

## Opening Moments to the Everlasting Light

A book about no time, no space, perfect love, happiness, and sometimes.. cats

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### **Introduction: time slows down like a fluid**

Suddenly.... You feel it, it's different.. time slows down like a fluid. The first time I noticed it intensely was here. In Tinos Greece in 2009 with my son's family and friends feeding a donkey and a horse. Now I now, you could be anywhere, anything happening, with any people.. suddenly you are out of time, out of space, you the world see like you are looking through the wrong end of a telescope but in full size, the people move like in slow motion, you feel and completely experience total love and light and are beyond being at peace. As I go through my life, each day this moments arrive as gifts.. from spirit, ancestors, mother earth, Creator, guides, spirit animals. They can arrive inside the most ordinary life moment, like embedded jewels in ceremony.

**Miracles...** Delos, Island of miracles, when you get close she starts to talk to you. She says, "pay attention listen, you are here to heal". Then she speaks to you about your life, the last time I went there, she said, "Walk with no plan now, you need to write the book,

you need to take people on tours of Delos to become their own oracle and make a miracle in their own life and for the earth. I am a healing organ of the earth, a miracle making site". As I walked there I woke up more and more to who I was and what was to happen there. "You are here to facilitate miracles and empowerment on my body. Look at the flowers, whole hillsides covered with color, follow your wife's footprints here, let her go where she goes, she lives here" Delos is the island of miracles, of making you the oracle of your own life, of deep healing beyond forms...

**Empowerment** when I work with people it's increasingly about empowerment. Especially with women, it's about them being empowered to be the goddess they are, to carry what they carry consciously, to be able to act without fear. People I work with often know who they are, but are afraid to act because they don't have a degree or enough training. For them.. it's about listening to spirit, to spirit animals, to ancestors, to visions, and then. Acting. Then.. they become spirit become who their gift is

Memories replaced by new experience of love and joy.

Dreams prepare you for the day and.. reprogram expectations of love and joy.

What was your most beautiful moment today? Magic moments

**Tendrils connect you to spirit** . If you pause within the opening moments of your life, you can see the tendrils leading from you to spirit. They fly around you like snakes dancing leading to those you love and those who are sending you love. In one moment you can see space opening, light appear and then.. the tendrils with little bubbles in them leading to and away from all sorts of things. Sometimes space is filled with these gifts from spirit and there is nothing else.

**What was the most beautiful moment of your day?** In each day there are moments of resonance, moments where you know it's spirit speaking. The moment can be a vision, an opening, inside a kiss, a simple moment of love, of understanding, of not understanding and trusting... I go through my day and these moments appear as gifts in the middle of ordinary space and time. Suddenly the beauty way appears.... I may notice it instantly or may see it later but... it is spirit speaking. Today it came as we measured our new bedroom. It was much larger than the architect had measured it. He measured it twice. I realized the room had grown.. umm a gift from our new apartment to us. Umm magic. Connections beyond reason bringing you into your precious story.

Suddenly without suddenness, you find yourself connected to everything. It is as if all the stories threads of your life that are woven together in a beautiful shawl are now becoming visible. And more.. threads and colors arrive that you had not expected or ever seen before arrive and are connected even deeper to who you are. You have a vision, a spirit animal appears and takes you. Suddenly you are living within unexpected beauty. For women it is a falling into the morphic resonance of divine feminine, it is about women empowerment with embodying and carrying and entering the goddess. Suddenly your ancestors of the divine feminine are dug up and appear covered with earth to kiss you and thank you. These photos of goddesses excavating the temple of Aphrodite

goddess of love and sexuality in Delos Greece show this. They found perfume bottles that were used by temple goddesses during sacred ceremony of love.

I work with this every day with people I work with. My spirit animals facilitate opening all their eyes so they can see how beautiful they are goddess priestess dancer women birthing all over every moment.

**The best religion is the worship the divine feminine** because she is all around you dancing. In Sacred Marriage to the divine feminine the molecules in air arise from her and you can and touch and see Her.

On the river remembering one thing

**My life is without explanation or reason or logic.** It is magic and mystery. My life is without an explanation for what I do but is full of meaning. Why are I in this place, with this person, in this work? It is about trust. About being the gift I am.

