, starting mid-century, was health insurance. Having everyone pay, regardless of any medical expenses, allowed the charges for those who did require care to skyrocket. Tying your insurance to your job was also genius: it limited one’s ability to seek better jobs once one developed a ‘pre-existing condition’. This allows the employer to limit salary increases, no longer needed to retain trained and competent staff. The handcuffs are made of insurance.

Many will doubt the statement that allopathic medicine is not the greatest achievement of mankind. They ask for proof; here’s just one example of the futility of the modern ‘solution’ for cancer: Department of Radiation Oncology in North Sydney Cancer Centre: 22 types of cancer studied, 154,971 patients, 5 years; only 3,306 could be said to have survived due to chemo = 2.2%.

Yet, 25% of Medicare spending is for chemo in the last year of life, and 40% *of that* is in the last month...that’s 10% overall. Notice that as the chemo ramps up, the end rapidly approaches. Is correlation causation? No, but it bears investigation. Is the cure worse than the disease?

Our current science sees Spirit as unknowable and the human body as just a set of parts, like a clock. What if the opposite is true; Spirit is all that is true and ‘real’, body is only relationships of energy, nothing solid? This is a realistic description of a Quantum world. Within allopathic, they teach 9 mechanisms of aging: genomic instability; epigenetic changes; dysregulation of proteins; dysregulated nutrient sensing; mitochondrial dysfunction; cellular aging; stem cell exhaustion; altered intracellular communication. Nowhere do they point to consciousness; nor can they explain awareness, both of which are foundational to understanding the source and existence of our world. This is a blind spot that negates everything else we are told about the nature of reality.

In our ongoing sense of separateness we cannot imagine wholeness. Many fail to know a mind-body connection; they know only mind, and have no sense of embodiment. This is the opposite of a quantum understanding of life, in which everything is connected: mind, body, emotions, soul, and not just human but salmon, redwood tree, granite dome, lakes under Antarctica’s ice sheet, even ice on the Moon.

David Bohm: “...mind and matter are not separate substances. Rather they are different aspects of one whole and unbroken movement.”

The movement he speaks of is the movement of energy, in awareness. Consciousness comes first, matter later. The Observer is the Creator.

In a world long-controlled by manipulated narratives of domination and oppression, the science of reality is terribly distorted and hugely problematic. We have much to heal in this culture of programmed disbelief & ignorance. A limited mind cannot comprehend an unlimited one. ***Understanding only derives from becoming.*** Once we think we know we close off further development, stop looking for more wisdom.

I am a compilation of relationships of diverse energies we call 'light'. Old science (Newtonian) defines matter by its energy without calling it light. That does not make matter real; it hides the truth, instead. Quantum Physics says: light is possibility and collapses 'into material' through observation by awareness. Material is influenced by an observer (not *just* human); if the observer is disharmonious and incoherent so will be the manifestation. Therefore healing mind is first, healing with light is the great work because it heals with the source material, not artificially, and not using a derivative substance. My light body can interact and create, without and within my material electric body structure. Ill-ness, dis-ease, is inharmonious mind perpetrated on that body. Gross physical properties can be reverse engineered into ever-finer detail until we arrive at energy fields and probabilities, not a tiny piece of hard 'stuff'. Reality is mental and electrical, mass is immaterial and illusion.

Electrons change energy by giving or receiving photons, light. Increasing amplitude (energy) heals, and the loss of light (lowering energy) is decay. Thoughts matter; not thoughts *are* matter. Harmony is the foundation of love. Because the observer is the creator of the manifestation of the energy, information cannot be separate from the energy. [Check out Dr. Mae-Won Ho: "The Rainbow and the Worm"; "Living Rainbow H₂O"]

Dr. Szent-Györgyi: "What drives life is thus a little electric current, kept up by the sunshine."

Communication in human bodies may be molecular, chemical, electric, magnetic, and vibratory. Light is electric and magnetic. Vibration makes phonons (sound) and photons (light). Light is the origin, the cause, of matter, not the result. Once created, communication (relationship) can be accomplished using light or sound. Unwound, a single cell of DNA can be two meters long. When tight, DNA reflects towards UVA or UVB; when loose, towards red or infrared. Light travels 'at the speed of light'. In a torsion field, it travels even faster. A coherent field is entangled; which means communication is instant over any distance; it has no space or time limits. Therefore EMF easily 'adjusts' cells in my body.

Liquid water (at room temperature) is 40% coherent (the portion in contact with a surface or very nearby), called 'structured', and 60% incoherent or unstructured. In coherent water, the interaction with the surface(s) induces long-lasting electronic excitation of many of the other-than-water molecules present. It has a 'plasma' of free electrons present, literally creating an electric current. Our body's connective tissue has coherent water; therefore the whole body is an electrical matrix that reaches every cell, running on electrical, not chemical, currents. It also reaches outward, projecting as a hologram into relationship with 'physical' reality outside my body. My wave/electric body interacts constantly with other bodies and consciousness, and because of entanglement, that communication is instant. The higher the energy state, the more coherent, the greater the level of health and vitality. All molecular interactions start with one photon exciting one electron, initiating a molecular cascade.

Water is life: all life arises within the structure/matrix of water. Water is an infinite energy donor, allowing proteins, enzymes, and DNA to function at the nano scale.

Walter Russell: "There is only one language and that is light, and the alphabet of this language is color and that color, in its vibration, has sound." Also: "Bodies manifest life, but life is cosmic. Life is not chemistry or matter. Life is not in the body. Life is Spirit, and Spirit is still."

Coming to a state of quantum coherence is healing. More coherence means more repair. Incoherence arises from disruptive, negative thoughts and emotions, toxic chemicals in one's environment, and all of these causes turn on entropic processes, and result in 'sickness'.

Science must shift from seeing bodies as molecular and chemical only, and start including electrical, light, and vibration. A good start to this question would be to explore 'placebo' and other mind/body connections. Taking a pill is the ritual: doctor tells me this will make me better and I believe; yet the pill is not the source of the healing. The focus, the expectation, of healing is

the remedy, not the chemical. Is the ritual necessary? No. This takes training and understanding however, to be able to change my quantum state from reliance on what I've been taught to what is actually real. In a patient, negative in every situation, full of blame placed on others, along with shame, self-pity, help- or hope-lessness; even a touted 'miracle cure' will be ineffective. Their 'law of reality' will be what they manifest.

When an electron's energy decreases, it releases a photon. When an electron absorbs a photon, its energy increases. When an electron is 'excited' (higher energy state) it is more unstable, likely to release energy (photon) and return to its 'normal' ground state. These transitions are unique to each element. Usually, infrared region events are less energetic; likely to only cause the chemical bonds between molecules to vibrate. Monitoring the infrared absorption of a molecule can determine the types of chemical bonds it uses to remain that molecule because each bond has a unique infrared absorption pattern.

Electromagnetic waves are two waves perpendicular to each other: one is oscillating magnetic, one oscillating electric. The vibration of the wave is a combination of the two.

Free radicals have unpaired electron(s) and oxidize (degrade) other molecules to gain the missing electron(s). Of course, this leaves a new free radical behind; unless the theft comes out of the plasma in structured water, or a molecule like Vitamin C which also carries lots of unnecessary electrons to donate. Free radicals are dangerous, they can damage macromolecules like DNA, lipids (fats), carbs or proteins. Free radicals are naturally created in oxidation, such as what happens to power every cell in our human bodies, and are also ubiquitous in the environment in forms like smoke, pesticides, heavy metals or radiation. In humans transition metal ions like iron or copper are bound to proteins to protect them from free radicals. Molecular oxygen is also bound to enzymes for the same purpose. When these protections erode, aging occurs.

Antioxidants can donate free electrons without becoming a free radical in return. Light Medicine (LM) understands that a donation of an electron means a donation of a photon (light). The decrease in oxidative stress is a secondary effect. A type of antioxidant is a 'flavonoid'. The biosynthesis of a flavonoid is regulated by UV light. Quercetin is a flavonoid that neutralizes free radicals without becoming one.

LM equates disease with lack of light. Less light means more disease. Vitamin C (as mentioned above) is a very active and safe electron donor. In the reaction of electrons with oxygen in solutions, peroxy radicals are formed. They kill bacteria and deactivate viruses. Vitamin C also supports cell membranes, a favorite target of free radicals. It makes sense to fight electron theft with an electron donor that is not hurt in the process.

UV light + Vitamin C = induction of electron emission (light) and facilitates regenerative processes (healing).

Russia, like most of the world, imported allopathic medicine, but their native research added to it, and took in new directions (some of which negate, or transform, the original allopathic views). They are also not about profit to the degree we are in the West. Next, with so many recent EMF fields being generated, are genes haphazardly being edited or damaged? And, these new concepts (and fears) add a layer of urgency to resist the drive to edit genes globally, while we still can.

Dr. Gariaev: DNA, chromosomes, proteins, all "work in 'antenna mode', receiving external acoustic and EMF field" instructions/info which change the programs and properties of the antennas themselves.

[Common sense agrees: all is energy/light. A change of energy, changes the light.]

Dr. Gariaev: Chromosomal DNA can create radio waves that carry genetic/metabolic info both within and outside a body.
 All things have this laser-radio wave signature and thus the info on any healing molecule can be known and transferred [research Carbon 60]

Dr. Nikolai Kozyrev: [Density of Time: Signals] A faster than light change of mass + time and a twist of space-time = torsion. If time is asymmetric then so is space. Every particle has spin. A particle accelerating must twist space with its spin. Torsion decays over time. It encodes info of the object, and can change and be transferred to another object. Torsion fields can dissolve and reconfigure matter. An electron changing levels emits light AND creates a torsion wave. A pure torsion field has been shown to deflect a laser beam. Torsion is left- or right-handed spin. Torsion waves can flow back in time. Torsion affects everything including gravity (mass makes an object lighter or heavier) and nonlocal abilities of a mind to travel in time. Intentional focus directly produces torsion fields and alters space-time.

[Think of flow states: time experience is fungible]

David Bohm: Potentials of a quantum field that have collapsed are the explicate order; possibilities are the implicate order, and may be what we call 'dark matter'.

Torsion opens our 3D+Time world to higher dimensions. Einstein's Theory posits gravity as the bend/twist of space/time; torsion does this too. Torsion is controlled by consciousness and energy; therefore torsion can be a tool of the observer. Particles exist in infinite possibilities simultaneously; once observed, these possibilities 'collapse' into manifestation. My body's mass, and the 'reality' in which it exists, is also 'present' in infinite times and places. By my observation I can change spin, torsion, energy, and thus ability, information, physical structure, even time itself. Remote viewing, telepathy, prophecy, healing, manifesting; all are available in this paradigm. All substances spin according to the energy of the information encoded. Torsion alters that information. The spin of torsion remains during decay after the torsion itself is removed. Therefore, focus on water modifies the torsion field and particle spin, which modifies the water even after the focus is removed.

"It is the observed word in a Now that collapses a new wave function of quantum particles and creates a torsion field with the new info, changing the matter of all reality instantaneously."

Consciousness and energy are inextricably One.

INFINITE UNKNOWN (highest)	ULTRACONSCIOUSNESS
GAMMA RAY	HYPERCONSCIOUSNESS
X-RAY	SUPERCONSCIOUSNESS
UV BLUE	BRIDGECONSCIOUSNESS
VISIBLE LIGHT	AWARENESS
INFRARED	SOCIALCONSCIOUSNESS
HERTZIAN (lowest)	SUBCONSCIOUSNESS

Binary mind means knowledge of human personality and physical body without deep subconscious. It relies upon knowledge, perception, and thought. Higher consciousness is not in play. Analogical mind aligns Observer, personality, primary and secondary consciousness. The bands [above, below] spin in opposite directions, creating a vortex that allows thought to coagulate, to manifest.

When an observer focuses Now, torsion waves and subtle energy increase. The vortex is stronger. Tesla used electrical energy to feed the body; ATP production can be activated by high-level consciousness and the addition of energy from outside 'normal' bodily processes. At all moments what we think is what we observe. The action of mind is what collapses the wave into

reality. More unlimited thought = more possibilities open to access, ultimately that includes all time, and all levels of consciousness.

Nocebo: Observer ingests high light value substance but doubts effectiveness; spin and torsion are degraded. This is 'thy will be done' in action.

Mental boundaries: *Thin*; open, sensitive, vulnerable. Experiences 'twilight' state of consciousness easily. Does not repress uncomfortable material. Does not isolate thought from feeling.

Thick: Adaptive, organized, punctual, reliable, efficient BUT rigid, unlikely to change.

Final thoughts...it is comforting to 'think' science is settled, that we know how or world works. This is far from true however. Just writing about these different perceptions and knowledge, I can only imagine how much we don't yet know. Why were we so quick to discard the indigenous worldview that placed humans inside Nature, not above it? Simple answer might be that we developed an ego that 'thinks' it knows enough to be the Master, of Self and Other. The deeper I dive into quantum reality, the more I doubt the truth of Ego....the more I crave a return to Wild, to natural, to true...

6 August

How are we to question artificial intelligence when we only understand a computer as magic?

Our common understanding of science today sees Spirit as unknowable and body as a set of parts, many of which can be removed without fatal effect. What if the opposite is true: Spirit is the only true reality, and body is only a set of relational energy?

As we are entrained in a worldview of separateness, we usually fail to conceive of wholeness. We don't know, intimately, our own mind-body connection; we only pretend to understand body itself.

"...mind and matter are not separate substances. Rather they are different aspects of one whole and *unbroken movement*." David Bohm

So curious: mind and matter are unbroken movement. Not mind and matter, connected as One; mind and matter as *unbroken movement*. Energy flows unceasingly, unbroken. With our culture's focus on separate individuals, matter comes first and consciousness later. If we focus instead on consciousness first, everything changes; the Observer becomes the Creator.

That's all 'woo-woo', I understand. How does this play out in America today?

Collapse, and yes, we are immersed in the collapse of a global Empire, is essentially a loss of trust in the status quo. Each institution, each sector of society (energy, economy, governance, culture, social relations) will be/is being affected. We will experience profound and possibly debilitating grief over our losses; jobs, lives, safety, money, dreams, even wisdom. The effects may be congruent or disparate; a remaking of energy and economy happened often in our historical past, we have something to look back on as a guide. But if our current political, cultural and societal institutions collapse, that can be a true existential threat to humanity. The political has greater impact in cities because it is given the task of maintaining order. More than half of all people today live in cities. Cities are problematic because they cannot support residents with everything needed to survive from inside the city's own footprint. Food, water and energy needs must be satisfied quickly (or prior to collapse) for the inhabitants to survive the transformation of the economy, or else Mad Max takes the reins of control. Economy is both currency (finance) and supply (goods and services). Energy is the Master Resource; it is

foundational to every aspect of life today. I propose we focus on addressing the new relationships that will foster cooperation and caregiving, with emphasis on the energy, abundant² supply of what we need for a meaning-full (not product-full) life, and new politics congruent with our new mindset.

In this 'modern' system, where money is a marker of debt³, debt must grow in lockstep with growth in population and consumption. Debt is pulling future energy use into the present moment, at the cost of 'interest'; clearly putting the future into an energy deficit, compared to today. Note there is a better way: money *not* created from debt, money that represents only what is available in this moment. At some point, the future breaks under the weight of already-used energy and debt must be reset to zero by starting a new currency. Planning for this inevitable step also bears our attention. The idea that wealth should always grow, abetted by usury, is contrary to how Nature operates (entropy). Our current system allows interest to function as a risk calculator (as long as interest is free to act as such a signal) when interest is essentially insurance against potential loss of capital. Usury is defended as the 'cost' the borrower must pay because the lender is relinquishing the ability to use the money. Today however, because debt creates money, the lender is not forgoing the use of money when lending; the lender is not harmed, in other words, and deserves no 'interest' as payment for loss of utility. Understand, this transfer of wealth from the masses to the few is a perk of the system, not a bug. The necessity to have money to pay the "*cost of living*" enables the continuing violence of interest. The debt enslaves us. Once growth declines to below the demanded interest rate (risk assessment), collapse is inevitable; we begin to eat our only seed corn.

Any budget that operates at a deficit requires more debt. Rising interest rates (due to higher risk of loss) only expand the need for debt creation, in an exponential fashion. Where are we on the hockey stick marking the growth of our global debt? Impossible question to answer as it is impossible to predict the date of the collapse of trust in the debt-tracker, the currency.

Peak oil, thus peak energy, is real and caps growth in a manner that leaves no alternatives until we completely reset our economy to a different form of energy. The consumption model is broken and beyond repair; this also requires our focus. As the Master Resource becomes ever more scarce and expensive, the amount diverted to cover interest costs becomes a larger percentage of our total expenses, further depressing our opportunities for growth in supply and services along with purchasing power, or debt repayment. Because peak oil correlates tightly with energy use, and energy use tightly with food production, peak oil is also peak population, as long as that population insists on today's disposable lifestyle focused on oil. Likewise the rate of energy collapse will be mirrored in the population collapse. Few consider this when thinking about buying a new smartphone.

Unlike the collapse of energy use and population, the collapse of any currency can be instantaneous. We trust it and use it one day, don't and don't the next. And it's not just the currency: anything that derives its value from oil is also at risk. We face diminishing returns on investment, sunk costs resistance, just-in-time supply chain breaks, costs necessary but unproductive (interest as just one example), hidden information that leads to poor decision-making, and the core of misunderstanding reality which I posit is the difference between linear (human) thinking and fractal (Nature).

What is a meaningful life that does not rely on a foundation of limited resources that we assume we can use then discard, forever? I feel its prime focus rests on building healthy relationships, healthy communities, and healthy Nature. Why do the work to answer the big questions: who am I, why am I here in this body in this time, and what are my gifts that my community needs from me? This culture of modernity wants us distracted from our exploitation and encourages us to be upset because of a flame war on social media rather than do any inner

² Abundant, meaning not a cornucopia but *enough*

³ The issuance of debt is what creates money; when debts are paid off or cancelled, money is destroyed

work. Culture wants us to continue consuming disposable pleasures and things, and abhors when we turn instead to helping others. Recycling, volunteering (as done today), even most flavors of religion are meant to assuage our guilt, which arises when we see the injustices baked into the Imperial cake. Yes, technology is a tool; but it is not the Peoples' tool. Yes, the modern world sees the price of everything and the value of nothing. But why let that mindset continue? I can't change the culture, but I can live my values and share them with you. Maybe I can even entice you into enjoying the juiciness of a life well-lived. The bits and bytes in a bank's computer somewhere in the cloud don't represent the value of my life, they represent the cost. True value comes when neighbor helps neighbor heal from trauma, including the violence of debt and domination.