I act from my visions. I marry from my visions, I dance from my visions, I work with people through my visions which come from spirit. Each action, each decision, is spirit made by visions, not logical or even reasonable or understandable, but sublime. In my joy and opening moments I thank spirit for these visions that allow me to be their paws.

Sacred Connections: Creator, Mother Earth, grandmothers grandfathers of the 4 directions, Ancestors, people you work with and who helped you, people you do ceremony with, your friends when you were a child, people who you marry and have babies with, your family, spirit guides, spirit animals, gods goddesses , star beings...

When there is a Ceremony they all come. That's why you do ceremony , to be with them intentionally. You are never alone. When there is no ceremony they all are there. they carry their spirit guides ancestors, gods and goddesses . Your life is crowded with these sacred connections going forwards and backwards in time and non space tendrils lights stars...

**Visions..** you see visions in spirit space of what will happen, what has happened, what is happening -sacred visions. Maybe a vision seems like something, then when it happens you realize it was close but not exact. You saw the person, the event in the vision and then when it happens it's richer than you could ever have imagined.

What is your role, your purpose, your gift in this lifetime? Who has helped you see it?

All the connections in your life and all the ceremony are making you your gift as you breathe. It is beyond perfect when you follow your visions along the tendrils of the sacred connections of your life and gift.

The best religion is worship of the divine feminine the goddess, the priestess healer.

Why? Because when you open your eyes... She is there. she is not a distant god or goddess that you don't see in physical form, she is not someone you have to believe I with faith, she is not in your imagination. .. she is in front of you , as you walk down the street, as you work, as you do anything, look there is a beautiful goddess in front of you. Sometimes this goddess takes my breath away. And I hear.. so beautiful it is my honor to be on this earth , with .. you goddess divine feminine woman carrier.

**Remembering the voice of spirit** ..James Surls, Ceremony with Eucalyptus poles, When we ran down the mountain with these sculptured wings, I heard and saw the vision that

art and healing were one.. Spirit speaks to you. She speaks when you do ceremony, that is when you create space for her to come intentionally. And.. she speaks other times, times that are different for each person. You recognize spirit speaking by Her voice, it's hers. When you here it, it is like a bird flying across the sky. It appears you gasp you know it's her, then.. you forget as you go on with your process, ceremony, meditation, etc. so it's good to remember what she tells you ! How do you remember one sentence of spirit speaking to you? When I hear spirit speak, I repeat it over and over and intentionally try to remember. When I can, I write it down. It is a little like learning to remember dreams. And.. you get better at it the more you do it. One sentence from spirit makes my day or makes what I am doing enhanced. In peace, in silence, I wait and listen. I invite spirit to speak to me and.. certain things I do bring Her voice in. Kayaking is good, but more often now, she speaks as a ... surprise. It just comes, all changes, and She is here hear here... It's about transformation

**Celebrations for healing and transformation** a celebration of a marriage celebrates union divine feminine divine masculine sacred marriage family with intention Carrying perfection carrying healing carrying love carrying .... The energy which surrounds you as you walk and as you breathe. What people feel when they are around you deeply, you carry spirit you carry your ancestors spirit animals spirit guides goddesses gods who you worship teachers who you do sacred work with. Slowing down time. I used to explain slowing down time to people I worked with this metaphor. "Put your hand out and lay it flat. Open your fingers so there is space between them. Your fingers are time, seconds, minutes, hours, what you want them to be. Between your fingers is between time. Go between your fingers and look between the moments of time. Look at anything, a memory, a dream, a vision. When you see between the moments of time, you see much more..." Yesterday time slowed down by itself during drinks with family. I was sitting with family, listening, talking, drinking, and I felt time slow. It slowed slowly, kind of grinding to a halt. I could feel it as it slowed and finally stopped. That moment was soo beautiful all time a space opened up, my family was in perfect beauty all senses increased in brilliance. I was aware of this as it happened and thanked spirit for this gift. It was perfect present, not past, not future, not moving at all. Our second wedding. We are getting married with each breath. Each expanding moment is a new wedding. We had our second physical wedding celebration in Bolinas California USA last week. Family, friends, wonderful people in my life, in my wife's life came to celebrate with us. Each precious person carried energy ... carried their own ancestors, spirits, spirit animals, spirit guides, teachers, sacredness. It was crowded. We invited Inna Dagman and Eddie Hartshorne to make the celebration an intentional sacred prayer to the divine feminine to honor her in our marriage and invited cousin Stephen to play country fiddle for all the goddesses to dance. SHE came like a blanket of love, covering us softly almost invisible yet brilliant as many suns. To marry for me, is to about honoring HER... in her grace, care, love, and vision. SHE is my teacher, my partner, a gift.... Thank you Great Spirit, Mother earth, grandmothers and grandfathers of the four directions, for this sacred marriage and for family, friends and all they carry in celebration and ceremony.

**Carrying.** We each carry energy beyond imagination. We carry our ancestors, our spirit, our spirit animals, our teachers, sacred presences, our spirit guides. When we move they come with us. When we speak and listen, they speak, when we love with compassion, they bring this love and compassion to us to give. In celebration, there are many energies together. Each person present, comes with all they carry, so it's crowded. We are never alone. We are inside HER body, HIS light, as we love and as we care for others. It's a celebration, a ceremony, an intentional way of being with Great Spirit and Mother Earth. Carrying perfection. She carries perfection like a shimmering veil, like the aurora borealis is dances around her in colors. You can feel it like a breeze from flowers, you are attracted to it and see it like a bee to a flower. Inside it is warm and soft, almost sleepy and you see back out of it, like looking out of a mirror or out from under water. Outside colors are brighter and everything moves slightly like shifting sands. Carrying perfection abolishes stability. Forms dissolve into dreamlike landscapes of fluttering memories.

Being wrong blaming others being right all the time  
Inside the energy field  
Adversity worries darkness inside the kiss  
Inside expanding energy fields of pure perfect love  
We dance we kiss we touch we take care of each other  
We love

**The colander effect.** Sometimes, my life experience is like a colander, with little holes open that let in spirit. In one moment time slows like syrup and the holes open and spirit flows in and out with tendrils. It is soo beautiful. Last night at dinner in a taverna in Greece at after sunset I was just eating and talking with friends, and it happened. First I felt time slow then the light increased everything got brighter, then I saw the tendrils and holes like dancing serpents of light going to spirit and back and bubbles in them and felt such peace and time stopped. I looked around me, my friends were eating and talking, kittens playing on the trees that went through the taverna pergola, light in many colors and I gave thanks for this gift. It is as if I go from one moment of spirit to the next in love.

**Beauty brings sacred space.** Today I saw a Greek man a man taking care of a garden carrying a bougainvillea branch he had cut with flowers on his back. He was bent over and the branch with purple flowers was huge. Suddenly it happened again. Time slowed and within his magnificent simple beauty was sacred space and energy and opening of the light. When you carry beauty you carry HER.

**Resonance leads to epiphany** When I work with people I first listen to their stories. Why they have come to see me and work together. It may be a cancer, chronic pain, life crises, personal growth, spiritual growth. In fact all of these are the same. Healing is healing from physical mental spiritual suffering to the light. As I listen, I see. They tell the story of why they come to me, a story about happenings, memories, dreams, wishes, and as they talk, I see moments of opening beauty that resonate with me and the universe. Those moments of resonating beauty may be dark, violent, abuse, pain, or may be perfect light or may be soul loss. When I see the moment, feel it in my being that is where we will



work together with ancestors, spirit guides spirit animals teachers, those who love them, energies Great Spirit Mother earth to heal. Facebook is like that too. When you see or experience something that resonates you and leads to epiphany (insight through the divine- the experience of sudden and striking realization) and post this on Facebook, you spread this divine realization to your friends and community. This is what I think Mark Zuckerberg is talking about when he says Facebook is about telepathy. You experience epiphany, and share it, now with photo or video, soon virtual reality. But.. now you can share it with guided imagery ceremony art as healing. Ummm The ultimate facebook post is virtual reality guided imagery prayer art for consciousness change. Art and healing are experiences to change consciousness for healing and transformation. They do it, by creating new neuronal circuits to replace trauma memories of any kind. Art, film, images, poems, and virtual reality created to heal and transform is a future of Facebook. Guided imagery takes people on a journey to heal. It shows them what they need to heal as experience. It can be ancestors, spirit animals spirit guides teachers, energy experience of transcendence. These experience when glimpsed at the same time as remembering trauma replace the memories. When you put an experience of transcendence into your consciousness

**When you are in front of a sacred woman.** It's a meeting of beauty. Your heart opens, light comes in, you thank Great Spirit and Mother Earth for this sacred ness and beauty. It's simple. Each meeting is a sacred teaching and accepting and surrender to HER. It is far beyond your imagination and dreams.