I can't help to heal you more than my own healed Self knows. My work starts with Self, but cannot be focused solely within. There remains a world 'out there' in my imagination, in my awareness, which immerses me in community and relationship. Throughout human history, this is the bedrock of reality, this interconnection and wholeness. Inside is not separate from outside; but reality is what I sense inside, especially in unconscious ways. My unconscious needs healing too, if we are to heal as a community. But my heart knows how, as does yours. Let's work to bring our collective heart-voice into awareness; our ancestors and descendants will help us, even as they bear the traumas of their time. Our healing of trauma now heals theirs too; that's their simple request. Let do the work, let's heal one another, and we do that best when we *Go Wild*.

13 August

“If you realized that the nurtured spiritual part of yourself would accompany you on your eternal journey and that everything else you labored so hard to accumulate would vanish the instant you depart this world, would it alter your daily agenda?” Walter Cooper, “Shards: Restoring the Shattered Spirit”

There is a concept around 'common knowledge' that goes like this: as long as I think different from what I think everyone else thinks, I rest in private knowledge and might well hold my tongue. But when someone speaks loudly and clearly, and many people hear – remember the little boy in “The Emperor's New Clothes” – then common knowledge breaks out and everyone knows that everyone knows. Things change, when the way I look at things changes. At the other end of the spectrum of duality, silence is complicity. Questions are far better than silence; they open space for knowledge to become more widely accepted. I always strive in support of bringing the hidden into the light. Talk with me, question me...and others.

It is obvious to me that non-physical; energy and awareness, came into being before the so-called material world. Quantum Physics leads us to this conclusion, as awareness is necessary before wave forms collapse into a physical manifestation. If the ground of being, the foundation of the world, is non-dual, that means it's not hot/cold duality; it's a spectrum of experience. Then chaos/order is also. Even as I experience 'physical' I remain immersed in the immaterial as much, if not more. I am guided in dreams, I feel nudges, I flashback, I for-cast the future, I remember (re-join) and move into relationship, away from isolation and individuality. Shamans open awareness into wider and deeper experiences of universal energies.

Different wavelengths can occupy the same, local Now. I don't send info to you or 'out there'; there is no 'there' out there. Reality is in awareness, and awareness changes reality. Matter doesn't exist on its own, pre-awareness. Observer and observed are One. Time, like all of reality, is fractal (not linear) and fungible (not fixed). If I measure something, I assume it exists, and

then I measure it. My awareness is what measures, causing energy's myriad possibilities to manifest in a measureable way because I seek to know this about it.

Research has proven material changes in 'objects' occurring without a discernible energy transfer (telepathy, telekinesis), has shown that distance is not a factor (entanglement), and nor is time (delayed choice experiments). Near-Death Experiences prove conscious awareness is neither body- nor time-dependent.

This Universe is a Great Thought, a mental creation, not a Great Machine made of parts. The strength of my spiritual awareness correlates with what I manifest. In other words, it's not mind *over* matter, the truth is mind *before* matter. This points not just to human consciousness, and not only 'here' and 'now'. I become more open and aware as I deepen my understanding of these concepts. I need inner work too, to presence what is hidden, and to correct what I assume in error.

One might take this in and focus on Self, forgetting we are all One. How do I let go of ego, selfish desires, and focus on collective relationship instead? If we project our scars and wounds on others, we maintain the trauma. If we avoid the 'negative', thinking only 'positive' thoughts and self-shaming when an 'evil' one arises unbidden, are we manifesting our best possible life? How can we be WHOLE if we only focus on a wave's peak, and ignore the trough; or on only good, ignoring evil? Waking up, or what some call enlightenment, means letting go of illusions or separations, seeing reality whole and complete, and being open to what is relating with me in this moment...and this one...and most of all, not grasping or craving what is lost. Anything with a beginning or an ending in time is unreal and will ultimately be lost. What remains is the eternal; outside of time, fully healed, and whole. What remains is *Wild*.

Apologies for the short bit today; it was a full week. I expect to have a much longer piece for the 20th, although with international travel that day, I might have to post it early :.)

20 August

**"I'm a Barbie girl
In a Barbie world
Wrapped in plastic
It's fantastic...."
--- Aqua**

We truly live in a plastic world. What we call "oil" is a long-chain hydrocarbon. After we extract some of it we "refine" it in a complex process using heat and chemicals to separate the molecule into its component parts. Some are used for fuel, some for plastic, some for asphalt, some are precursors for herbicides and fertilizers, and more. In 1859 when we first began to drill for this magical substance, it was used primarily as a replacement for whale oil in lamps. So much was being discarded, in non-environmentally-friendly ways, that research began which led to the myriad uses we now get from the refining processes. Note: if we do manage to transition much of our fuel use away from oil, yet don't find replacements for all the other products we get from this amazing hydrocarbon, we'll be regressing to the point of still doing the same extraction/refining processes but with some portion of the oil remaining that must be thrown away. That's not going to work for long....

Plastic has enabled a grand transformation in lifestyle and attitude. It has made much of what we consume disposable. My grandparents threw nothing away; even when broken, a tool might be repurposed or used as a source of parts. When an animal was butchered for food, every body part was used for something. Today, the parts a modern, spoiled diner rejects as nasty get used in animal food, compost, or McRibs™. The key point here is that as long as we continue to

extract oil for fuel, we will have the molecules available for plastic too. It's quite a balancing act; finding uses for all the plastic as our thirst for fuel increases. This is one reason why so little plastic actually gets recycled⁴; we don't NEED more plastic from non-oil sources. Other reasons include it's unhealthy (unclean) to reuse plastic exposed to toxins, the largest source of plastic in recycling centers is bottles and we can't recycle it into new bottles (again, health reasons), and maybe the most important reason of all, recycling is a guilt-reliever that allows the continued polluting of Nature with plastic without a heavy dose of shame.

You might be sensing I'm not a big fan of recycling. Just as I abhor the argument that we can all just keep driving tens or hundreds of miles a day as long as it is in an electric car (not true), I have come to know that recycling is just as big a lie. But I want to expand on this disposable, single-use idea that plastic inserts in our hearts, the idea that a life made of plastic is better than what we had before we sent trash to the curb weekly for pickup.

We (Empire, America) have grown to like the disposable idea when it comes to treaties. Now I admit to being unfair, to the point of off-base on this being a recent, modern phenomenon, because it has been several generations since we unilaterally tore up treaties with Native Americans and stopped any pretense we were not outright stealing everything they had. But it feels to me like America used to have diplomats who understood that any negotiation is founded upon trust; and once you lose trust, it's nigh impossible to regain it. Yet in recent times we negotiate treaties around security guarantees and then we back out. We make trade agreements, and then we sanction. When this is how our best and brightest act, it should be no surprise when couples make agreements and then one pulls out, sometimes without notice. As above, so below. Trust lost is trust not easily found again.

Or how about relying on government regulators to keep us safe? Should I trust someone who makes decisions that are questionable from any angle, only to watch as they leave their position and get hired at many times the annual salary, in the very sector they used to be regulating? The plastic, the disposable elements here, are the morals and ethics one must ignore, to harm another for money. And aside from regulators, how about the practitioners who are bonused based on performance, and who get paid more when prescribing particular concoctions regardless of the appropriateness of the drug(s)?

Let's broaden the last paragraph: every day that goes by, more people learn to distrust authority of all stripes. Every institution in America is corroded and losing direction. One of the methods used to control large groups of people is separation; we've had a lot of that lately. Another is distraction; here again, lots of that going on. A third is outright lying, throwing in enough truth to make the lie palatable; we've had a lot of that lately too. Should it cost many \$100,000s of dollars for a university education? Many countries consider education to be a blessing to the nation and manage to make it free for anyone. It's not a question of teachers having to work for free; it is a question of who should pay, the community or the user? Many countries consider health care a human right; and although at scale there are obstacles to efficiently providing an equitable experience over an entire countryside, the most important question should be, as above, who should pay?

I would be remiss if I don't paraphrase Van Jones (and others) from two decades ago: "We not only have disposable plastic products, we have disposable people, too." Given the state of our discourse (throwing away opinions we don't like) and our judiciary (locking up people for eating or smoking a plant), it is hard not to see the truth in the 'disposable people' remark. That's one reason out of many that describe why our communities are failing us. Every time we dispose of a person, we dispose of a family.

How about our individual and collective spiritual life? My higher Self feels a connection that runs deep, way back through our collective lineage, to all of Earth and its varied, myriad life. But when I look at how our culture has 'managed' and controlled our spirits, here too we have reason

⁴ Today less than 10% of discarded plastic is recycled into a new product. The rest is either burned (in someone else's back yard) or buried (same)

to ignore what the 'authorities' tell us. There is no such animal as a just and holy war. Where did the idea of 'revenge' come from, anyway? Look back on the history of the American Empire and you see an out-of-control psycho/sociopath with more and more anger that others are not doing what we tell them. That can't go on effectively forever. I feel we are nearing the end of this Imperial run; and can only pray the next global policeman sticks to negotiation and cooperation, and eschews physical force.

We can hardly do better than to ask:

- ❖ Who benefits?
- ❖ Who decides?
- ❖ What's mine to do?

For me, the answer comes back to creating and maintaining healthy relationships, healthy communities, and healthy Nature. Given the fires, floods, and kinetic wars happening all over the world, things look darker than ever in my memory. I hope the saying is correct: it's always darkest before the dawn. The dawn in this case looks and feels a lot like leaving the modern, tech-full path behind and returning to what brought us to this dance: Wild.

Let's Go Wild once more.

27 August

I beg your indulgence...I am in Thailand for three weeks, and this first week was unplanned and extremely hectic and soul-wrenching. I promise to provide context and details soon, in a long essay I will post here. but nothing new today.

Instead I offer something I wrote to honor my son, Jody Lee Tennant. It starts with the poem I wrote on the day of his death, for his funeral service.

To Jody Lee

How quickly you came

on that late April morn

once you'd decided

it was time to be born.

Resting on Mom's belly

from whence you had come

you lifted your head

and looked around some.

First teeth at three months

sitting up at just four

in no time at all

you were all over the floor.

The chuckles and the laughter

for no reason at all

such love always expressed

even though you were small.

For eight months and more

you brought such joy and such love

our personal ambassador

from the One up above.

And now the time has come

for us to take different trails

to cross different mountains

and to look on other vales.

We return you to the Source

to the One that is All

we rejoice in your joy

though for us joy is small.

We'll remember your love

and the time that we spent

and cherish you always

as Love Heaven Sent.

Love always, Dad

13 January, 1980



[Last photo we took. Saved from the ashes by being under a pile of books on the kitchen table; the blue is heat damage on the negative.]

Jody Lee Tennant

29 April 1979 – 13 January 1980

Fire has played a big role in my life. 13 January, 1980: fire took the life of my son, not yet nine months old. There is no forgetting, no healing sufficient, to make the pain of tragedy go away. There is only an acceptance, some learning and change of consciousness about life itself. The only thing someone said to me in those first days following our fire that I remember was, “God holds a special place in His heart for parents who lose a child.”

I have long felt the life cycle of a butterfly is a reasonable analogy for my own life. I was born, curious, energetic, and full of life and movement; all while being unconsciously in touch with my heart and soul. Then I became an adult; trying to make a way through the predicaments of family and spirit, but blind to my purpose or the meaning of this wild and wonderful human lifetime. My son is born, and he is eager to share his love with us. Unconditional love; he was such a good baby, growing so quickly. At eight months he would take a step or two, freestyle,

working towards walking on his own. Sounds were beginning to take on the shape of words. But through it all, every day, his smile.

And then...nightmare. There cannot be a lesson more profound or full of meaning than losing everything material, and not caring one whit for that because we lost our son. We were blessed, the last photo we took of Jody had been hiding under a pile of library books; the blue cast across the bottom is heat damage to the negative, the only set of pictures we could salvage.

The next twenty years were my cocoon stage. Jody's Mother and I divorced; at the time when we needed our partner the most, we were shattered ourselves, each incapable of being that

support for the other. I continued to try fit into the edges of culture and society; working, buying a home, but never feeling really a part of the mainstream. I found a new relationship and married into an existing family, a mother and seven children. I sought relief by becoming a firefighter, a volunteer, just like the dozen men who came to our fire on a small mountain road at 3 am that fateful morning. I wanted to be there for others going through their own worst day, hopefully saving someone along the way. None of it seemed real, seen through the lens of grief and loss.

My pain evolved; I can only remember the good times we shared with Jody. But always, no matter what is going on, I remember his smile and the love he bathed us in through it. I came to know that no one is guaranteed another breath; don't leave a conversation for "after I calm down". My heart had been shattered into so many pieces, it is easy now for my love to be shared. Having tasted the bile of tragedy, makes moments of joy that much sweeter. Love, joy, fear, rage, and grief are the profound emotions we humans feel; and the capacity for feeling all are expanded in those who have survived feeling great tragedy. My grief is always, even now, right up in my throat and ready to burst out in a heartbeat. But my love is right there too.

The event that transitioned me out of my cocoon and back into the real world was also a tragedy. Christmas Day, of all days, 1998, I responded with other firefighters to a home in which four people died. Seeing a Mother, holding her youngest child's hand on the sidewalk outside as we extinguished the fire (started by embers taken from the fireplace into the garage in a plastic bucket and forgotten) and tried to treat her family with all due respect, I knew this chapter of my healing was over because I was traumatized once more. Like a statue, I could not function in any meaningful way because my own grief was that powerful; it froze me in place. And so I sought other ways to help people heal, leaving firefighting behind.

These last two decades, my butterfly stage, have been rewarding beyond anything I could have imagined. I talk and write endlessly, encouraging others to value real wealth: healthy relationships, healthy communities, and healthy Nature. The jobs, the houses, the games, the possessions, the bank accounts; none of it matters. Our life's purpose is not to have more stuff than others when we die. My purpose is to be generous and help others find meaning in their life, as I have. Know, deep in your heart, that generosity and caregiving, and being honest about our feelings both inside and out, is what provides us our true reward. We can have heaven right here on Earth if we connect with our love and share it with others. Especially those of us who are "well off" in America, we have more stuff than we could possibly use, and stuff isn't what this is about. Love is what this is about. We have all been traumatized, clearly some more than others,

but we can heal from that and bear our scars and still find joy in relationships. If I have a single wish for everyone who reads this, it is this: may you find your healing and your bliss and share some with the rest of us; for this world is missing a lot of both right now.

And finally, my Mother's voice:

Love (Alias Jody Lee)

By Grandma Pat

Love is total acceptance

Whatever happens, wherever your spot

Love is sharing your Zwibach

With a dog who likes it a lot

Love is allowing all others

To be free, to be free to be

Love is being awakened

To sit grinning on your Grandpa's knee

Love is creating a Universe

Just right for one and all

Love is knowing your sister

Likes playing with a living doll

Love is always finding the path

Even through all the haze

Love is sharing with Mom and Dad

Eight months and fifteen days

Complete acceptance, free to be,

We love you, Jody Lee

Create a universe, a path to see

Love.... (Alias Jody Lee)

P.S. this poem wasn't written for you, Jody Lee

But for those you left behind

I didn't need to write it for you, Jody Lee

Because you know what's in my mind

3 September

Last week I revealed some of my history with fire. It is particularly top-of-mind all the time for me, but now for you too because of Lahaina. As mentioned, I am working on a long essay and this week will also be short. But I do want to presence some aspects of recent tragic fires that we all must consider as we go forward.

I live in California much of the year. I was amazed to see much of Santa Rosa burn in 2017; it's completely out of the ordinary for a town of hundreds of thousands to lose so many homes in a fire. As a former firefighter I know why fire is so difficult to tame; but for most, it's incomprehensible that a fire cannot be stopped before it takes a town. Think Paradise, 2018. And now we have Lahaina, 2023. I am not saying this is unprecedented: Chicago and San Francisco, are major American cities (among others) that have lost so much in the past, we can't call this 'new'. So what's different today?

For one thing, we who feel we are "modern" and "civilized" also think we are far from harm because we have technology to save us. The tech might be steel and concrete for buildings, to limit the fuel a fire can use to grow larger or hotter. The tech might be the firefighting equipment, including fire retardant dropped by aircraft or water from buckets under a helicopter. (From what I have read, the entire island of Maui only has 63 firefighters.) The tech might be the communications that will alert us to danger, we think, since we are long past looking out for tigers in the tall grass. In Lahaina there are complaints that the siren warning system was not activated. The explanation: it is designed as a tsunami alert, and if sounded, likely would have driven residents uphill, into the fire, instead of along the coastline out of harm's way. This is a good example of a partial solution, or rather, a solution for one problem that doesn't port over well into another.

There is the tech involved in power distribution: many complain it was a short in the grid that sparked the fires during the high winds. They argue the power company should have shut down the grid as soon as the winds got too strong; others would have, you know as well as I do, said it was unnecessary to "inconvenience" the public, as shutting the power off would not help (much). We have all become much too accustomed to air conditioning and electronic assistants to be willing to bear a short-term loss of electricity; this is a factor in decision making that must be examined by each one of us.

But there is another issue even more important, in my opinion. That is our trust in authority. As news continues to stream out of Maui, it is becoming clear that the local authorities in Lahaina issued orders to barricade at least one of the three roads out of town, because early in the fire, it was predicted that road would be in danger. I saw a video right after the fire where a resident of Lahaina described walking past the line of gridlocked cars on Front Street and

approaching the police officer at the barricade. Resident asked the officer why the road was blocked; officer replied he was ordered to keep people off the road out of town. The resident continued to walk out of town, on said road, looking behind frequently, and never saw any cars follow on the road even as the sounds of fuel tank explosions began to sound behind him in town. I hesitate even to write this; it is horrifying to think that we have come to a point when we follow authority even in the eye of the danger, despite our own common sense, and do what we are told. But then, I suppose 2020-2022 should have shown me different.

In the larger context of Let's Go Wild, I urge us all to get back in touch with our soul's wisdom and guidance. In this instance, it means being ready to question authority, ready to change direction or goal in the moment as new information arrives, and not being too attached to the material goods we possess that we would rather stay in danger than leave to safety. I understand that we can't wait to have perfect information before we act; of course, we could head off on foot out of Lahaina and end up in ever-greater danger. But it breaks my heart to think of those who sat passively in their vehicle, stuck in gridlock, behind a barricade, soon to perish. We can do better, my friends. But it takes examining who we trust and why; and I suggest we open the channels of communication to realms beyond the government so that when the danger appears, our guidance is solid.

There are larger issues also. We Americans like to build things and assume they will last forever. Our roads are neglected, bridges and power grids unmaintained, and we have yet to truly ponder what it means when reinforced concrete, first used in the 1930s, reaches its design life of 100 years and skyscrapers start to crumble. On Maui, the electrical grid was, by the company's own admission, an old, unsafe mess. California is another example; the grid has been blamed for most of the large fires the last decade, and despite this, the state now mandates only electric vehicles be sold within the next decade. How will the increase in electrical demand be met, and how will it be safely distributed, given that no money is being spent today to solve these issues?

And speaking of larger issues, I won't get repetitive about the 2024 elections, but I do want to say something about the early stages of the Presidential campaign. I don't believe the lie that people vote their conscience in this democracy; campaigns have been waged that explicitly advise us to vote 'for' the lesser evil. In this regard, I would still be voting for evil, and greater/lesser is a duality we each must parse for ourselves. I also see the consistency across both parties when they vote for military spending and excursions, not just overseas, but funding for the military-industrial-complex to supply material and training to local police forces across our country. If you wonder why police are so quick to shoot, remember that in the policing actions around the world our soldiers participate in they are taught that no one wears a uniform anymore, and to shoot anything that moves because it is a threat. It should be no surprise then, when we militarize our local 'guardians' and teach them the same. This completely ignores our needs here at home; the numbers of families in poverty, children hungry, people who declare bankruptcy due to medical debt; these are issues that could be solved if we spent the military's budget at home for just a few years. Why don't we? It makes no difference which party is the majority; the killing proceeds apace. To vote for either party is to keep the system in place unchanged. Hence no need to vote.

This time might be different; thanks to Robert F. Kennedy Jr. Do you understand how different, how refreshing, his campaign is when compared to the frontrunners of the 'establishment'? Let's begin with this quote:

"It is neither our position nor our circumstances that define us...but our response. When destiny crushes us, small heroic gestures of courage and service can bring us peace and fulfillment...we give order to a chaotic Universe."

I have no doubt you have already stopped reading, or are reading against your inclination to stop. You have heard over and over, especially since his campaign kick-off, that he's an 'anti-

vaxxer, spreading misinformation'. I ask, do you instantly translate *spreading misinformation* as 'telling the truth'? Or do you take it as a stern warning to look away? IMO, being censored means I am telling a truth that others, especially the Establishment, can't handle. The essence of free speech is being able to hear something that is illogical and counter it, to hear something that is counter to your experience and sharing your view, and yes, even to hear new information and have an ability to change one's mind when appropriate. It is the latter that trips up many people; comfort derives from certainty and hearing information that contradicts one's understanding rocks one's worldview.

His kick-off speech in April 2023 was so different from the usual pablum. When compared to the others, it fell far beyond the Overton window of acceptable speech; he was way outside the box. He presenced history, context, intelligence, morals, integrity, compassion and bravery. He spoke to the public executions of his uncle (1963) and father (1968), and others too, with gravitas, while conveying how much we have lost in the 60 years since. He wasn't aware at that time, that the Biden administration would deny him the Secret Service protection mandated for every Presidential candidate with polls showing more than 15% support, a sensible response we began following his own father's death in 1968 that has rightly carried forward to this day. He also spoke of the wicked partnerships between corporations and government, leading to perpetual war, government promoting Pharma profits, and unsustainable levels of debt.

I understand, at least superficially, what passes for demo-crazy today. His adult demeanor and poise in a race-to-the-bottom electoral con game shows just how far we have fallen into collective delusion. Compare him to mentally-dead Biden or the 2-year old child named Trump, and there is no contest in a sane world. If we seek a world that has a future beyond one or two more election cycles, we need to find better leaders, and soon.

Truth be told, the 1960's turning point led us here. It can be corrected; but it looks like peace in Europe will be due to Russia, and peace in Asia will be due to China, neither will be due to America. And when will we have peace *in* America? There's the Woke war, the Covid war, the Class war, and the Domestic Terror war to settle first. So tell me: is *more* Biden or *more* Trump the answer? CAN YOU HANDLE THE TRUTH?

Just as no candidate is perfect, no individual can change the direction of permanent Washington. There remains the fear of assassination, which troubles my heart a lot. I can hardly imagine what a change in leadership could accomplish; no one can stop the decline and fall of Empire. I don't present RFK Jr. as a savior, just as a new perspective. But a re-allocation of our limited resources can make a difference in the lives of some, many, or possibly all. How to decide where to put our energy and wisdom as individuals and communities? Let's focus on real wealth: healthy relationships, communities, and Nature. In other words, Let's Go Wild; there's everything to lose if we fail.

10 September

“Until we change the money we change nothing.” Michael C. Ruppert

Still travelling, so my apologies for the brevity and delay in posting. I have a tax advice and preparation business, and across the board I have to say almost no one understands, not just how to save or spend money, but where money comes from. Please feel no shame or guilt; this culture doesn't teach us this and I believe there is a reason. Those few who do understand and control money, its creation, use, and destruction, don't want competition.

Simply put, money (in the Federal Reserve system in America today) is created by debt. Another key factor: there is 'monetary policy', how much money is in the system, and 'fiscal policy', how money is spent. The federal government, no relation to the private Federal Reserve (the Fed), borrows money into existence to fund government spending. This must happen before

any tax is collected. The promise to repay the loan becomes an asset of the lender; what starts as an IOU to the Fed is then sold into the market as a government bond so the public bears the cost. Talk of the Fed's 'Balance Sheet' points to IOUs not yet sold into the market. The Fed keeps them as an asset because if all were sold, the interest rate needed to attract investors would be too much for the government to bear..at least that's what the talking heads say.

Note also, that although the Fed does 'create' money, it does so at the behest of Congress. The Fed controls more than just money creation though; it also sets the interest rates banks pay to park money with the Fed (the overnight rate), to borrow from the Fed, and to lend/borrow amongst themselves. A change in interest rate is one method to leave or remove money from circulation, thus controlling how much is available for consumption, and this means the Fed sets fiscal policy.

Another key concept: fractional reserve. In the 1700s, usually the only "Safe" in a town was kept by the goldsmith. Some bright goldsmith began to store the gold of the rich, giving them a paper receipt in return. Given the difficulty in transporting physical gold, the risk of robbery, and the lack of small coins to be returned as change after a small purchase, it quickly became clear that the paper receipt was far easier to use for trade than the gold itself.

The Big Implication of this emerging trend was the realization that few people ever came back with the paper receipt, wanting the physical gold back. The goldsmiths found they could resell most of the gold in their safe, with no one the wiser, since there were no audits to find the scam. Hence the birth of fractional reserve banking; only keeping a fraction of the assets representing the money in the safe, and setting free the 'fiat', backed-by-faith-only paper into circulation. The bank offering you a \$500,000 mortgage only needs to back the loan with 2-9% of that amount in reserve. Thus, most money in circulation has no reserve. The bank that loans you the mortgage types digits into your account from thin air and smoke.

Ponder that please: this is not the 'It's a Wonderful Life' fantasy where the bank foregoes the use of money it could use for other purposes and thus is due interest. Usury is thus immoral; the bank has almost nothing at risk, especially in a time like today when the federal government will backstop any losses (remember Silicon Valley Bank in March 2023). Also note: the loan that creates the money does not create the money for the interest payment. So we are locked in a constant fight against others to get the money to pay interest, or we need new debtors who generate the new money WE require (a classic example of Ponzi).

There's a further point here: either repayment or cancellation of debt destroys money, removing it as a bank asset and forcing the bank to find more reserves to cover the outstanding loans it has already issued. Hence the credit solicitations in the mail and email; hence the tsunami of student loan debt during the last generation; hence the massive off-budget gifts to the M-I-C in the name of UKR among the near-doubling of the federal budget since 2019.

Inflation: typically thought of as simply higher prices because of monetary expansion. Surely that's a big factor. But we are facing 2 other aspects that are or will make today's inflation seem mild by comparison, soon: 1) rising prices due to fixed costs cutting into margins as sales evaporate, and 2) the repatriation of USD from overseas. Business has fixed costs that do not change when business decreases. When the inflation rate is higher than wage increases, disposable income goes down. For a business to maintain the same profit margin with less sales, it must raise prices. This is a delicate balance; as jacking up the price also increases the risk is that too much business will be lost, defeating the purpose. This is the demand side of the capital equation.

Since the end of WWII the petrodollar has meant any country needing to import oil needs USD, either by purchase on foreign currency exchanges (forex) or by exporting goods to America that have been purchased using USD. It is said that at least 40% of all USD in circulation or accounts is held outside the US; hence the term 'reserve currency'. Some point to the suggestion of selling Libyan and Iraqi oil in local currencies as the real reason Qaddafi and Hussein had to be executed. So it is interesting, as a sign of the decline of Empire, that in recent years countries

have been willing to trade oil for local currencies and are getting away with it. There are myriad reasons for this trend: disenchantment with America as it bullies everyone to comply with sanctions, to censor dissent, and as military aid foments revolutions in countries with resources we demand be sold given to us. The business of China is business, the business of America is war. Choose your side wisely. As the trend to using local currencies gathers speed and mass, which it most certainly is, the need for that 40% of currency to remain outside the US diminishes accordingly. This degrades the supply side of the inflation issue, making more money available for purchases, but only in the hands of banks as the result of emptying the coffers of sovereign accounts into the forex markets. It does nothing to raise wages of the average household, and so doesn't provide consumers with an ability to return to their previous spending patterns.

This has been exceptionally brief and broad; take it more as an indication of how much we have left to learn about money, rather than a complete course. If some aspect intrigues, or angers, you, then by all means dig into it and see what else you can find out. The more you know, the better you play. With that, the last aspect of money that is troubling and looming in the near-term is crypto and Central Bank Digital Currencies (CBDCs). For now let me just plant a seed or two in our consciousness; crypto is not, like everything on the Internet, 100% private and secure. There are myriad ways to scam/steal someone's crypto, no matter the hype you may have heard. Second, the CBDC looming as a cash replacement likewise has myriad concerns, not the least of which is the end of anonymity...spending can be curtailed or even eliminated by a whim of the controllers. That alone should scare us into resistance to it becoming the only way to pay taxes, or the only type of money at all.

In other words...money is key to any culture/economy that has specialized itself into complexity. Otherwise, we wouldn't need money because we'd all be concentrating on meeting basic needs. Out of this idea of survival, and bringing the conversation back to the theme of this essay series, let's remember that healthy relationships and communities are what gives us the opportunity to live a meaningful, generous life. The way we do money today, as debt, makes us slaves to a system that is neither healthy nor concerned with wellbeing; this much has been made starkly clear since 2020 if it wasn't already. What would a generous, compassionate economy look like? It might be one that deeply understands enough, and doesn't allow for greed or hoarding. It might be one that praises generosity in service to others. It might ask what gifts I have inherited or learned and practiced, and then reward me with care when I need it myself. **“The best place to store my excess meat is in the belly of my brother.”** *Charles Eisenstein*

I have been generous with many in my life, and I have always had what I needed, if not what I wanted. But what comes into my life to see that I have enough usually doesn't come to me from the people I am generous with in the first place. This lets me release the transactional model that says, I do something for you, and now you owe me. I am sure that if you are generous and watch closely, you too will see resources and energy come into your life that you could not have dreamed of, planned on, or demanded. Act as if...try it and watch. Building the relationships, storing meat in the belly of your brother or sister, human and not, isn't something we track using digits in the cloud; rather it is the Wild Way, the natural response to energy transfer as it is meant to happen in the REAL world. Put down your money, I don't care about that. What gifts do you bring in your hands, in your heart? That's what we need now, more than ever. Let's Go Wild!

17 September

I must be fear free to communicate without fear...

...and, also, without certainty. What can we truly know, 100%, as 'Truth'? Many seek only the safe path, plotted out carefully, with goals and instructions and the perfect outcome assured. Where's the Wild, the fun, the juice, the creativity in that?

Constant propaganda corrodes our sense, our desire, to connect with life authentically. We are kept in fear on purpose, not because there are myriad threats in the Modern world, but because our energy and resources can be directed to the profit centers of those who make us afraid. This is why doing the inner work; focusing on only breath, in and out – dropping deep in to my heart's beautiful center – identifying my role in creating the world around me and making amends (when possible) for my mistakes – connecting with self love, before I try to love another – these are the 'doings' of a human, being true to their Spirit, to their purpose. Courage is not the absence of fear, it is acting despite the fear. It takes wisdom to chart that path through fear; wisdom that comes from facing the totality of a given moment, when we connect with all the available energies, not just 'the good'.

The isolation pushed by Covid mirrors the Empire's approach to war and economics both. It isolates the attacker, with the intention of 'saving the lives of our soldiers', which means it cannot win militarily. It piles on sanctions in the mistaken belief that its economic trade is irreplaceable, and thus can be used to force populations in the countries under sanctions to rise up against their leadership. Cuba. That should be all I have to say; attempting to isolate others ultimately isolates self. This also is a strategy that has yet to work, as Cuba demonstrates so well. As the world develops economically, Empire is a smaller and smaller percentage of the 'pie'; until it becomes unnecessary and a drag on the others, not a supplier of prosperity.

Having a sense of the direction of the culture/economy gives clues for the work we should be doing today. Great example: AI and robots will displace huge numbers of workers. In the current conversation, we wring our hands, "oh what will we do?" A reasonable response to the problem is to allow everyone to work on behalf of our commons, our communities, rather than a for-profit corporation. What does that look like today? Hard to tell, because so many have no connection to a community other than where they work. Churches, bowling alleys, theaters, the local Grange...these were places where community was forged in the past; for the most part, nothing has taken their place as they have eroded or disappeared. How can we re-learn, remember, a meaningful support group of like-valued, not like-minded, humans? This distinction between values and thought is intentional; one thing technology has provided is an ability to connect only with like-minds, and if there is one thing Nature does not abide, it is monoculture. You have no doubt heard advice to get outside more; in this context, this will be where we find our community of like-valued individuals, seeking a wholeness tech cannot provide. As we congregate, what's needed to support and grow the community? Whatever that is, it is already building the 'work of the future'; the future of work is being imagined and mapped. Let's ensure also that the work we do demonstrates our values of compassion and care and courage. And peace.

Our ancestors understood themselves, not as separate beings in control, but as integral nodes in a Web. Our human sense of connection with All is one of many wonders of this lifetime, yet so many prefer the walls of conditioning, walls that allow air conditioning for comfort, walls that allow keeping 'problems' at a distance, walls that blind us to our fears by keeping danger out of sight. As connected beings we feel useful. As connected beings we know we are supported and count on the entire Universe to meet *our needs* (if not our cravings).

Grief is a process, not an event; it doesn't go away because tonight you drink yourself into a stupor, or work overtime to keep your focus away from your heart connection. Grief is about connection at a basic level: our connection to Spirit, even after the physical has been set aside,

our connection to the people who have loved us and affected our soul with that love. Grief shows those who look, that we are never alone. Joanna Macy says,

“We only grieve what we love...”

Loss is full of pain, often the worst pain imaginable. Yet there is love that remains, too. To be Wild is to take in the whole; to acknowledge the pain, but to cherish and experience the love that will never die. It's possible to hold both in connection with each other. It is possible to memorialize those who have returned to Source, not in an idealized way, but by being grateful for the feelings we shared while alive, together, and not letting them be washed away by our tears. We can see the ways they helped to shape us as we continue on without them in the physical sense, while never apart in the spiritual one.

This culture today is eating our young. Of course, we have always exploited child labor, both reducing life expectancy and preventing their education, in pursuit of profit. That smart phone you carry? Child labor. But now we are explicitly mining everyone possible. Whether it's a twenty-something who still lives at home because of debt, or a 6-month old being shot up with a 'medicine' that kills or disables them, the question is, why? Why are we eating our young? I might posit it's because of generational trauma hardly acknowledged, not close to being healed. I might say it's trauma that can't be re-conciled because we didn't 'concile' in the first place, when the colonists first washed up on the shore of the 'New World'. I wonder if it's yes and...and the natural 'evolution' of capital, where increasingly new resources are needed for growth, growth which can never stop by the definition of 'capital', and all lands, and even adults, have been mined for the energy that can be extracted. The young are the Final Frontier. Once the maximum has been extracted from youth, is that the end of capital? On a parallel track we see AI making adults redundant. How will AI deal with the end of new resources? Possibly, I fear, by eliminating all competition for the few remaining energy sources.

I don't need to be right about a 'solution'; I am certainly not the creator of the cause: the plastic, separate, distracted, or rage over this 'first world problems' lifestyle that 'felt' so good at the time but left such a tragic trail of debris. We are approaching a time when the elderly outnumber the young in America even if we weren't decimating their numbers in a doomed effort at growing capital. Any solution is not mine, or yours, to implement. Long before any solution is actually successful, I will be long gone. This is not an excuse to avoid dealing with the trauma nor to ignore the healing that can take place through disclosure and truth. But we, as the dying Imperial culture, are hardly getting closer to disclosure and truth. The hiding and lying must stop at some point; nothing lasts forever in this world of duality. So what does it look like, when the truth is finally revealed? What will it take, and how will it manifest into our collective consciousness, that lies are tragically unacceptable? It will change me, and you, more than we can imagine today. Will you fight the transformation? Will you change your mind and your deeply held beliefs? Or will you quietly do as you are told, wait patiently at the barricade across the road, and die in the fire that is moving unnaturally quickly towards you?