**If we stopped dreaming the world would end.** If Native Americans stopped ceremony the world would end. If dancers stopped dancing the world would end. If we did not pray in the morning as we saw the sun, the sun would not rise. Ceremony is the reason it goes on and on. All we have is prayer.

### **Triggers of light, triggers of darkness**

There are 2 kinds of triggers. One that makes you upset anxious, worry, and one that makes you experience epiphany. Events happen every moment in your life, and each event, each sentence spoken by a loved one or person, is food for a trigger. Someone can say one sentence and you can plummet down into darkness or fly upward into the light. In meditation, you watch thoughts come to you like birds, and let them go without attachment. The same way in your life, you can let triggers come to you and let them go without attachment. Or.. grasp one and hold it as a teaching or ecstatic transcendent experience. You have a choice, as you practice holding and letting go, it gets easier, until you learn from darkness and heal with transcendence.

### **In your emails, pencil out darkness and let it turn to light.**

In Hermeneutic phenomenology you write down a person's story and rewrite it to be imagistic so you can see out of their eyes. You pencil out theory, research, and leave only body sensations, images, and feelings. In the same way, when you write an email to a lover, family, friend, or business, you can pencil out complaints, worries, anxiety, fear and leave embodied experiences of transcendence love and light. Then.. when you read your email over to yourself, you will be elevated, and when the person receives you email

, they will be elevated to the highest plane you can reach in your breathing. You do not block the darkness, you see it, learn from it and move it to light.

Living inside an expanding bubble of calmness and joy. I am living inside a bubble of calmness. I see beauty surrounding me and love. I am strong and powerful. I can heal all those around me with my presence. I am happy and peaceful and safe. I am inside HER body and HIS light with every breathe. It is calm and moving slowly like honey flowing here. I am the center of the expanding bubble of love and as I expand I fill everyone around me with joy. I am loved beyond time and space by all beings and I love all beings beyond time and space.

**It is time to heal.** Time to heal the wounds we carry and all beings carry. It is time to face the darkness and to put in it's place the love of Great Spirit and Mother Earth, our ancestors, spirit guides spirit animals teachers of wisdom. It is time to let the darkness be fully permeated with light and let fear leave and empowerment to heal enter our world

In our lifetimes on earth. We have limited time to love. Each second needs to be in full love without compromise inside HER body only. Any other thought takes you away from love is wastes your time. In our limited lifetimes on earth we are given the gift of love by Spirit Lovers lovers family teachers spirit guides spirit animals ancestors. They speak to us of love every moment in visions and dreams, in licking, in kissing and in beauty. Any moments spent looking at something else are teachings of how to clean the slate to allow love to enter. When you stop thinking about the past, future, money, being triggered, love comes in like a waterfall , creativity and new solutions enter, and all is changed to love and light.

A hermeneutic practice for you. After you write your emails, read them, bracket out all that does not deal with love thanks care compassion family spirit animals spirit guides ancestors caring. Then pray on this, and send with love.

**Your own personal path,** your gift, your essence is sung to you in each breath. If you listen. . . listen you can her HER singing to you. She sings in poems, in songs, in dances, in sculpture, in ceremony, in making love. SHE sings who you are and what you are to do in this lifetime to reach Great Spirit and Mother Earth. It gets difficult when who you are is in conflict with culture around you. With parents, work, politics, religion. Since who you are is soo precious, and so delicate and powerful at once, when it bumps against the dominant culture you feel it as discomfort, pain, darkness anxiety fear. You feel being put down rather than being blessed. At every moment, no matter what society is doing, ancestors, spirit guides spirit animals teachers, lovers, Great Spirit and Mother Earth, are with you loving you caring for you taking care of your spirit your self your essence your gift to make it shine and heal yourself, others, community and the earth. And beyond. To the stars.

### **Simple full peace beyond understanding**

Suddenly overcome by simple full peace beyond understanding

Like a ceramic vase with cracks time opens into pieces each magnificent. An event separates out and opens between with light and love.