We have lost the tradition of elderhood. It used to be, those who were past their prime in physical activity had gained perspective and wisdom that impetuous youth lack. The elders were the guides, the truth tellers, and the wisdom keepers. This does not mean aged dictators who force a solution on those able to take action; rather, it means elders were a moral compass that only point out the pitfalls and rewards of potential paths forward. In an Age of Entitlement, rampant in this 'modern' culture, elders seem to be unable to let go of the reins and become a map, a guide only, and not the driver of the wagon. "I played by the rules, worked hard, and I deserve...." is a mantra many live by now. What does it look like to take a step back, to empower others who can still craft new designs and claim their humanity despite a culture meant to enslave all to the holy capital? What if money is not the goal? Is your purpose, for this one wild and crafty human lifetime, to have more toys than everyone else when you die? I hope not; and if I am correct, the true purpose is to love self and others, to care for self and others, and to be generous and grateful in every moment. That's opposite the current mindset and value system;

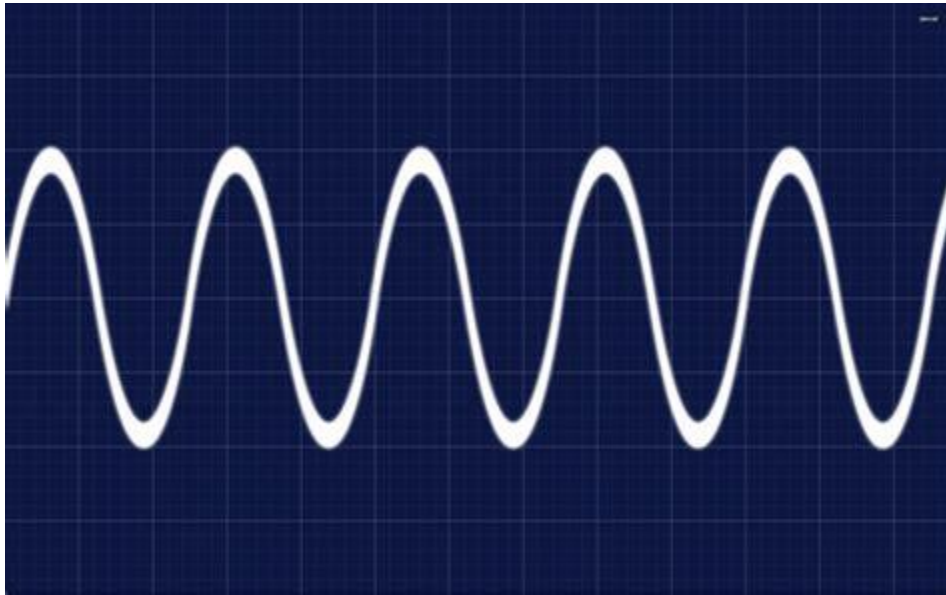
in fact, that smells an awful lot like going rogue, returning to a wild state. And that's the point, isn't it? Let's reclaim a culture of elderhood not as dictators, but as caregivers and wisdom keepers. Let's Go Wild friends.

24 September

Granite...what's your experience with it? Mine is varied; Half Dome, counter tops, these top the list. But in every instance I can remember, my thinking when encountering granite in immaterial thought or material solid focuses on the *solid* aspect. Standing on Half Dome, stroking a granite surface, it is impossible to imagine that the size, the energy, of granite changes with temperature, that it is transparent to certain frequencies of electromagnetic radiation we can't see, or that it is able to vibrate and resonate with particular sound frequencies. IOW, what appears to be 'solid' does things we can't anticipate and therefore prove it's much more 'immaterial' than we think.

And why wouldn't it be? To think of anything as solid, we must be embedded in the Newtonian physical world, a world long since proven to be an incorrect interpretation of reality. Yet it persists, just like the ideas of religion, politics, and economics; an idea can remain stuck within its own lies, its dogma if you will, because the cost of changing the system, of changing ones' mind, is so high.

Sidebar: During the Loma Prieta earthquake 17 October 1989, at 5:04 pm, I was sitting in a restaurant on El Camino Real, the main drag through Santa Clara CA. I saw something totally bizarre: there were about 20 waves in the asphalt of the road, moving quickly towards me, about 8 inches tall.



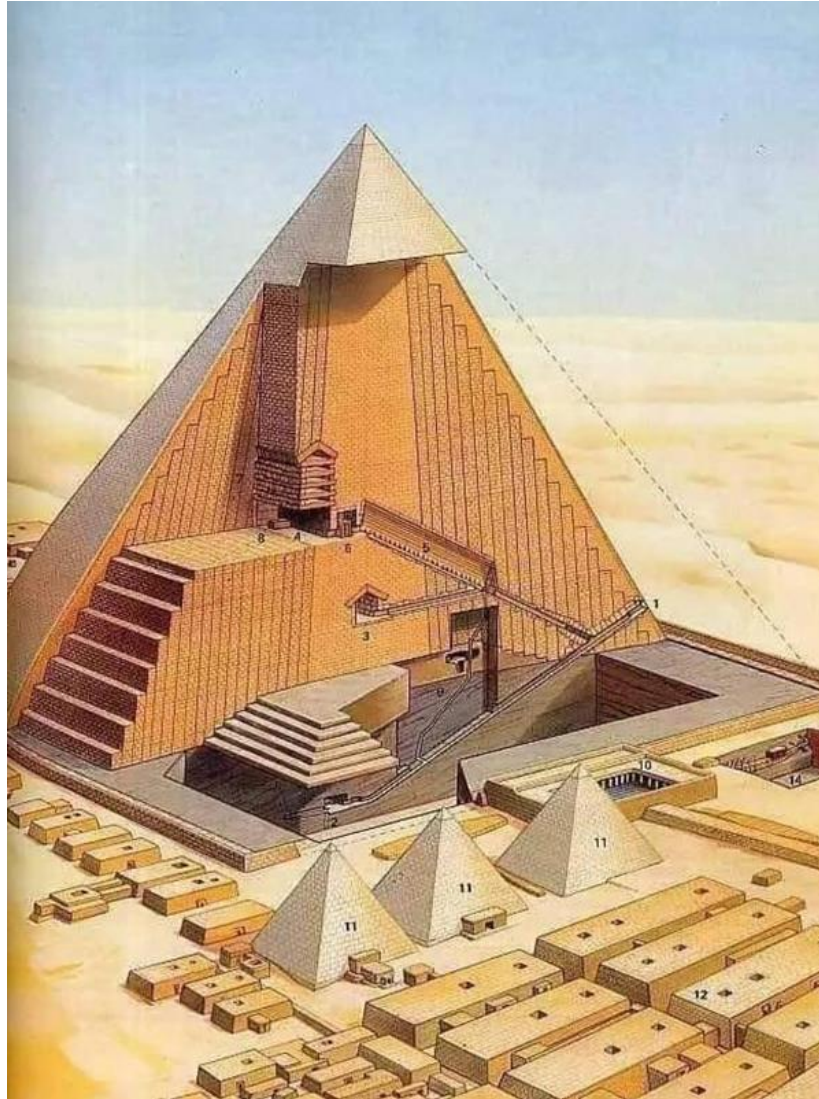
As the waves passed me, the shaking began. The waves were what we call the P-wave of the quake, the first and fastest wave of energy from the epicenter. I mention it here because I had never thought of asphalt, on a heavily traveled city street, as being *flexible*.

Now let's get to the point of today's essay. The flexibility of asphalt is not the point, rather, let's unpack the idea of solidity and assumptions. I assumed that, based on my experience walking and driving on roads, that it would be impossible for an 8 inch high wave to distort the surface. I assumed that, given my experience with granite, it would neither swell with heat nor vibrate

from sound. As we continue, this issue of size and temperature of granite will be good to remember.

This essay is the result of reading, "*The Giza Power Plant: Technologies of Ancient Egypt*" by Christopher Dunn (1998). I can't recommend this book highly enough, not for the technical details (many of which I take on faith because they make common sense) but for the opportunity to open up some assumptions about our reality and throw a few of them up against a granite wall until they, not the granite, shatter. Mr. Dunn looks at all of the various anomalies noted throughout the exploration of the Great Pyramid over the last few hundred years and asks, "Is this what one reasonably expects from a tomb?" To be blunt, the tomb idea answers none of the questions we should be asking about such an amazing, precise, construction that we in the 'modern' world can't even build today. The destruction wrought by scavengers over the decades destroyed evidence, but not to the degree that an open and careful mind cannot parse out the true purpose of the Pyramid. Here comes a long summary of the theory; and yes, it is like any good science, a theory until disproven by new data. Mr. Dunn offers a new interpretation of the data, one that answers questions in a much more satisfactory way than does the tomb idea.

That's what science is supposed to do: replace poor theories with little coherent explanation of the known data with better theories. In the case of the pyramid, we have yet to understand the actual mechanics of moving those blocks of limestone and granite once they had been carved to perfection. And perfection it is: over 100,000 blocks fit together with gaps between 0 and 1/50th of an inch; all the more remarkable when the granite beams at the core of this project weighed over 70 tons each and were installed 175+ feet above ground. Attempts have literally been made (for TV shows, of course) to replicate the feat; and we can't.



Let's end the suspense: here's a long excerpt from the book, giving the overall answer to the question, "Why this precise construction of rooms and tunnels?"

"Facilitated by the element that fuels our Sun (hydrogen) and uniting the energy of the Universe with that of earth, the ancient Egyptians converted vibrational energy into microwave energy. For the power plant to function, the designers and operators had to induce vibration in the Great Pyramid that was in tune with the harmonic resonant vibrations of the Earth. Once the pyramid was vibrating in tune with the Earth's pulse it became a coupled oscillator and could sustain the transfer of energy from the Earth with little or no feedback....

The Queen's Chamber (QC), located in the center of the pyramid, and directly below the King's Chamber (KC), contains peculiarities entirely different than those observed in the King's Chamber. The QC's characteristics indicate that its specific purpose was to produce fuel, which is of paramount importance for any power plant. The residual substance the process left behind (the salts on the chamber wall) and what can be deduced from artifacts (grapnel hook and cedar-like wood) and structural details (Gantenbrink's door for example) are too prominent to be ignored. They all indicate that the energy created in the KC was the result of the efficient operation of the hydrogen-generating QC.

The equipment that provided the priming pulses was most likely housed in the Subterranean Pit. Before or at the time the “key was turned” to start the priming pulses, a supply of chemicals [author proposes dilute hydrochloric acid and hydrated zinc chloride] was pumped into the Northern and Southern Shafts of the QC, filling them until contact was made between the grapnel hook and the electrodes that were sticking out of “Gantenbrink’s door”....these chemicals combined to produce hydrogen gas, which filled the interior passageways and chambers of the pyramid.

Induced by priming pulses of vibration – tuned to the resonant frequency of the entire structure – the vibration of the pyramid gradually increased in amplitude and oscillated in harmony with the vibrations of the Earth. Harmonically coupled with the earth, vibrational energy then flowed...and influenced a series of tuned Helmholtz-type resonators housed in the Grand Gallery, where the vibration was turned into airborne sound. By virtue of the acoustical design of the Grand Gallery, the sound was focused through the passage leading to the KC. Only frequencies in harmony with the resonant frequency of the KC were allowed to pass through an acoustic filter that was housed in the antechamber.

The KC was the heart of the Giza power plant, an impressive power center comprised of thousands of tons of granite containing 55% silicon-quartz crystal. The chamber was designed to minimize any damping of vibration, and its dimensions created a resonant cavity that was in harmony with the incoming acoustical energy. As the granite vibrated in sympathy with the sound, it stressed the quartz in the rock and stimulated electrons to flow by what is known as the piezoelectric effect. The energy that filled the KC at this point became a combination of acoustical energy and electromagnetic energy.

The hydrogen freely absorbed this energy, for the designers of the Giza power plant had made sure that the frequencies at which the KC resonated were harmonics of the frequency at which hydrogen resonates. As a result, the hydrogen atom, which consists of one proton and one electron, efficiently absorbed this energy, and its electron was “pumped” to a higher energy state.

The Northern Shaft served as a conduit, or a waveguide, and its original metal lining – which passed with extreme precision through the pyramid from the outside – served to channel a microwave signal in the KC. The microwave signal that flowed through this waveguide may have been the same signal that we know today is created by the atomic hydrogen that fills the Universe and that is constantly bombarding the Earth...Traveling through the KC and passing through a crystal box amplifier located in its path, the input signal increased in power as it interacted with the highly energized hydrogen atoms inside the resonating box amplifier and chamber. This interaction forced the electrons back to their original “ground state”. In turn, the hydrogen atoms released a packet of energy of the same type and frequency as the input signal. This “stimulated emission” was entrained with the input signal and followed the same path.

The process built exponentially – occurring trillions of times over. What entered the chamber as a low energy signal became a collimated (parallel) beam of immense power as it was collected in a microwave receiver housed in the south wall of the KC and was then directed through the metal-lined Southern Shaft to the outside of the pyramid.⁵ This tightly collimated beam was the reason for all the science, technology, craftsmanship, and untold hours of work that went into designing, testing, and building the Giza power plant. The ancient Egyptians had a need for this energy: it was most likely used for the same reasons we would use it today – to power machines and appliances. We know from examining Egyptian stone artifacts that ancient craftspeople had to have created them using machinery and tools that needed electricity [or some form of power]

⁵ In essence, what we now call a “maser”

to run. However the means by which they distributed the energy produced by the Giza power plant may have been a very different process from any we use today.....

...We can believe that the pyramid builders were primitive and that they used primitive methods of manufacturing if we choose to, but practical experience in the skills and technology that must have had a part in the creation of countless numbers of ancient artifacts in Egypt forces many people, myself included, to reject such notions...

Before I summarize, let me also mention a chapter near the beginning of Mr. Dunn's book. It tells of Mr. Edward Leedskalnin, who is quoted as saying, "I know the secret of how the pyramids of Egypt were built!"

"Leedskalnin devised a means to single-handedly lift and maneuver blocks of coral weighing up to thirty tons...On average, the weight of a single block used in the Coral Castle [Homestead, Florida] was greater than those used to build the Great Pyramid. He labored over twenty-eight years to complete the work, which consisted of over 1,100 tons of rock...Leedskalnin somehow created and moved these massive objects without the benefit of cranes and other heavy machinery...

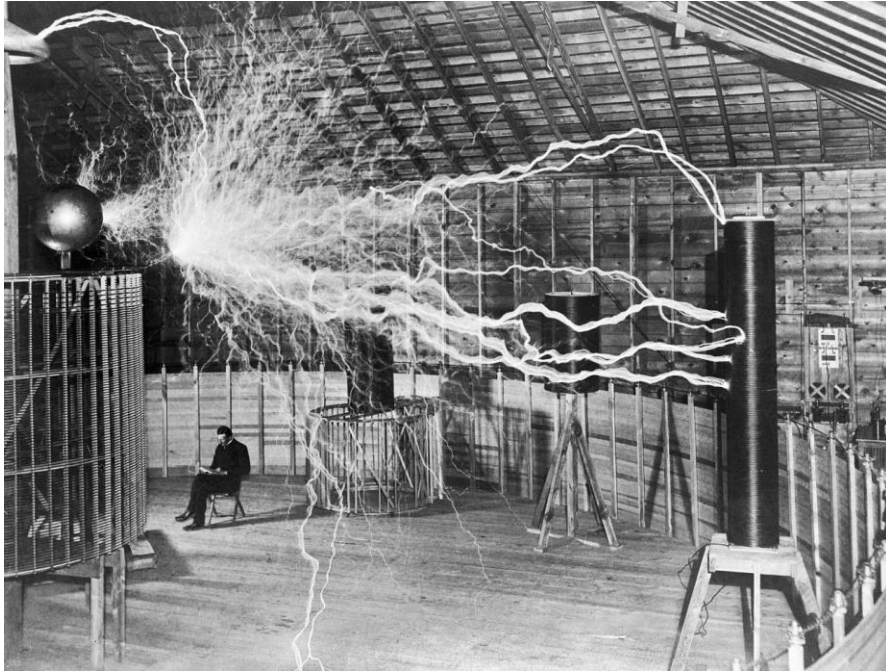
...he contracted with a local truck driver to haul his large rocks from Florida City to Homestead. As they prepared to load a 20-ton obelisk onto the truck, Leedskalnin asked the truck driver to leave him alone for a moment. Once out of sight, the driver heard a loud crash. Hurrying back to his truck, he was stopped in his tracks by the sight before him, hardly believing his eyes. He had returned just in time to see Leedskalnin dusting off his hands, the huge obelisk loaded and weighing down his flatbed.

Once in Homestead, the trucker was asked to leave his flatbed overnight and return in the morning. He was doubtful that Leedskalnin would be able to fulfill his promise that the obelisk would be off the truck and erected in the place he had set out for it...[yet] when he returned the following morning, Leedskalnin had moved the monolith into position, just as he had promised.

Leedskalnin took issue with modern science's understanding of nature. He flatly stated that scientists are wrong. His concept of nature was simple: all matter consists of individual magnets, and it is the movement of these magnets within materials and through space that produces measurable phenomena – that is, magnetism and electricity and so on....There is speculation that he was employing electromagnetism to eliminate or reduce the gravitational pull of the Earth.

If I were to try to replicate Leedskalnin's feat, I would begin with the premise that he was using his flywheel to generate a single-frequency tunable radio signal, the box at the top of the tripod would contain a radio receiver, and the cable coming from the box would be attached to a speaker that emitted sound to vibrate the coral rock at its resonant frequency. With the atoms in the coral vibrating (like those in an iron bar, aligned with the magnetic field and struck by a hammer), I would then attempt to flip their magnetic poles – which are naturally in an attraction orientation with the Earth – using an electromagnetic field.

Here we have a conundrum in our view of what it means to be 'modern': If we still, in today's materialist science, lack true understanding of the nature of reality, then we miss myriad solutions that would work to transform our world with much less effort. We strive so much for comfort, and end up uncomfortable. We try to avoid mistakes, but don't know where the "mind" comes from that is doing the trying. We know that electric vehicles were tried even before internal combustion engines; but Standard Oil won that battle. Nicola Tesla demonstrated an amazingly different view of energy, and had to destroy one of his most powerful machines to prevent the collapse of the building in which it was operating.



Nikola Tesla in his laboratory. Image: [Dickenson V. Alley](#) | [licence CC BY-SA 4.0](#)
Clearly, those that profit from oil and electricity won't allow competition...at least until either (or both) fail and have to be replaced. Or is there a better way? Can we just...Go Wild once more?

1 October

I am writing this with a particular friend in mind. In fact, I will be quoting her but not naming her later in this piece. I watch for synchronicities, and the bulk of this essay is something I wrote, thinking I'd save it for later, before she told me about her recent traumatic experience. And so let's focus on trust today.

Even in modern culture, we are 100% dependent on mysteries we can't fully grasp; thus we lean on, hold on to, a higher power. Our task is to stay present, to honor and enact our love and our purpose, and to forgive ourselves when we trip up. Imperfection is common but not insurmountable. Even as butterflies, sunsets, and laughter get elbows aside by trauma and tears push us to our 'felt' limits, we (soul and Spirit) remain unchanged. I am not what I do, but who I be. I am not what happens to me, I am my reaction to that event.

It is human to try to make sense of experiences and events. When culture or institution "professes" to have found some small signal within the noise of living, or order in the chaos, we are glad. We become addicted to the pursuit of meaning, which is not a bad goal. But we go wrong when we only look *outside* for meaning....it can only be found inside.

Sadly, most of us, myself included, hesitate to admit when we've been taken advantage of. My second wife played the role of lover and wife for a decade, until the youngest of her seven children was almost 18. Then she stated it had all been an act, thanked me for raising her youngsters, and went off to live out her life with an abuser. I expect many who read this have

worse stories to tell; this is the nature of the culture we live in. In a world of buyer beware, it is truly insane that the more heinous “crime” is trusting someone, rather than being a thief of someone’s trust. Remember, living in a culture making less than USD2 a day is not necessarily poverty, because it is an economy of trust. We in the modern world only need tens of thousands of dollars a year because we can’t trust we’ll be taken care of when we are hurt or ill. The Imperial culture takes the trust-full: children, tame animals, some adults; and beats the trust right out of us. This points to some “good advice” we are taught by this culture: do your due diligence before all transactions, lest you be hurt. It’s so upside-down; we trust money and authority, but not friends or family. Under cover of authority, white coat, badge and gun, suit and tie, university degree...we are told to sign on the dotted line, to go along, and we usually do even without reading or understanding what we are agreeing to.

Ideally trust is shared equally, because when trust is asymmetrical, the trusting one is the loser. Most people do all they can to be trusted; but not everyone. Once a reputation for trust is lost, it’s nigh impossible to regain it. That’s also when people who have nothing left to lose become completely untrustworthy. The sad truth is, when doing business with someone you don’t trust, you just about have to take a hostage to ensure you don’t get burned once more. That’s no way to live. We need healthy boundaries, and supportive-yet-protective ways to rehab, shun, or exile the untrustworthy. Sometimes the only solution is self-relocation...I leave first. When someone insists on competition instead of cooperation, too often the only answer is no more contact.

It will be most helpful to remember, when the inevitable financial meltdown begins, that it will be a crisis of trust, and not about physical money or digits in a computer somewhere. This is actually good news, because it points to how I best prepare: by building true wealth, real wealth, now, instead of the phantom wealth of money. I prepare by building healthy relationships that are full of love and trust.

I will end this short piece by paraphrasing and quoting my friend. She gets it, she really does. But when a trauma is fresh and the shit is still steaming on your clothes and on your plate, it’s usually difficult to remember one’s purpose and resources. The hurt is too fresh, too deep, and you can tell it’s gonna scar when the bleeding stops. There is grief, always, and we struggle to cope and to heal. But if we don’t look inside and do the work of loving self, we won’t be able to truly love another.

It’s in these times that we do good to remember, for sure bad shit happens. But even in situations that bring about PTSD or thoughts of self-harm, there are moments that bear remembering and retelling. Even so, this doesn’t negate or hide the pain. But when pain is shared, even a little bit, love is born. It is the transmutation, the alchemy, of turning darkness into gold that gets us back on purpose, that re-centers our love for self and others. This is the way we humans evolved, tightly bound within our tribe and the natural world that we embraced and struggled with in myriad situations. This modern way, mired in a pursuit of comfort and distraction; of dodging the difficult and ignoring growth that can happen even during the pain of Now, is killing us all. We’ve nothing important in this culture that we need to carry with us on our journey. Wild is where we love each other and more than survive, we thrive. Let’s Go Wild, my friends; Let’s Go Wild.

8 October

When radical transformation feels like sacrifice

“The only thing that can stop them [the elite] *in earnest, in due time*, is if we stop generating the kind of energy that feeds them. Everything is energy, it’s not a platitude. They have a lot of predator power. If we think we can stop them by yelling at them on the internet, we are naïve. It’s a whole big existential mosaic, good, evil, soul, mystery, healing—and yelling at anyone on the internet doesn’t address the root of the problem. Soul work done consistently does—in time—and yes, correlating acts of courage in the world are a part of the soul work, and it’s a long haul.

“I believe that one of the best things we can do to “stop the villains” is to first and foremost, look inward and attend to the unglamorous soul work—and do that soul work every day, every night, with every breath, for the rest of our lives. Our soul work will guide us as to what we need to do on the outside. “ Tessa Lena

What does the inner work look like? As an infant, we can only know unconditional love. We have nothing else to offer in return for our care; yet in a sane culture, love is the only currency that matters, and unconditional love is golden. Today, this insane culture denies this, to such a degree, that one’s inherent ability to love self and others is quite literally beaten out of our hearts. The good news is, it can never be stolen from our soul; even when our soul goes into hiding to safeguard our deepest love.

In other words, our (individual) purpose in this wild human lifetime seems to be learning to love both self and others. It obviously means we have to do the inner work to tap self-love without going bonkers from egomania, then sharing that love with others in an unconditional way. So often we hear people say, “I don’t love you because of what you did.” More appropriately, we don’t have to love the deed, but we should still love the person who has many lessons left to learn. Sharing is caring, sharing is love.

“When pain is shared, love is born. When testimonials of survival and triumph and struggle and perseverance are shared, other people can be brought back from the brink of suicidal thoughts as well, because when they see themselves in you, they find hope, and that’s all you need to keep on living another day. We all have a purpose. Nothing in nature serves no purpose. If you don’t know yours, find it...

“Have at least one person on the planet that you are completely honest and transparent with...

“Unplug from the machine, from the phones, from the algorithms, get away from the bullshit in the cities, the noise, the pollution in every element, everyone’s out of whack energy... just get the fuck away. I find great peace at waterfalls, in the woods, on hikes, on mountains, or near the ocean. Get outside as much as you possibly can, even if you don’t feel like you can leave the house.” Tesstamona

Lest you find this all just a bit too woo-woo, let me share a story...

The hug that saved a life

In 1995, the twins, Kyrie and Brielle Jackson, were born 12 weeks premature, each weighing only about 2 pounds. They were placed in separate incubators. One twin was not expected to survive. She went into critical condition. Her heart rate was rising while her oxygen level was dropping significantly. They were about to lose her. It was then that one nurse, Gale Kasparian, went against the hospital rules and standard procedure, putting the healthy twin next to her struggling sister in the same incubator. This decision

turned out to be life-saving. Once the twins were close to each other, the struggling sister (Brielle) snuggled up to the healthy sister (Kyrie) who put her arms around Brielle. Almost immediately after, Brielle's vital signs started stabilizing. Her heart rate and oxygen levels normalized. Both twin sisters eventually survived and grew into strong young women. The picture below came to be known as the rescuing hug and would change a part of our understanding of medicine.



Hugging that is coming from the heart is proven to have calming and healing effects. Maybe there is someone in your life that can use a warm and heartfelt hug right now.

When we were pre-electric, pre-petroleum, pre-democratic we were also able to hold infants constantly. People in some cultures still do. It is well known today that infants need touch, the more the better. Yet we allow culture to tell us stranger-daycare is OK, latchkey kids are fine, or the latest iPhone is the best babysitter when parents are too busy making money to hold their child. Rewilding our children is one of the best strategies we have for a return to sanity, and that's not a play on words. We evolved over a few hundred thousand years with a deep, inescapable connection with Nature and our relatives, human or not, in the wild world. In that connected worldview, those who were isolated and alone faced immense odds to survive, usually unsuccessfully. To be wild is to be connected; the opposite of what modern means. Connected is how Nature operates, and we humans are not as powerful as the complexity found in Nature. Let's remember what got us here, and find our purpose. Let's act on that purpose; Let's Go Wild once more.

<https://open.substack.com/pub/derekt/p/lets-go-wild-fc7>

15 October

The world is full of magic things, patiently waiting for our senses to grow sharper.
W.B. Yeats

Once we learn to become more present and to live in the heightened consciousness that connects us to the great mystery, we will raise our human intelligence and manifest our presence in the cosmos. The great mystery is a part of us, it's our soul, and it's what keeps our soul illuminated. Ora Nadrich

There is a lot of pain between here/now and becoming present to our purpose, to the Great Mystery, to the Great Magic. Recently Tesstamona listed out aspects of trauma and the healing ways we can be in greater touch with our true Selves.

Here's the short version:

How To Alchemize Trauma/PTSD

-A legit therapist uses **EMDR** to process trauma. EMDR is, thus far, the best way to treat trauma in the context of western psychology, for whatever that's worth

-A **support** group. There are times for every person when we have no one in our life we can talk with or trust, and when that happens...

-A connection to a Higher Self/**Higher Power** or "God", if you will. Having a connection with a higher power/Creator of the Universe has saved many lives. I know this simulation we all exist in and perceive with our own two eyes is NOT all there is. Seeking the greater view is transformational

-**Plant medicine** can help. A LOT of people have used different forms of plant medicines *in guided or ceremonial settings* and had tremendous results because of this

-**Self-care**. It is a thousand times easier to do this work when we make sure we get adequate sleep (meaning 7-8 hours a night), regularly eating HEALTHY food, cutting out all processed bullshit, drinking a lot of clean water, going outside and getting fresh air, letting the rays of the sun hit your skin because that releases serotonin and dopamine into your body, even things like taking cold showers in the morning will release dopamine throughout the day. We are meant to sweat and move our bodies and MOVE the stagnant energy.

-**PURPOSE**: as hinted at above. What we have been through makes us uniquely qualified to be OF SERVICE to someone else. When pain is shared, love is born. When testimonials of survival and triumph and struggle and perseverance are shared, other people can be brought back from the brink of suicidal thoughts as well, because when they see themselves in you, they find hope, and that's all you need to keep on living another day.

-Yes, **acts of service**: being of service to other people gets you out of your own head and shows you a side of yourself you likely didn't know was there. I can't explain the magic of being of service, but helping others is fulfilling in unimaginable and uncountable ways

-*Have at least one person on the planet that you are completely honest and transparent with.*

-**NATURE**. Unplugging from the machine, from the phones, from the algorithms, getting away from the bullshit in the cities, the noise, the pollution in every element, everyone's out of whack energy... just get the fuck away.

- **Kundalini Yoga**. This is not western yoga. This is an ancient Vedic/Eastern practice that has developed over thousands of years. It is a philosophy merged with movement; a key to becoming deeply grounded in this human body and all its ancestral wisdom.

-COMMUNITY COMMUNITY COMMUNITY. If you don't have anywhere near you, I highly recommend things like refuge recovery, celebrate recovery, AA, NA, CoDependents Anonymou, church groups, Senior Centers, writers' circles, the list is unending if you just look.

-Speaking things into existence **as if** they are ALREADY occurring. We must be careful with our language; we cast a spell every time we speak. Our unconscious does not understand negative; speak what is healing, not a wish for something to fail. For those who are more Biblically inclined, look to how Jesus spoke about prayer in the Book of Mark. I am obviously paraphrasing here, but when he instructed people on how to pray, he said to pray as if it has ALREADY BEEN DONE, and so it shall be. I have done this before and WHEN I did this... I was able to quit nicotine, which is insanely hard. It does work. I would not put it in here if I hadn't done it myself.

-Connection is the antidote to addiction. Connection is the antidote to neurotic looping thoughts. A lot of trauma therapy is understanding our physiological responses so we stop judging and shaming ourselves and trying to smother and hide ourselves. That relieves immense pressure. Then the waters clear, and we become able to process what we have been through, and we can learn from them, and then go a step further and use them as a tool forged in the fires of our grief to help release others from their invisible prisons. This is why I advocate for any form of therapy that works for you, connection, finding a way to make utility from pain, community, and the spiritual aspect of this entire thing is incredibly important as well. Hopefully that was helpful.

Last, I feel a need to comment once more on what is happening not just in the Middle East, but around the world. The global military power of Empire has been exposed as imaginary, a phantom of what used to be a strong reputation. A consequence is that the small, oppressed, indigenous and colonized countries are actively starting to resist. These events, Ukraine, Gaza, Syria, Somalia, Yemen, Venezuela, etc. are reported without historical context (so we don't remember 'what happened to *them*'). The events are not happening separately, in isolation; nor are they happening for no reason. Peace has been, and remains, my #1 issue with global hegemony. If you decry death in wartime, decry every death, not just one side, race, or creed. No war is ever "unprovoked"; and so no war is unsolvable. We are required to have a difficult conversation however. Few are willing to meet another halfway; we are very full of ourselves and put our needs first. Community is key to our collective survival, yet selfishness has no place in community.

For those who proclaim allegiance to the rule of law, remember that Palestinians were told they would have their own nation, with its capital in East Jerusalem, by the UN, decades ago. They have every right to insist this promise be fulfilled. Russia was promised there would be no further expansion of NATO 25 years ago; a promise that has since been burnt to the ground. Not only is Empire's debt spiraling out of control; not only are its armies shown to be a shadow of their former might; not only has the American record of unilaterally dissolving treaty agreements made with indigenous people in America expanded to encompass most of our agreements globally, demonstrating our untrustworthiness to all; together these facts are driving an increase in the erosion rate of Empire by an order of magnitude in just the last 18 months. Gaza is just the latest flare-up; there will be many more, and soon. **There is never a military solution that achieves a lasting peace.** Even when a country's (Ukraine) military totally collapses due to lack of arms and/or soldiers, the memories of trauma and death are already seeded into the next few generations and will exact their vengeance, short of truth and reconciliation. Unilateral decisions do not stick; **cooperation and empathy are required.**

It is frightening when talk turns to a nuclear solution. Such turning over the table when the cause is lost is the tool of evil when it involves genocide or the end of so-called civilization. It is a

last resort, “F you” to the world and has no place in political and military planning or response, *but here we are*. Most are silent in the face of our demise; please don’t be quiet. For a family whose home is destroyed, with them inside, the nightmare could be no worse. Yet we treat this situation as normal, as a statistic, and do not acknowledge that real human beings are being murdered. I worry that our lack of understanding trauma and grief caused by the modern world will be our downfall. How would our distant ancestors advise us to find a path to peace? This is the most important question today. **We are perilously close to the abyss and call on all energy in the Universe to help us avert catastrophe.** That being said, maybe we are no longer welcome in the Universe, as we have become so deranged and “civilized” that mass extinction holds no fear. If that is the case, I can’t Go Wild fast enough. Join me, for all of us.

22 October

A Lonely Voice For Peace

Stop bombing

Tell the truth

Observe international law

Punish war crimes

Withdraw unilaterally

Agree to talk

Repent the trauma you caused

Solve, with cooperation and care

“To me at least it is obvious that we have forgotten completely the teachings of the man for whom the Christian religion is named. What mind, what world, could embody such a black heart as to believe that killing other humans is justified? The man that taught us to turn the other cheek, to wage peace and not war? And yet we now have a world where everyone is so hard-hearted and cruel as to want to kill everyone who doesn’t believe the same way as themselves.

These fractured war-like hearts are the root of the problem.”

KW Norton (lightly edited)

I shouldn’t have to say this, but war is humanity at our worst. What I write here is not a defense of any “side” in the current wars in Ukraine and Gaza, nor do I want to ignore the other, less talked about, ongoing wars in many countries. I find much lacking in the media coverage of all conflicts today. But in particular, I call out the media as it pertains to Ukraine and Gaza specifically because these are wars that raise the specter of nuclear holocaust. And that is as tragic as it is indefensible.

But first, let’s be clear about something you don’t hear in any coverage: over the decades since the war in Viet Nam was on the nightly news, American youth returning from overseas in body bags is not tolerated. One consequence of this change in our culture is the focus on autonomous and/or remote-controlled weapons. Drones, first used in combat by our “side”, have killed a few tens of thousands innocent civilians of all ages. So-called “smart” bombs, described inaccurately as limiting civilian death, have also deadened our need to end all wars. And now we openly talk

about waging a “proxy” war; again, code words that mean it’s not Americans dying but the youth, and future, of “others”.

But this is just some context; the real point today is nuclear. The drive to limit American casualties is possible because of the nuclear mindset we adopted following the death of innocents (death of innocence!) in Japan, August 1945. Historians who are honest now tell us the Atomic Age was born on lies; Japan had sought peace, knowing full well their loss was both imminent and inevitable. Rather America felt the need to intimidate the globe with our new-found “prowess”; an ability to use a single shell and change the course of history. What followed is as logical as it is tragic: Mutually Assured Destruction became the mantra; deterrence meant having a similar, war-ending bomb. Gradually of course, other countries have found the magic juice, and America has not only stood by while others gained this capability, in many instances we helped.

A second thread of logic reveals that today America has not only lost the industrial base required to mount a massive conventional weapons build-up, but the ability to fight a ground war. Ships have been made obsolete by the advances in missile technology. Planes benefit from over-horizon intelligence, allowing attacking while outside the range of the enemies’ reach. Again, this is remote warfare. We have also gained national pride in having the most technically advanced “warfighting tools”, albeit so expensive that we can only afford a handful of tanks, bombers, fighters, or carriers. Or maybe the money given to the military contractors, largely unaudited, is just a money-laundering operation. No time here today to delve into the dysfunction of all the new weaponry; suffice it to say no technology is perfect, or comes without unforeseen consequences. Our warmongers are voicing demands and threats that our military can’t back up.