A halo of pure light energy surrounds my wife as she comes out of the water. Pure peace around her expanding light.

## **Deconstruction**

last night we ate dinner in a small village next to a fountain. There were many people with us, Greek food, talk and lights. Then... it all came apart. This is what is happening in my life, daily now. I wait for these moments, they come unexpectedly and without calling for them.. I watched the woman across from me speaking, the village was behind her with other people eating at tables, a fountain with the pure drinking water was behind us, the wind was strong and was blowing the trees. The people were illuminated by the lights hanging from trees, and the candles. The peoples voices were up and down in several languages- Greek, French, occasional English. And.. „slowly like in a syrup, it came apart. The faces, the lights, the sounds, the smells.. all came apart slowly and merged some how and as they came apart, left spaces between the. It was like bricks coming apart in a wall, as the spaces became larger, they filled with light and it all made a tapestry so beautiful, beyond words. As it came apart, and all slowed, I heard the usual voice that came with this kind of event each time, “Look, feel, this is the truth, look slowly in between time and space.. it is all data and when it comes apart- it is more real”. And as I watched and more than that felt and experienced, time stands still, it all merges to one and then opens to allow the light to come in between the spaces and times.. it becomes slower like syrup and then almost stops.. and is pure light energy, simply vibration and ....True Love.

**Releasing stories** each of us carries a story, tells a story is told in a story. These stories define who we are in a narrow way often judgmental and help people with relationships. For years I have worked with people to restore their lives, to intentionally make new stories of love and positivity. Now I am realizing that to release stories completely and simply look into the eyes of the other with perfect love is easier. Then.. the stories no matter how positive disappear and you see all the previous lifetimes the most beautiful moments the spirit that is behind the story.

Healing what do you want to heal are you ready to make the change necessary to heal are you ready to accept your changed life.

**Seeing in love.** When I started work with guided imagery with people with cancer I had a surprise. As they told me what they saw and what they wanted to heal, I fell deeply in love. I suddenly saw them as intensely beautiful- I saw them in the most beautiful moments of their lives and maybe other lives. I saw their spirit illuminated resonant and numinous. The beauty way would resonate with what they looked like until it was beauty and light moving. At first this was a surprise and a wonderful gift; then it was normal. Each person I worked with was more beautiful than I could imagine. This was surprising because they may have been swollen because of steroids, often with no hair, sometimes yellow, but as they told me their most amazing visions, their beauty took over and they resonated everywhere beyond time and expanded far beyond their physical body to something else. Now, as I work with people, and when I am with friends and family I see this all the time. The physical body they are carrying at the moment vibrates with their most passionate beautiful moment and becomes one and that is all I see. The physical form of the moment, where they are now, may not be our cultures narrow idea of beauty but it is far beyond, far beyond, this to be the center of the beauty way, the beauty

of the soul. It is a falling in love beyond time and space into a pure perfect energy beyond physical form into creation of spirit.

**What is transformative art?** Transformative art is art that takes you to your spirit and leaves you there.. completely different from when you arrived. It is art that takes you from your present life- obeying cultural norms and suffering from abuse.. to the precious life of who you are in spirit, it takes you to life your gift and to be pure love. Transformative art is art that makes you a new person, healed, with a new life.. umm. To begin, you ask, “What do I need to heal? Am I ready to change my life to heal? Am I ready to live the new life that will happen to me when I make art for transformation? Not trivial, not easy, and...not possible to live without it. Images in transformative art come from spirit, from ancestors, from spirit animals, from spirit guides. From lovers, from teachers, from Great Spirit and Mother Earth. They are sent to heal you, others, community and the earth. The transformation is changing what needs to be healed, images memories of darkness trauma abuse to the brightest light and beauty beyond time and space.

**Making art or even thinking of making art takes you to sacred space.** This morning I saw a white horse next to a rock with a mountain behind. I wanted to take a photo, but was driving to pick someone up in the port. The photo in my mind sent me whirling to sacred space where I started to see visions. I saw people with tendrils leading from them from their hearts with bubbles in them to .. ancestors sending them love. Then. I remembered my dear friend Phyllis Klaus telling me that when she works with woman who experienced sexual abuse, she takes them in visionary space to see that even while they were being abused, they were being loved by beings around them. Then I passed a house and saw a white dog dancing in the wind head up in joy.. making art or even thinking of it heals deeply by taking us to sacred space where all the love comes to us from ancestors, spirit animals, spirit guides, lovers, teachers, Great Spirit and Mother Earth and where we give it all back to everyone we touch in a soft kiss.