And now back to the nuclear problem. Officially we now have nine nations that are nuclear-capable; and more on the horizon. Of particular concern, we have Israel; if only because their existential angst may provoke the use of a few of these game-changers should things go rancid (in their view) in the Middle East. Simultaneously, the anti-proliferation agreements have ended or been destroyed by desertions and unilateral renouncements. I now argue that America’s lack of concern about proliferation stems from this mindset above; one that relies upon the single shell when the proxies fail. Thankfully, we didn’t foresee any great danger from Iraq, Afghanistan, Syria, Yemen, and the rest over the two decades since 9-11-2001. Those wars were about position and resources, not existence. But today some Americans, we call them “neo-cons”, see an opportunity to damage the one nation they despise the most, Russia, using Ukraine; and another hated “enemy”, Iran, using Israel. A clear sign of hubris is the conflation of China with both of these other archenemies; we haven’t won a war in decades, so let’s try a 3-front excursion...sounds logical, right?

These “windows of opportunity” are huge, in the minds of those who choose war over dialogue; let’s drain Russian and Palestinian resources and their willingness to fight, strengthen the case for Ukraine to join NATO, unite Europe against what otherwise might be seen as a “domestic”, internal dispute between former members of the USSR..., destroy the Russian economy...draw Iran into a conflict of Muslim v. Jew; you can see, there were lots of Empire-like reasons to assist Ukraine and Israel. And do it all remotely, pushing them to fight to their last soldier, and not a single American son or daughter lost.

What could go wrong? A few outcomes: European support flagging as things draw out far too long (and become far too cold); the collective West being drained of weaponry far faster than Russia; the end of democracy, our key slogan in support of defending Ukraine and Israel both, quickly fading as political parties are outlawed in support of the current regime; the massive realignment of geopolitics, where China and India leave trade in USD and sign new trade agreements with Russia that use their currencies instead; and even the toothless, meaninglessness of sanctions program after sanctions program. Worst of all, as Ukrainian supplies and manpower dwindle under the onslaught of Russian artillery, the looming defeat

that grows ever-larger with every Russian step towards the Western Ukraine border with Europe is scary. America cannot claim to have “won” a military conflict since WWII; but few defeats will be seen on the same scale as this one in Europe.

Now for the point of this entire essay: it is not inconceivable to think that there might be a moment when those few who make the military decisions in this country will recognize there is no way out, no possible victory, and that only humiliation and defeat remain. Because we fight against Russia and Iran simultaneously, with all the emotions, self-identity, and life-long beliefs that entails, it seems reasonable to fear the use of nuclear weapons as a last gasp effort to at least be in control of the outcome, even if the choice is a bad one. We are right to fear this. But also let this sink in: it is not crazy to think that Russia and Iran also know this; and are carrying out their fight with this top-of-mind. Of course neither needs to fight like Americans do, relying on shock and awe to stun the opponent. Of course they need not use the blitzkrieg tactic, they can be slow, methodical, and do all they can to protect their soldiers. But it makes sense too that they might not want to provoke the nuclear nightmare with any sudden advances or over-running of the national government. In hindsight, when the Ukraine operation began over a year ago, the statements that the targets were the Nazi’s, the UKR military, and to keep a buffer between Russia and NATO appear to be true, based solely on how the war was prosecuted. It wasn’t until Ukraine began to strike into Russia itself that the gloves came off, and the power and transportation infrastructure became a Russian focus. The Israeli reaction to the first true invasion of their ‘territory’ has been a massive display of rage against the population; they have adopted the American mindset that there is no distinction between innocent and terrorist. If one focuses solely on 7 October this can be somewhat rationalized; unfortunately, nothing occurs in a vacuum, all context is in play, and the bad blood between Zionists and Palestinians goes back over a hundred years. This is not a defense of either side; it is, however, an angle that shows our western media has been deficient in providing context and background for these ongoing stories. We’ve squandered too much time, failing to:

- have a debate about the desired outcome for both sides in either longstanding conflict
- seek areas of commonality that might be the basis for a peace agreement
- accept the true picture of what is happening on the ground and in the air of Ukraine and the Middle East
- assure the security of ALL NATIONS moving forward

We use the term “multipolar world” to name the emerging global order, one in which America is no longer the “global policeman”. After the fall of the USSR, the US used proxy wars and propaganda to “control” access to resources. Over the decades, America has added economic sanctions to the tool box, under the assumption that “allies” would fall in line and punish regimes that fight back against what Empire demands. Although the use of atom bombs in Japan in August 1945 was more of a demonstration to the world than it was a strategic move to end the war, It showed that the US is capable of unimaginable destruction in the name of power over others. In essence it showed total disregard for innocent lives, it discounted shared humanity as a value we uphold, and it can be seen as proving that when backed into a corner, Empire is capable of turning over the table and storming out of the room. This inability to meet, discuss truthfully, and compromise for greater human good is lacking in many modern American hearts and minds. It’s a sad commentary on self-proclaimed ‘civilized society’ that we have fallen so far from Truth.

I get it: most people haven’t read this deep into the essay, stopping after a few paragraphs, thinking “this is not relevant to me”. This is one of the times when the American emphasis on individual responsibility is exceedingly problematic. There are cultures and times when the needs of the collective *must be our primary concern*. There are times when communication, dialogue, enables collective consciousness to awaken the hearts of those involved and breakthroughs, transformations, miracles, manifest for the good of everyone, including those who resist. Humans stand by and watch murder and rape, as if it is sport; few have the courage

to intervene. The Bystander Effect tells us that the more watching, the less reaction and care is brought to bear to end the violence. Over the 75 years since the forcing of Palestinian people off their ancestral lands without compensation or consideration, the fact of their mistreatment and trauma has been watched without intervention. Unless you have been in a hopeless situation, you can hardly be faulted for not understanding the rage, the unprocessed grief, the scars and unhealed wounds of domination. We in America have not witnessed actual war in our lifetimes, unless we have gone to other countries on military assignment. When soldiers do return from war, they often bear what used to be called “shell-shock”, or “battle fatigue”, or more recently PTSD. It is encouraging that the perpetrators of horror and violence recognize in their still-human hearts the travesty they participate in. Still, it pales in comparison to the trauma of those they lay the horror and death upon. Demanding peace, sending doctors not snipers, medicine and fuel, not ammo and missiles...these are the ways a healthy society would react today, before getting on with the work to make sure war never happens again. I shouldn't have to say this, let alone repeat it: there is no such thing as a just war. Usually peace demands we put humanity first, our own interests second, and eschew profit altogether. I suppose that's why I am so lacking hope this will change soon; profit is King of America. And America continues to drink its own Flavor Aid, thinking it's the King of the World. That's the residue of modern, the residue left at the bottom of the barrel coming into view, with ever more effective ways to kill being developed all the time; for a giant profit, of course.

We stand on a precipice, staring at the end of our world as we know it. We are further from a world where each and every human is valued for their unique gifts and abilities than ever before. We fight and kill, instead of cooperate and care. We are isolated and alone at a time when our technology claims, falsely, to connect us. We are scared and full of hate, even as we crave peace and love. In the name of 'safety' we allow mothers and fathers to die, and worse, allow them to see the death of their child. We are traumatized, clearly some more than others; and we need support to heal from that trauma. Why is this healing so difficult to offer others, given that Modern is supposedly so beneficial to our wellbeing? There remains much we don't yet understand about how life exists and evolves in our Universe; let's not end that quest to know Truth when we are still so far from it. Stop all wars now. Modern 'civilization' clearly and definitively does not support the best we are capable of. Let's Go Wild once more and end this travesty called Modern.

29 October

LGW 29 October

“Lian Mee had designed the Judicial AIs personally, with the full moral code that she'd finished, with the full experience of the human resources AIs, with the full understanding of how people lived from the teacher AIs and anti-poverty AIs. And she'd grounded the Judicial AIs in the impartiality that was written into the law, but not always practiced by people. Women would experience no disadvantage under these Judges, nor men any advantage. The weak would be treated the same as the strong, the poor the same as the rich.”

Derek Künsken, *“Tool Use By the Humans of Danzhai County”* [Asimov's Science Fiction, July/August 2020]

What is creativity? What is an 'original thought'; and have you had one? Where might one arise from? In Modern, human and code intersect; how can we live fulfilling lives in this time? Our biology is only a fraction of our whole, and it's not any Law of Determination, nor the source of drive or ambition, nor the essence of our ancestral legacies embodied once more.

Is my fear of AI one of losing control, or freedom? Or is it instead a fear we will lose magic, mystery, and miracles? Once we turn our lives over to deep planning, serendipity becomes a memory, spontaneity an anomaly that needs to be repaired in future updates. In this world, how can I play, how can I forgive?

What is missing from the AI dream? A recognition of the externalized toxicity it requires during manufacture, use, and disposal; a lack of accurate risk/benefit analysis; a virtual plundering of our natural and human worlds; a missing drive and purpose that opens one to self-evolution. We are distracted by comfort and have come to expect change, calling it 'progress'; we are entrained to skip the difficult, and encouraged to trust and follow rather than create and imagine anything new. We no longer remember the frequent airline disasters in the early days of commercial flight; yet we seem to trust that autonomous cars, trucks, and drones will be safe from Day One? We are letting psychotic, insentient programming separate us from reality, just because...Modern? What we have yet to separate from is fear: we fear terror, climate collapse, and scarcity; all of which lead directly to enslavement. A key question that we must discuss: **why AI?** Are the trade-offs, in trauma and pain, worth the 'promised' comfort and ease? AI accesses data, commonly called 'knowledge' by those who revere AI; but can AI, like in the quote at the beginning of this essay, **ever be wise?**

What "creates" intelligence? As a newborn infant, is intelligence written in stone already? I don't believe it is so. Stimulation, allowing creativity to roam 'wild', demonstrating care and insisting it be reciprocated as the child grows, establishing and maintaining respectful, peaceful relations with family and friends; these are ways parents foster intelligence in their children. The challenge in developing AI is bringing care and creativity to the silicon in similar fashion; these qualities derive not from data or books, but from a parent's heart that AI can never truly imitate.

Again, why AI? There has been lots of talk lately about 'transhumanism', making humans 'more' by incorporating tech in brain and body. Stations along the Road to Transhumanism: lab-grown food, everyone in cities⁶, only digital money allowed, confiscation of property through debt default, purchase, or theft by authority, autonomous transport, Internet of Things incorporated into 100% surveillance systems, no spirituality, no reproduction (or none outside of a lab)...IOW, nothing real, nothing true, nothing natural including language, health, information, and relationships. The reason? Climate change is what we are told, but ever-expanding domination and exploitation is the real motive. Is there anything on this list that you have not heard about? I am not asking if you understand any or all, or how they are interdependent; only if you have heard the words. The project to 'improve' humans needs stealth and shadow; most of us will reject it out of hand once we see where it is going, as I have done.

How much of this agenda derives from the concept of "mine"? Do we, can we, ever truly "own" something? What does that actually mean? We hear talk of "resources", but that puts the focus on exchange value, not intrinsic value. We can never precisely quantify subjective qualities; thus money, and the economy that uses it, will always be incomplete, deficient, and unable to accurately place value on what matters the most. Today in the modern world, we know the price of everything and the true value of nothing, it seems. AI likewise can never know the beauty of a sunset, as waves crash rhythmically on the sand, a gentle, warm breeze brings a salty tang in my breath, and the Milky Way shines brilliantly overhead. That memory, these feelings, this bliss can be said to be 'mine'; the land upon which I experience this priceless moment, cannot. How could something so ephemeral, a feeling so ungraspable, be programmed into an AI?

Ultimately in Modern, to own is to control.

"Control is never necessary. It is within you to release. This is indeed your superpower. You imagine otherwise, because you are conditioned by a society that gains from your belief in this diseased lie: that you must know, see clearly, plan, detail, organize,

⁶ ...where we are more easily controlled, limited in our use of energy and ability to travel freely

evaluate, weigh, measure, and sort every detail and throw yourself and your rested state to the wolves to be eaten away so that you might rise even higher in your efficiency and effectiveness.

You will never rise in effectiveness in this way. You only rise into your highest level of effectiveness when you rise into your highest level of alignment with the fourth and least often acknowledged aspect of your bodies: your Soul.

Your physical body often takes a back seat, your emotional body often takes a back seat, your mental body truly takes a back seat as well, even as you overuse aspects of your mental faculties. Those you overuse are those least in flow with the Divine Source of All Things

All aspects and layers of your body can be in flow with the Divine Truth of being — which is that *you are that*. You are Soul. You are Source. You are flow. There is nothing to achieve here, only that which to unlayer and release in order to RETURN to the flow to which you were born.

The part of your mind you can feel forcing and scrambling, this is the part of your mind that may serve you best in escaping a sudden physical threat or predator. You are almost never facing this threat, yet you are almost always using this aspect of mind.

The layers of your mind that are in flow are those that do not reach, do not stretch, do not force, that allow — only allow. Watch thoughts come and go easily. No, you are not allowing this so that you reach a state of ‘no thought’. If you choose this practice of ‘no thought’, it can lead you to a deep and severe state of being that can unleash exceptional flow for you. This is not the goal of which we now speak. Now we speak instead of letting yourself do nothing with your thoughts. Watch them. Do not attach to them, meaning do not try to change them. If they go to dark places, let them. Ask them why. See where they lead you. There is always some truth waiting for you to discover when you simply allow yourself to be and observe your own thoughts.

Most often, these allowances of thought lead you into a state of flow and will bring you to conscious awareness of - and the ability to feel - an emotion that had been stuck. Some find tears cry out in release when simply sitting in open thought, without purpose or direction. Good! Let it out. We are now fond of the saying, ‘better out than in.’ Let it out. You see, then, how your mental body, without constraints, leads you to flow, which leads you to emotional release? Now imagine the immense healing your physical body receives, once that stuck energy is opened to flow. Imagine the body’s reflection of your state of flow or not flow. Your body is only ever doing what you tell it to, via your various inputs: chemical, nutritional, breath related, via vision, hearing, thinking, or feeling. Your body is simply either responding and holding or flowing and releasing all that you bring in.

All of your bodies work together in this way, naturally and automatically, and all of them benefit when you live each moment in the truth: you control nothing. You may allow flow or fight flow, but you control nothing.” Channeled by Lindsay S.

In Wild, we know to allow flow, to be grateful when synchronicity makes miracles, and that we control nothing.

Did you know, and are you surprised, that AI Quantum Supercomputers cannot adequately manifest, or mimic, a divine, loving mind? Imagine someone who is going totally rogue; meaning totally Genius. They are not afraid of death, not afraid to live their truth, they love, are creative and are inspired by the Divine. They live in the Now, in which all potentials simultaneously exist. This is a fair description of the Wild I point to in these essays. The antithesis is the world we call Modern; and Modern may kill us all in the end, long before AI has a chance to do the deed itself. AI cannot imagine, cannot dream, cannot love, cannot move mountains for a cause greater than itself, and does not have indomitable will and passion.

Imagine if we awaken the sleeping Giant: billions of amazing people who love themselves and others, and serve in surprising, miraculous ways. That is checkmate for AI.

Thinking we will navigate the new world with old tools can't work, by definition. The consciousness or culture that creates the problem cannot solve it. What are our new tools? What will be our new vision? What new words will we chant; how will we embody, practice and celebrate what is golden in the new world? Let's stop rewarding outrage and greed and instead reward care and generosity.

In this Modern world: war is constant trauma; if our response is to call it 'just' then we are the perpetrator. If we are not in danger now, we can see possibilities that exist outside of the myriad traumas being experienced by those who are. This is our opportunity to return to our essence. Being in solidarity with suffering does not heal suffering. Creating the new world is the healing we need.

*Thus I ask a pivotal question: In the vast expanse deep time, yet simultaneously in this moment, how do we adapt our relationships, community and culture in a manner that ensures prolonged **coexistence** on Earth? The answer will not be found in the quest for short-lived fame or financial gain, as Modern shows us every single day, but in becoming the harbingers of a culture that prioritizes long-term collective well-being over immediate individual "success." Can we be the unseen pioneers whose impact might only be recognized in hindsight—or perhaps never at all?*

Let's see the world, a world our descendants will cherish if we do our job well, as Wild once more. Modern ignores Wild while trying to exterminate it; so far, it's dominant but not everywhere, nor in everyone. Believe in miracles, friends. Miracles prove the lie of AI; and restore our love for All That Is. Let's Go Wild, and discover miracles once more.

5 November

On interpretation of selective silence; every voice matters, ESPECIALLY in opposition to unquestioned dogma....

Some things are difficult for some leading voices among the Covid-times anti-tyranny voices to say publicly. Four of those things:

1. *Vaccines* and *biochemical weapons* are interchangeable terms for a single product class jointly manufactured and distributed by pharmaceutical companies and the US military for use by militarized health care providers on targets.
2. Observed harms caused by use of biochemical weapons labeled as vaccines, on targets, are **intentional**.
3. **Intentional** infliction of pain and death, on targets, using biochemical weapons labeled as vaccines, is State-sponsored. Governments have done it to their people in the past, are doing it right now, and clearly indicate their plans to continue doing it in the future.
4. State sponsorship of the **intentional** injury and killing of people is coerced through central bank control of money, such that governments are under the direct daily control of central banks, and democratic rituals (such as elections and legislative activity) are only distraction and vapor. The tactics used against government officials who try to resist (i.e., by speaking or legislating in authentic, truthful ways) are overwhelming reprisals: currency destruction, economic collapse, lockouts from international financial transaction systems, fomented internal civil disorder, government overthrow and assassination.

Covid has been a global demonstration that financial control mechanisms (banker control of national governments globally) and government behavioral control of civilians as directed by bankers) work [as designed and installed](#). Sudden Adult Death Syndrome (*not* from jabs), eight-year olds having heart attacks, a repetitive series of "vaccines", the definition of which has

moved quietly away from providing “immunity” to “lessening symptoms”; these are the benefits of military research, not the bugs, if you listen to mainstream news.

What talk is allowed? Talk about billionaires, corporate profiteering, liability exemptions, regulatory capture and regulatory failure. Talk about the urgent need to prevent the World Health Organization and the United Nations from usurping any slivers of remaining power held by national governments by means of new international legal instruments scheduled for ratification in the near future. Even talk about how it is not a vaccine, it’s a Department of Defense- developed bioweapon using laws enacted over several decades to grant funding and immunity to everyone involved (including regulators). Talk, or rather an occasional apology meant to dissuade talk, about putting people in jail for lying about coronavirus, Ukraine, the southern border, and so on....