**Special days vibrate throughout time:** A day begins, as you live it, you slowly feel it's power, it's different. It can be a very simple day like picking someone up at the airport... and as it progresses you understand in your being that is important, like a big dream, it the center of a resonance beyond time and space. Then... the memory of the day returns and the actual day returns and you vibrate backwards again and forwards again until you are catapulted through time and space and break out into the pure light of spirit. Years ago my wife, (then my new girlfriend) and I picked up her nephew at the airport in Mykonos. He was a teenager and was going to stay with us in Tinos. As the day progressed I realized I was family with this woman and this boy. We booked our 2 tickets to the ferry in her last name, as family and even made jokes about being family. Today, we will pick up the same boy, now a man, in Mykonos. And I am married with the woman and he is my family. It came true... As I woke up this morning, that day of family came back, resonated, and time and space disappeared and I was thrown into sacred space deeply. What are the days in your life that you lived and were important, that spread out and carry you far up into to sacredness and meaning? All days are that, all moments are that. All is sacred...

Horse white tendrils to past lives Phyllis never alone dog white dance  
Seeing out of the eyes of the artist all beauty curve of wife privilege  
Why does time slow  
Talk to trees stones human kingdoms

Religion worship divine feminine easiest religion

**The easiest religion in the world (or maybe the universe) is worship of the divine feminine.** I worship the divine feminine so I see her all around me all the time. IN almost each moment of my life on earth, I see her. Soo beautiful ..just turning her head, seeing the Greek wind blowing her hair, looking at the curve of her body in bed, watching her face in break into a smile. All feminine creatures carry HER and each divine feminine presence is soo beautiful it takes my breath away and throws me into sacred space. It is a privilege and a gift to see her as sacred for one moment. Each feminine form carries the divine feminine energy from the beginning of creation of time to the end of time and beyond.. and each glance when I see her is a gift from spirit to be able to see out of the eyes of the divine masculine. Thank you Great Spirit Mother Earth, grandmothers and grandfathers of the 4 directions for this gift.

When you see lovers they radiate love  
Tendrils from them to all  
When you marry you marry into family beyond 7 generations merge

**Ceremony is a repeat of a sacred action done intentionally to go into sacred space.**

When you do something again and again and your life changes and it increases in power it is ceremony. You can do it in completely different ways. With different people when you are young and old and it is still your sacred ceremony. When you open your eyes and see wild sacredness and remember you have been here before in a different lifetime, with different people, in a different time, you know sacredness echoes beyond time. The moon is your guide to ceremony each month. She changes and is the same. You see her and remember other moons when you were in love, in other times and you know your love is sacred time born.

Hearing voices seeing spirit animals visionary world

**Synesthesia's all senses as one.** Suddenly eyes open wider. Sounds sights smells all turn into one sensation of living time slows it gets brighter and opens.

Unpredictable any circumstance time slows

The voice always do what you can to help and love all those around you and further Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions.

Open to all senses as one: one day, I realized I was beginning to see, hear and smelling at the same time. Before, I was in a scene, and would see something concentrate on it, hear something notice the sound, smell something. Concentrate on it. .... Then. One day, I realized I could do them all at exactly the same time without attention or concentration. I could let my concentrations on each merge and experience everything as one new undefined sensation. This is not the same as synesthesia where a person sees a color with a sound. This is all senses as experienced as one, it's like a shower of sensations coming

from above. Suddenly, sights, sounds, smells all take place completely simultaneously. Then, time stops, space stops, and light comes in... and it all explodes into pure love. Umm, so, now I let this happen more and more. I am eating dinner and see the person across from me, I hear them talking and I smell the food and it goes from being separate experiences to all swirling into a vortex where time contracts into a point and space expands infinitely everywhere. It's fun. It's different from time slowly as a syrup or space opening into love, it is being fully in the now as a point getting smaller and smaller until it disappears and defies any specific attention and then.. surrenders to spirit.