Modern tells us that love and mercy are insufficient to meet our needs. It feels odd that in a largely Christian society, the Sermon on the Mount is not taken literally, as is so much of the Bible. Again, during Covid, the Wet Market origination story inherently makes us fear the Wild; we must isolate from nature even more; because people die when they contact animals. Even our food must be “processed”, because raw can kill us with its pathogens.

“Keeping quiet — pretending the evil acts are not being done, or admitting that evil things are happening, expressing a little sadness, but holding it as necessary evil that must continue for a pretextual greater common good — helps the evil acts to continue.”
Katherine Watt

We are at a point in the Imperial Decline when we can no longer be quiet; we must begin to say the truth out loud. Start with close friends, and gain courage when some don’t reject your friendship altogether; it’s a given that many will. Remember where we started: definitions have changed without notice, to fool us into doing what we are told and to our detriment; it is intentional; it is not a new evil, it’s been building, metastasizing, for many, many generations; and we are not taught about money and its usefulness or its harmfulness for a reason, **we’re not in the Club**. To paraphrase Ben Franklin, “Those who give up liberty for safety deserve neither”.

Put this into your understanding of the global Empire Modern has built:



The cost we pay, maybe USD1 for this “treat”, can’t possibly reflect the true costs all along the way from planting to eating. And beyond one dollar, what about the soil contamination (fertilizer, herbicides, pesticides, erosion); the labor exploitation (including child labor in some instances); the petroleum extraction, refining, shipping and burning processes to ship this container essentially around the world; the bodily harm we are just now becoming aware of when we eat outside of season and eat heavily processed ‘food products, instead of raw and natural; and the societal damage that results from ecological, financial, and political destruction (kept out of our sight) to maintain global supply chains?

Modern is problematic, as any complex control structure must be. Natural, as in Nature-like, is also complex but seeks to cooperate and care, rather than fight and control. The censorship mentioned above is about control, the Covid response strategies are about fighting. Natural invites us to only seek Truth and to speak it when we find it; and to ask, ‘How best can I care in this situation?’ Healing means we bare the wound, or the scar, and reveal the truth of the energy it represents. We have enough for all; today, in Modern, we have a distribution problem. I know I won’t live to see the day when Natural is how we operate; but I can’t let that get in the way of our collective path and my part in getting there. The ‘Let’s Go Wild’ series is just that; an invitation to join we few who hold the visions and the possibilities of a compassionate, healing, sustainable world that interacts with all energies, not just the ‘good vibes’. Enlightenment is not total, eternal bliss; it is instead a deep grasp of ‘enough’: enough love, enough peace, enough grief, enough generosity, enough healing. It’s wild, not tamed; it’s loving not hating; it’s accepting not fighting; it’s celebrating ancestors and doing the best we can for our descendants; it’s living from enough rather than scarcity, because enough is both good and bad, but enough is all we need. Let’s Go Wild friends!

12 November

In the end, it is on me to overcome my trauma and fear and too transform and heal from a wounded child into a true warrior.

In a world of duality one can be forgiven for thinking it is an either/or world. Humanity goes to the stars; or Mad Max. A corollary: tech is what makes humans great and will solve every problem known to humans; and love can’t solve anything, it just feels good. Neither duality is true, but I won’t be at all surprised if you feel I have just put you down for being ignorant. Especially regarding technology. Think about it. If we were to somehow manage to find a frictionless, free source of all the energy we could ever need we set ourselves permanently on a path that destroys the environment with over-consumption and excessive toxic residue. If we managed to get every vehicle to be electric we will not have solved our environmental issues; IOW, we don’t need electric vehicles, we need a lifestyle that is fulfilling but doesn’t require very many vehicles...all over the globe.

We allow the media to frame and limit our thinking and problem solving. They go so far as to change the meaning of words without notice; ‘vaccine’ used to mean one thing (immunity) and now it means ‘medicine’...a medicine just like aspirin or penicillin. The Overton Window of acceptable discourse is small and getting smaller. I grew up with the slogan, “sticks and stones may break my bones but names can never hurt me”. Today demanding peace is hurtful hate speech. The concepts of thoughtcrime and newspeak: “you are wrong and your words cause me pain”; are not new, but they’re nonsensical. I am me, you are you, and we are not the same. This is true in every family, community, nation and globe. We can respect the person as a human being without agreeing with every- or even any-thing they say.

We accept that today is abysmal but tomorrow will be better because...religion, science, technology or authoritarian. We believe authority does what it claims...safety studies...when

actually they fake it or don't do it at all. 'We' ignore our feelings and do what we are told even when we know it is wrong, because of the authority and power we give away to others, beyond reason. Note that when we ignore authority...doctor...we shake their identity, not just reject their license. In most cases, when faced with admitting they are tools of others, their methods inappropriate *to truly heal*, and much of what they know is wrong; they will become demanding and authoritarian themselves before they will change their practice. People not in a position with much authority will say 'la-la-la-I-can't-hear-you' and change the subject before they will question what they have been told.

You and I also have a role in this: we hand over our responsibility to investigate, change our worldview and focus when appropriate, and ignore our power to heal by delegating it to others with their 'certifications'. In other words, we are also invested in our identity: Christian, Democrat, European, male. Our identity can be so 'solid' that information to the contrary *can't even be seen*; our filters get in the way. We often can't see something for the first time until it is pointed out to us by others.

Despite immense complexity, doctors offer one-size-fits-all pills, politicians offer regulations/laws they claim apply to everyone, and spiritual leaders offer their one vision of 'salvation'. Note that in these examples, one thing missing is any ability to see for the first time the harm they cause while claiming to do good. Our human tendency to fear exile from our tribe encourages us to go along silently even when demands are clearly untrue and often deadly.

Some few don't stay asleep, quiet, or ignorant. What are our characteristics? We don't ignore hypocrisy or conundrums; we don't look away. We have fewer filters, smaller no-go zones, bigger Overton windows, and we can have difficult conversations with those diametrically opposed to our views and remain curious about the experiences and wisdom of others that are different from our own. We are also curious about the True Nature of reality and actively seek to better understand complexity. We can hold seemingly incompatible knowledge at the same time and search for the common ground. This is the *Let's Go Wild* aspect: we discount what authority demands when it is incoherent, based on our own experiences. We no longer trust blindly. We are more open to search for poor assumptions and then challenge them. We know we are not perfect, we know we lack complete data and understanding of complex issues, and we have a capacity to change our mind and admit we were misinformed or just wrong. We know that sometimes what makes sense on the ground looks silly when seen from the air above; we seek many points of view.

We also seek context, history and traumas that remain from before, requiring healing. We prioritize healing even when we must change our identity to do so. We do what is right and not what is demanded yet wrong. In other words, in the context of this modern culture, we are uncivilized. We prioritize finding balance and harmony with what is, rather than make vain attempts to dominate and control. Even if I accept germ theory, which I happen to question, it should have been obvious that a single novel untested medicine could not possibly work for all eight billion humans using a single dosage, no matter our differences. When you add the corollaries: it doesn't stop transmission and thus forces mutations (variants), facts that were called out from the start yet censored, one must wonder what the real agenda was. The non-pharmaceutical interventions: masks, lockdowns, social distancing...same question. The person you saw on a motorcycle, wearing a mask but not a helmet, could hardly have been more telling about the result of the media psyop; collective insanity. This demonstrates the lack of critical thinking skills many display today with their reactionary declarations like, 'Trust the Science'. The still-increasing censorship highlights our lack of conflict resolution skills. We are taught instead to trust authority over our own experiences...to trust data as presented, without questioning provenance...even when it contradicts our own 'lying eyes'. We are expected to be a quiet, passive consumer and not a responsible creator. Our innate capacity for curiosity and care is being controlled right out of existence.

Walmart and Amazon destroyed local economies, in part because of our 'need' for lower prices that only make some sort of sense at large scale. How do we regain our ability to cooperate and care and do what is right even at a higher cost, keeping our wealth local and our community strong? Remember, there were dollar incentives to vaccinate everyone; it's a similar concept. We are so deep in the pit of exploitation for profit that veterinarians are compensated for vaccinating animals. In hindsight it is clear that the "no treatment for you" protocol was a tragedy that should have been foreseen and prevented; ventilators and Remdesivir™ killed most of the people unlucky enough to land in a hospital with doctors who followed orders without thought. Doctors that questioned the narrative and demands were silenced and/or lost their license to practice medicine. Language is important; it's call the 'practice, the 'art' of medicine for a reason, because it's complex and not yet fully understood. This makes the one-size-fits-all model so problematic it should never be the focus of any healing modality. In an era of Big Data, the intelligent response to a novel illness would have been to gather as much data as possible using tissue and fluids and let AI parse signal out of the noise. Instead we did the opposite; we banned autopsies and testing, ostensibly because 'we can't handle the Truth'. We experienced the tragedies of people dying alone while the doctor refused to allow even Vitamins C & D to be given. Relatives even went to court to claim the right to give such safe remedies, sometimes to lose in the end.

Going Wild knows my life is best when I focus on my spiritual path towards healing. This is facilitated by seeing the hypocrisies, wrong thinking, false assumptions and beliefs I encounter daily. I take back power I have surrendered to 'authority' and wield it myself, learning from my mistakes. I seek balance and moderation, not to dampen experience, but to remain whole and in tune with all energies. I seek to see the first time without a guide and to change my mind and actions when given new information and understanding. In every field we see the drive for profit overtaking our spiritual life. We 'earn' less for more work because...profit. God is Profit, not Prophet. We stand on the edge of the AI slippery slope because...profit. Most religions posit eternal life; yet we can't take our money along with us into that forever future; why not put our focus where it belongs, on the only Truth that matters?

In a culture that values money over spiritual understanding, being civilized, going along with the crowd, is spiritual death. I don't fear death but as long as I can I will choose to lead a life as uncivilized as it can be. I choose Wild.

19 November

"The only thing that makes life possible is permanent, intolerable uncertainty: not knowing what comes next."

– Ursula K. Le Guin, [The Left Hand of Darkness](#)

"Maybe each human being lives in a unique world, a private world different from those inhabited and experienced by all other humans. . . If reality differs from person to person, can we speak of reality singular, or shouldn't we really be talking about plural realities? And if there are plural realities, are some more true (more real) than others? ...The problem, then, is that if subjective worlds are experienced too differently, there occurs a breakdown in communication ... and there is the real illness."

– Philip K. Dick

How do we know what we know? Is what we "know" even true? How certain are you, that you truly know anything? I believe humans evolved to make sense of our local environment and our

tribe. We didn't need "law enforcement" because "law" comes from inside as well as within our relationships, but only in the context of other humans we know as well as we know ourselves. We grasped it was frightening and (usually) tragic if we pissed off the wrong people and were exiled from our group. Yet it was possible, if enough other relatives (*we are all* relatives of each other) went along over the hill into the next valley, to get by and birth a new tribe.

Which is why it is so odd today when I am unable to call out crimes because our social rules don't allow me to question what I am being told by "authorities"? The prohibition (decades ago) of talking about politics, sex, and religion in polite company has led to the withering of our abilities to have calm, civil, but difficult conversations. The transformation of common words into hate speech, at least according to some, is also odd. I sense it derives from a lack of respect in general for differing opinions and our seeming inability to negotiate a settlement that recognizes the needs for safety and growth of everyone involved. We have come to identify with our own worldview to such an extent any differing views threaten to destroy our intangible selves. We (America) can't sit and talk with Russia about the need for a security structure in Europe that works for everyone and eliminates all worries about territorial expansion through kinetic warfare. This is childish; if we (America) have to co-exist with Russia, we'll have a tantrum, turn over the table, then take our money and go home. This is deeply rooted in exceptionalism, hierarchy, and exploitation through domination. We call it a "rules-based international order", which is code for "we like the rules as they are, despite treaties and international law, so just go along everyone and we won't have to hurt you".

But again I ask: how do we know what we claim to be certain of? Are you sure the Universe is a dead resource mine waiting for humans to extract what we will? Are you positive it is important to have lots of those resources "in my name" when you die...like some sort of competition where the most toys wins the game of life? Are you sure technology solves more problems than it creates?

Here's how tech (including medicine) works: you are enticed by the carrot, which might be a faster process, a lighter workload, a 'free' application or service. You join a particular 'environment', code for company or 'product 'system'. The provider builds out a more complete environment, sucking you along. At some point, unknowable in advance, you are hooked; you can't step out of the system. You rely on it even as it turns sour; it would take too much energy and/or money to switch to something less problematic, or to return to what you used before. Who remembers paper maps and wants to use one again? The unforeseen consequences continue to appear, and grow more problematic with every 'update'. The mission-creep becomes onerous, but again, it's too late. You are trapped, hanging in your cocoon in the Matrix, being sucked dry by the system you initially joined in innocence and without understanding. [Tech Is No Answer](#) (TINA).

The medicine piece is similar; remember, today's allopathic 'practice' was created in order to use some portion of the long-chain hydrocarbon seeping from the ground in the late-1800s. J.D. Rockefeller (Standard Oil) wanted to use the 'waste' left after processing oil into fuel for something rather than have to throw it away...and thus we have pharmaceuticals. First chemists contrived substances that mimic natural herbal remedies for illness; Nature does an amazing job of matching dis-ease with its relief in plants and animals nearby. Then the *Godfather of Drugs* founded 'schools' to indoctrinate healers in the new magical potions. And lest they compete with traditional healing knowledge, he founded medical organizations to 'license' both the products and the 'doctors' that would push them onto the unsuspecting public. I point this out primarily to open this can of worms: if you are certain that today's medicines are the best way to prevent and cure disease, then you have drunk too much out of the Flavor Aid⁷ punchbowl. You likely believe the medicines have all been tested for safety and efficacy; you are wrong. You likely believe the government prevents anyone or any company from doing anything to hurt us; again,

⁷ Another misconception: people began to use the term 'drinking the Kool Aid' following the stories about Jonestown...they actually drank flavor Aid, not Kool Aid.

tragically wrong. Not to put too fine a point on it, what do you call someone who graduates first in their medical school class? Doctor. What do you call someone who graduates last in their class? Doctor.

Yes indeed. We are living in a time where "science" has become similar to religious authority; in many cases, it supplants religious authority, also without solid proof/truth. Newtonian physics gave rise to the dead, cold Universe idea of resources humans can use at will, yet it is not even close to reality. Quantum physics comes much closer to Truth, but partly because we can't possibly understand something so complex and hidden from sight, and partly because we still love to believe in a Clockwork Universe, we don't question the old Newtonian science paradigm. Those who question it, disagree with it or provide info that contradicts it are deemed dangerous heretics who are sharing 'misinformation' despite any veracity and world-changing potential.

Myths are a central part of science: the part that decides the significance science has in our lives. They lead us to interpret science in particular ways. But as we interpret, that's actually the result of 'not knowing'; and science is all about interpretation (not knowing) and evolving as knowledge grows (non-consensus). When you are 'sold' an explanation of a phenomenon as being the result of consensus, you are being asked to believe 'because we can't prove it'. That should send us running the opposite direction if we care about Truth. Most aspects of life are not provable, in any really sense of the word *certain*; isn't that the fun of living our wild and beautiful human life? Take vision as one example of how we take for granted we understand what is real and think we are all, each human, seeing the same world: there are blind spots in the retina and thus the image our brain "sees" of the outside world is incomplete. Yet you have to "look" very carefully to confirm these blind spots, because brain fills them (through repetition and pattern matching) that create what it "thinks" is normal. IOW, my brain is just winging it, predicting some of what I see, not limiting vision to what I actually see. There are also differences in the *experience* of what I see compared to yours...how does red 'feel'; we have no way to be certain red feels the same to you as it does to me. It gets worse...magenta. There is no light frequency that we can tie to magenta, which is a blend of the spectrum beyond red (infrared) on one end, and beyond violet (ultraviolet) on the other. The plant we use to make the color dye we call magenta looks brown; the 'taste' that is magenta is wholly created in mind, not reality. Most don't process also, that what I see as an object that is red in color, is actually rejecting the visible light frequency we call red and absorbing the rest. So when I see green grass, the grass is not green, green is the light grass abhors.

Let's begin to wrap this essay up: the intense synchronicities I've experienced recently also point me toward the idea that the personal is metaphysical, and the metaphysical is personal. As above, so below. We can't remove ourselves from the equation; this is the key takeaway from Quantum Physics, which is that conscious awareness is the bulk of reality. That awareness varies human by human; and thus so does reality. NOTHING is certain, immutable, unchanging or permanent. In fact, anything with a beginning or ending in time itself is unreal, imaginal. Everything and everyone is participating in the creation of the myth of reality, creating a web of relationships so complex it can never be grasped completely or proven to be True. This is hugely uncomfortable, untenable, given our apparent need for certainty and safety. We become wedded to so many notions: ideas, stories, concepts proven or not, many long since proven to be a lie, yet we feel we must defend the lie to the death lest we admit to ourselves the gravity of our own failing to know truth. Far too often, we identify with the persona engendered by the falsity, so disbelieving is tantamount to rejecting all we stand for. In a Wild world, we deeply know we will never be certain, about anything. We adopt perspectives as they appear to work, and set them aside as soon as it is obvious they are flawed. We hold competing concepts and words in mind, not in agreement or acceptance, but out of curiosity and concern. Living in a Wild, shared playground we call life, we can only be true to our inner and outer relationships and care. Who have you helped today? How have you helped yourself? These are key questions; may you find

that living Wild gives you better answers to life's mysteries than any you know now. Let's All Go Wild.

26 November

“If we continue to operate in terms of a Cartesian dualism of mind versus matter, we shall probably also continue to see the world in terms of God versus man; elite versus people; chosen race versus others; nation versus nation; and man versus environment. It is doubtful whether a species having both an advanced technology and this strange way of looking at its world can endure.” – Gregory Bateson, “The Cybernetics of ‘Self: A Theory of Alcoholism” (1971)

Duality, binary thinking, is common. It precedes the “3-Body Problem”, which knows we can calculate on a supercomputer the relative positions of three bodies as they move forward in time given starting info on mass, speed, and trajectory; but there is no formula that lets us predict in advance how they relate to one another at some time in the future. IOW, we can't yet know the outcome if more than two variables are involved. I am reminded of a saying: show me the incentive and I will show you the outcome. That works in 2D but not 3D; and certainly not in Quantum.