**Visions of women:** celebrate and believe the visions and dreams you have!!

Allot of my life is concerned with visions of women. Women I work with tell me there visions and often tell me how difficult it is to live their visions fully as their life. maybe they don't have a degree in art and healing, or don't have faith that their vision is real or...sometimes it's a vision of a bear in a dream, sometimes they are asked to do art and healing and don't think they know enough about it. sometimes it's deeper and their whole life is not what they think their visions tell them who they are. Today, July 23 in Tinos Greece is the day people on the small island celebrate the vision of an 80 year old nun who lived in a monastery on top of a mountain. On the weeks before July 23 in 1823 she was woken in the night by a voice. The voice told her to look for a sacred icon. When the icon was found, it made miracles, healed and united people against tyranny. Here is how the story is usually told:

“St Pelagia (July 23), an eighty-year-old nun, had several dreams in June of 1822 in which the Most Holy Theotokos (Virgin Mary) appeared to her. St Pelagia was living in the women's monastery of the Dormition on Mt. Kechrovounios, about an hour's journey from the village. She had lived in the monastery from a young age, and was known for her great virtue and piety.

The Theotokos appeared to her in a dream and ordered her to go to Stamatelos Kangades (a prominent man of the village), and tell him to uncover the church of St John the Baptist in the field of Anthony Doxaras. Terrified by the vision, Pelagia attributed the dream to her imagination, and she began to pray. She was afraid to tell anyone about her dream, but the following week, the Theotokos appeared to her again, reminding her of her instructions. Still, the nun remained silent and told no one of her vision. The Theotokos appeared a third time, this time with a severe manner. She chastised the nun for her unbelief, saying, “Go and do as I told you. Be obedient.” St Pelagia woke up in fear and trembling. As she opened her eyes, she saw the same mysterious Woman she had seen while asleep. With a great effort she asked, “Who are you, Lady? Why are you angry with me, and why do you order me to do these things?” The Woman raised her hand and said, “Proclaim, O earth, glad tidings of great joy” (Megalynarion of the Ninth Ode of the Canon for Matins of the Annunciation). Understanding at last, the aged nun joyfully exclaimed, “Praise, O heavens, the glory of God” (The next line of the Megalynarion).

OK how does this story apply to you? First the most important celebration of the year in Tinos Greece is from a vision of a woman. WOW. A vision of a woman led to the building of a church that is the healing place of modern Greece. The icon is healing to people sick, makes miracles etc. The nun did not believe her own visions. They had to come over and over. When they were believed they changed her life and the life of all

Greek people forever. So.. when you are a woman with a vision ... trust it, let it change your life and heal yourself, others community and the earth.

**The whole island I am on in the wild wind and roaring sea is celebrating the sacred vision of an 80 year old woman today.** Her vision of the Virgin Mary in 1823 from her tiny dark monastery cell on the mountain, told her where a icon of the virgin and baby was buried under ground. This icon was medicine, a healing icon that would make miracles heal the sick and make sacred babies. When they found it, they built a church on the site of the old Dionysian temple which is the Lourdes of Greece. Every day hundreds of pilgrims come to Tinos to be healed with this icon from this WOMAN'S vision. Ummm. I dedicate this post to all women, their sacred healing visions to heal themselves, others, community and the earth. May your vision be as powerful and effective for healing as hers, for you are as powerful as she is!!

Bracketing out what needs to leave  
Wind takes away what needs to leave  
Cold heat wind makes us strong

**When you repeat a sacred act it's ceremony.** When you do something you loved again even years after, in a different situation it's ceremony. Since each moment in your life is sacred, each time you take a breath it's a repetition of a sacred moment is a ceremony. Sometimes memories trigger love and make a new ceremony. Last night I had mushroom risotto for dinner. As I tasted the mushrooms I remembered the last time I had mushroom risotto, several months ago with my wife and was swept up in deep love. I loved her in this moment eating in the soft breezes of the Greek night and loved her in the restaurant months ago and tasted mushrooms and fell deeply into a vortex of love. You can love someone backwards and forwards at the same time. When I had the risotto in Greece after having the same risotto far away in another country months ago I loved her then and loved her now, I love her backwards and forwards until time stops and becomes only a point of light.