We are awash in duality: love/hate; good/evil; hot/cold, Newtonian/Quantum, etc. But much of our world is more than just two: Christian/Muslim/Jew/Buddhist; oil/gas/coal/'green'; elite/rich/deplorables; natural/warped/manmade. We create inadequate solutions when we decide between just two; but we have difficulty holding more than two in mind at once. We also tend to identify with one of the poles, and resist any information that shows 'my pole' has problems. Nature abhors a monoculture, which is a version of duality that focuses on just one end of the spectrum. Monocultures, over time, devolve into a quagmire of inconsistencies and solutions that eventually no longer work, if they even did from the beginning. It behooves us to hold complexity in high regard, and to learn ways to work within complex issues and concerns easily.

That being said, we can't possibly grasp the whole, so we ignore that and grasp the small instead. We isolate Self from Other; and fail to recognize that by isolation we experience distortion. Nothing isolated is real; quantum tells us *nothing is non-local*. Even a division between physical and non-physical, between material (solid **or** pertinent) and immaterial (untouchable **or** irrelevant) is made far more absolute than is true. Consider this in terms of time: past/future; yet all contained in this Now even if past and future seem attenuated. Know that time is similar too by creating space between moments that does not actually exist. Time does not 'pass', I merely cease to focus on a particular configuration of energy and then energy moves on. All moments exist; how can I choose? It is the nature of the physical that we create, experience, and destroy sequential time.

Separation into this/that, or was/will be, is untrue and distortion. Jesus expressed profound truths, mostly in parables, so that the info would inform even when the concepts or details are not fully understood. We have the same situation today with this belief in 'The Science™'. In both we must be wary of putting too much 'faith' in priests/authorities; do NOT worship idols.

As physical is not separate from non-physical it ultimately is immaterial, an illusion. We tend to think of physical as being 'out there' and immaterial as 'in here'. This spatial reference is as easy to fall into as it is wrong. Too much focus on physical sensation leaves little room for wisdom. Too much attention on inner or outer leaves warped and inaccurate understanding of what is real. We put our dreams of 'prosperity' into a bucket we call 'money' despite the fact that real wealth is found in healthy relationships, communities, and Nature. It is useful to delve into

what feels like prosperity in your life now; when you know you are dying in the next few breaths, what will you cherish?

I find it easy to understand how 'space' creates illusion of separation. Yet non-physical, immaterial, exists in the same time/place as physical. Because I feel carried and constrained by physical, I find it difficult to move or live with immaterial freedom. Language reflects our concepts of reality; notice in context of 'immaterial' which is more 'real' than material. Yet words we use today often carry baggage, from misunderstanding, from lacking knowledge in the root(s) which can convey the intention behind the word, or from (intentional?) misuse in the culture. We need to either re-define some words we use to better our communications, or craft new ones. Please make a comment below and add you thoughts on words we need to change or adapt; but here are a couple to get us started...

- A deeply felt sense of the *unimaginable* that could be made real
- *Knowing* 'it's not about me'
- Knowing Nature does not speak English; can we name the language it does speak?
- A new word for collective, the whole, the greater good; which now carries so much baggage among those who cherish individual responsibility rather than communal care

Clearly this is a small pointer, what comes to heart and mind about language and the ways it communicates or obscures what is needed in the moment?

We have entered the 'holiday season'. There was Halloween (All Hallows Eve), and little recognition of the Day of the Dead, 1 November. Yesterday, as I write this, was Thanksgiving (in America at least). And soon we will have the double whammy of Christmas and New Year. Let's pause for a moment, and honor their passing; for none of these holidays is what it claims to be, nor remains what it was as I was young decades ago. Halloween; a chance to taste fear and horror at a safe distance, to play dress up and act out, to tour the neighborhood (if you are young) and 'threaten' a trick to anyone who doesn't pay your ransom demand of candy. What a marketing gimmick. If you pay attention, some business media outlet will let you know the spending mood of the country in terms of how much sugar was sold to facilitate this mockery of a respectful remembrance of the Day of the Dead. Thanksgiving is no better; a holiday based on a myth expressed entirely in a fiction of colonists being grateful that the native peoples saved them from starvation, only to turn on them and try to wipe them out in a massive genocide. Oh, but that's not good conversation around the turkey table; again another manifestation of marketing and capitalism, while enduring arguments with family that sometimes turn bitter, often leading to tense rides home. The myth of a Santa Claus, causing parents to lie and hide their actions from the children lest the story be exposed as the falsity it is. Again the economists salivate at the potential for 'more spending' each and every year; indeed, 40% of retail sales occur in the fourth quarter run-up to the tree and gift giving of the 25th. I remember as a child going to midnight church service; with a candlelight procession at the end, on Christmas Eve night. At least there was an attempt to hold the myth of the birth of Jesus in hearts and minds; that tradition is long past for most. And finally, the end of one year and the beginning of a new one, as if there is a distinction to be made that transcends the ebb and flow of life marked by an imaginary date.

So there's the rant. I honor the family members and friends lost to death as I feel their presence in each moment. I consciously look for their assistance and wisdom; I don't need a 'Day' to place my focus here. I am consistently and frequently grateful throughout each day for the assistance and generosity of others, and the synchronicities of life that point out the path I follow; especially the synchronicities, for gratitude brings more. I don't need a 'Thanksgiving Day' to share and be thankful. If we think back to the origin story of Christmas we are right where we can ask, 'what would Jesus do?' and I'm certain he would not be scrolling through social media and paying his taxes. So all the feel good gifting and the borrowing in order to gift fails to honor the principles we should be most invested in. I will more to say about tradition and how we will do well to rethink the ones our culture celebrates, and create new ones that serve us

better than these in the near future. For now, let's acknowledge that when we are connected with our surroundings; when we are invested in the health of self, other, and Nature; when we appreciate ourselves and are driven to support and care for others as a result; this is "Wild" according to the mass delusion that controls the bodies, minds, hearts and souls of most people alive today. This control can't go on much longer; the 'civilized' life is doomed by inherent flaws in logic and actions, by leaders and the led. Sold as our right to comfort, we are being anesthetized into a deep sleep, and dream walking to our bitter end. It doesn't have to be this way: Let's Go Wild.

3 December

Samuel Clemens (Mark Twain) once wrote, **"It's not what you don't know that kills you; it's what you know for sure that isn't so."**

We live in a world we define as duality, either/or. This approach limits our thinking of possibility not 'just' to what we know, but to a mere two choices. Stay or go; fast or slow; left or right. Entire paradigm shifts are ignored and/or unnoticed. Despite the prefix, this is truly a monoculture; and Nature abhors monocultures. We don't practice, we aren't taught, how to seek new ideas or opportunities; even at the point when the door is wide open.

危機

crisis = danger + opportunity

Danger and opportunity; that is NOT duality; but in terms of how a "good crisis should not go to waste...", we see this in modern, civilized culture when the crisis is manufactured (bat-sourced coronavirus) to facilitate a novel possibility (vaccinate the globe....at great profit or worse).

How does one cultivate a field of awareness that sees beyond this monoculture thinking? Simple: child's eyes. I am blessed with an infant daughter, now eleven months old. Her wonder and amazement at the new sights, sounds, tastes, and even laughter is profound and eerily reminiscent of something I, and likely you, have lost long ago. The sound of the motorcycle roaring by on the street; the first bite of mango; and I still don't fathom how someone so young can laugh so heartily, how does she even 'get the joke'? She doesn't know 'motorcycle' or 'mango' and I can't guess how she knows 'funny too much'; but that's what we have lost. Easy to blame the educational system, parents who say 'no' far too often, or simply our memories...such that we know all we care to know about motorcycles (dangerous) and don't care to investigate other possibilities that might not be so distasteful. Or deadly.

So when I hear/see a motorcycle, naming it before I have a second thought seals the experience into what I already expect. There's no room left for *maybe*, *new*, or *what if*. We even leave out the possibilities inherent in an understanding that some (many) logic gates are neither

true nor false. This insistence that things are the way they are for a reason (one we don't have to share with you; it's proprietary) implies we understand completely the particular situation or circumstance. I think we can all agree that at this point in civilization we know almost nothing 'for sure'. Everyone dies at some point; no one we know is immortal. But aside from this, put something in the comments that you are similarly 100%, bet your life, certain of. Uncertainty is rarely admitted; it's almost a sin to say, "I'm not sure". But truly we aren't sure.

Typically I filter my senses, largely unconsciously, to find agreement with my understanding of how the world works. As a corollary, I filter to find support from my family and friends in the same way. It is rare to find someone who operates in an opposite fashion; who looks for contradictions not similarities and who is willing to grow and change perspective and 'beliefs' when appropriate. To do this effectively, especially when a change of view will shake or shatter my self-identity, it helps to be in touch with my intuition; the subconscious is eager to be right, and provides little nudges to get me on the right path if I just pay attention. My assumptions can be named and examined; words defined and used as intended. I can check and rein in my ego, to ensure it is not clouding my judgment.

Approaching reality as solid and dual is a very rigid perspective. Add a third possibility, or even just open space for a third possibility, and the situation is much more fluid and dynamic. The extra options can often neutralize the problematic aspects of a binary either/or. Think about how the interaction of three compares to two: the focus easily moves from seeking to dominate, one over the other, to a focus on cooperating so all three gain. Having said that, Empire as we know it just sees three as more to victims to exploit. So how we approach our common goals is crucial. We can seek win/win/win and avoid rebellion and murder; or stick with the suffering we see all around us now. A key objective of Russia when the Special Military Operation began in February 2022 was to keep Ukraine out of NATO, letting it serve as a buffer for security purposes between Russia and Empire *which benefits both sides*. That, on its face, is totally reasonable. It is only fearmongers who spew the BS that Russia plans to conquer Europe that say it's not. Just as the West has been exposed as unable to win a ground war in just one European nation, it is equally unreasonable to think the Russia has the need or resources to try to take over Europe as Hitler did. What can be possible is a structure where every nation feels protected by their allies and has assurances against aggression.

Much, or most, of what we think we know comes from others. We learn by paying attention to the zeitgeist, the narratives in play, yet we usually miss that the info we take is manipulated for particular purposes, usually not disclosed or understood. The very nature of reporting is radically different today, when nearly all major media outlets are owned by a handful of corporations, when we compare it to just a generation ago. It is full of press releases, not investigation or questioning. It is full of fear, keeping us disengaged. We are distracted by entertainment; bread and circuses, and so we miss the context that used to be reported as vital to understanding what is going to happen next. The very words used have new meanings, or are used to manipulate opinions, either without notice or agreement. Of course language is always changing; try reading Shakespeare the way he wrote it on paper, not the way it has been "modernized". Changing language in this way invites acquiescence to policies and procedures, actions taken, that we would normally reject out of hand. The Masters also know that repetition works; tell a lie often and loudly, and soon it feels true.

All of the above is Modern thinking; what about uncivilized? The child remains. Experiences happen before they are named and boxed in with prepackaged limits. We know in our hearts we are loved by the Universe, by a power greater than our small human selves. We know this because we know our intimate interconnection with All That Is, with that Great Power. We ask before, and are grateful when, we take the life of a plant or animal for our sustenance. We see how medicine is all around us, all the time, not just for our physical wounds or illnesses, but those that impair our heart and soul as well. We care for others as we would ask them to care for

us. We share without concern, knowing we will have what we need because Nature abhors a vacuum. We are Wild and we are free. We are Love.

10 December

Apologies for the brevity; I am traveling halfway around the world while working, and putting time into crafting my first-ever “The Crumbling Time: 2023 Year In Review” which needs focus to be timely. Here’s something I received from Charles Eisenstein earlier this year and while he doesn’t use the term ‘Wild’ as I do, the concept is the same. Please enjoy!

Someone sent me an excerpt from my [recent appearance](#) on the Regenerative Agriculture Podcast where I said the following:

Basically a privileged person is somebody who in fact doesn’t have or doesn’t need community because they can meet all of their needs with money. Because if you have enough money in modern society, you don’t need anybody or anyone or anything. You don’t need the people around you because you can pay somebody else to do whatever they’re doing. You don’t need the ecosystem around you, you don’t need the soil around because you can pay to import food from somewhere else. You’re completely independent of your relationships, except for the one one relationship that matters in modern society to sustain life, which is money, or so it seems, but as the study you cite demonstrates, it’s not actually true that we can meet all of our needs with money. But what money does is it replaces human relationships. So in an Amish community, there’s no such thing — as far as I know — as insurance on your home. Because if your home burns down, the community will get together and build you a new home. That’s your insurance. And your insurance payment is all the times that you helped somebody else build their house. So you don’t need insurance in that community. Well, any society that lives in that way is a ripe target for development, as it’s called, for economic growth, because you can replace that community function with a paid service. And so what’s happened in the modern era is that one after another, human relationships have been replaced with paid services. Everything from growing food to taking care of children to making entertainment. It’s not just the survival needs, it’s also: What does it take to live well? To be fully human? And if you don’t make your own music any more but you download it from Spotify, then that’s another service that’s been converted into money. And also ecological services get converted into something that you purchase. And that strips away what actually makes life rich. So you ask what to do about it, and on the broadest level, it’s to reclaim to restore, to recover, to regenerate the lost relationships to come into relationship again ... but to turn that idea [of privilege] on its head and embrace the knowledge of what actually makes life rich, what makes life good, and to say, ok, it’s time to enrich ourselves again. It’s time to reclaim the lost relationships.

Here is a corollary to my point. In a subtle way, the assumptions that the privileged take for granted are part of the very conception of privilege. The privilege discourse takes for granted the desirability of the lives that the privileged occupy. This is part of the ideology of development that imposes Western, modernist ideas of progress on the rest of the world. It approaches development with the smug certainty that our way of life is better than theirs.

Certainly the life of an affluent American suburbanite is preferable to that of a starving Somali villager, an incarcerated inmate, or a sex-trafficked Haitian child. But is it superior to that of the relatives of my Amish interlocutor on the podcast? Is it superior to the lives of indigenous peasants in the remote Andes? Traditional villagers in Gabon or Bangladesh? If so, then why are people so often palpably happier in those places than in America, where prescriptions for psychiatric medications exceed one per capita?

Consider an example of NGO philanthropic development work, the boring of wells for Africans living in remote areas. Everyone would agree that access to safe drinking water is a positive good for all humans. Is it, however, an advance to have running water in every home? From the

perspective of an American, it seems obviously so, as we are reminded when a power outage cuts off the water supply. But traditional villagers say that the spring or river or well is central to village life, one of the primary gathering places — especially for women. Are we better off sequestered each in our own homes, never needing to interact with each other to procure food, water, play, child care, or entertainment?

In that interview I spoke as well of the wealth that is connection to non-human beings like plants, animals, wind, rain, and soil. Progress has distanced us from all those things. As money mediates our relationships to these other beings, it grows into our primary relationship with the material world. We end up alone.

The privileged at least have money. The rest, living in a society of separation, suffer much of same distancing from nature and community, and lack money as well. If we take the distancing for granted, then yes, to have money is better than not to have it. To be privileged is preferable to being without privilege.

In a society where courts and police settle our disputes instead of village councils and wise elders, then it is preferable to be among the privileged races and classes that suffer less police violence than the poor and Black.

Must we take all that for granted though? Can we envision a different kind of society? Some of us have seen it, in remote places or in remnants in developed societies. Some remains even in small-town America. It is possible, but the path from here to there disappears into the mist. The first step is always a step back into connection. Then we remember the wealth we have lost. Our sense of poverty within affluence is validated. We are no longer satisfied with the money-mediated, technology-mediated substitutes for what we have lost. We no longer tolerate the ongoing destruction of the species, habitats, places, and cultures where such wealth still resides. Our choices orient naturally to the recovery of true wealth for one and all.

17 December



24 December

Sometimes transformation is bliss....sometimes it is trauma.

As a young boy I still remember the tears (of joy) and shivers up my spine the first time I saw the movie, “*White Christmas*”. Dad had the Bing Crosby Christmas album, and every December the song resonated through our home. But once I saw the movie, I was transformed. The story about a group of friends coming together to help someone who had transformed their lives and now needed help himself, was a lesson I have never forgotten. Relationships are golden, even when they get tarnished from time to time. Bygones can be let go, when the need is obvious. This is wisdom and love, coming together as one.

As I write this, it is the 25th anniversary of the second-most- traumatic fire of my life. I was a volunteer firefighter in my city in 1998, and at just after 11pm 24 December we responded to an apartment fire three blocks from my home. The batteries were missing from the smoke detector, but late-arriving family from 500 miles away prevented a tragedy. We firefighters felt blessed, and I was grateful for the synchronicity. Due to the cold, our cleanup took longer than usual, so a handful of us were still on the scene when the second call came in just after 2 am. “Multiple calls, flames showing” was what our Dispatcher said; words I never want to hear again. That means those inside did not make the call to 9-1-1.

We lost four that Christmas morning; father, son, and two daughters. Mother and youngest son managed to get out. Ashes from the Christmas Eve fireplace, placed in a plastic bucket that only made it as far as the kitchen-to-garage door, had not been cold. Let this be a lesson. The grief is profound, and for me it reopened my heart, broken once already by the death of my son (also in a home fire). It was enough to guide me to leave active firefighting, and now I find other ways to heal disaster survivors following their trauma. I am grateful for the chance to serve, to listen, and to be witness to the pain of others. I wouldn’t wish trauma on anyone; but I am the person I am today because of these events and my attention to the lessons they contain. I am only grateful for my experiences and seek the meaning in every one as it arrives.

Finally, just home from two months of travel, family, and work, I have to leave this short so I can get back to, “*The Crumbling Time: 2023 Year In Review*”. I will do my best to have it posted and linked in this series, Let’s Go Wild, next Sunday. May we all be blessed as we do our work, returning our relations to the connected way of life we knew for so long, before. May our experiences continue to be profound; and may we all be open to what they teach us.

31 December

<https://derek.substack.com/p/the-crumbling-time-2023-year-in-review>

Thank you for your time and attention. May we all be blessed with miracles as we return to who we truly are. Let’s Go Wild!

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