Intimacy a mole a scar nakedness touch open surrender fearlessly trust access  
Graciousness full simple life forgetting cat food showed me the horse on the mountain all perfect one leads you to another simple full

**Cat lessons 1 Garfield and Ginette :**Forgiveness and Patience. Love lessons from cat stories. A change in my blog, cat stories, I was way to serious and now.. more important things cats.. I begin with Garfield since he is the father of all our cats..  
Garfield is a male cat in Greece. In Greece, on our island, cats are not pets, they are farmworkers. They kills poisonous snakes and rats and are necessary for a Greek farm so they are all over. Every village has it's unfixed cats working hard to help people survive. Unfixed males are wild, they fight allot and get allot of scars and in fact don't live long. Unlike Greek people, our cats are pets, we let them inside our house ( unheard of) give them names etc. so.. Garfield came around our house, for our female cats for years. He fought with all our male cats and was a fierce cat, often winning, so.. we hated Garfield, we yelled at him, threw water at him to get him away from out cats. One summer we

rented our house and the renters ( a Swiss family with 2 boys) loved Garfield, took him in the house, fed him etc. so when we got back , we had another cat who we still hated. Ummm another key part of the story is that Garfield was .... The father of our most cats. The mother .. was Ginette a totally wild female who could not be touched , was very mean, and would get pregnant and leave her kittens when they were about 2 months old on our terrace and that is how we got our favorite cat, Tiger. Etc.. so.. this Ginette would also turn on the males , bite their neck, etc. when they made love, and all the males has big holes in their neck from her. Garfield was no different, he came with a huge hole, even though we hated him for fighting with our cats, we gave him medicine took care of him and saved his life. When our males unfixed had all left or died, ..... Garfield was .... Still here! And more and more friendly, loving etc. Since we had no more males for him to fight with and all his children and grandchildren who we had were fixed females. We took him in kind of. We did not let him in the house, (he sprayed) but fed him and .... Pet him and talked to him and loved him. Each day he would sit on the window, watch us like cat TV and if we ate outside jump on our laps to be pet. Garfield was my teacher of forgiveness and patience. We hated him threw water at him yelled at him for maybe 4 years and he came back loved us waiting until he was the last cat and now.. he is . When we arrived here weeks ago, he had a HUGE hole in his neck again, maybe from Ginette or a snake bite, again we gave him medicine and saved his life and took care of him. This time we thought he would die, but. He is stronger than ever. Thank you Garfield for teaching me forgiveness and patience.

Connections, memories, tendrils, bubbles

No

**Heal with simple connections to beauty:** My wife walking in the wind in Mykonos Greece past a family church. Our lives are filled with connections. We meet people and know we are connected, we eat a meal and are connected to a memory to another event that is connected. The connections go very deep.. far into past lives of Ancestors, into dreams, into spirit guides and spirit animals teachings, to the voices of revered teachers and sacred figures, to the kisses of our lovers, and to the voices of Great Spirit and Mother Earth, the blessings of the grandmothers and grandfathers of the 4 directions. The latest brain research tells us that the connections are held in the brain in cells that hold each memory (and for me.. in cells that pick up messages). When you have traumatic memory, those cells the hold the memory are lit up. The research shows us that if you then, at that moment of trauma memory, have an experience of beauty and power... the memory is changed! Replaced! and new neuronal circuits are formed with the experience of spirit replacing pain. The new spectacular connections are made directly to spirit. So... if you follow a connection through the tendrils to beauty, if you open your eyes wide in no space and time to the incredible beauty and love that surrounds you always.. those experiences blow away the trauma and make new neuronal circuits in your brain and you become a new being. Each connection is a gift, each time you can glimpse an inner voice of power and beauty you heal yourself, others, community and the earth. The tendrils with bubbles are the carriers of information. They are out of time and space and are



### **Invite moments of pure joy like a kiss**

Suddenly unexpected I am flooded with pure joy. I look around me. I am changing from a bathing suit at a beach in Tinos Greece. Nothing is happening. Why is this joy arriving like an enormous gift from spirit? Later I am on a street, waiting for my wife to put money in her Sims card phone in front of a shop. Again this time not joy more overwhelming happiness softness and simpleness in the moment where nothing is happening. The moments of joy and soft happiness are related to stopping time and expanding space. It is as if you glimpse the truth that underlies forms. The forms around you don't matter, you can be on a street, walking, with family, with lovers, and suddenly it stops opens and .... Joy and happiness come in. This is not special, it is a very simple part of life when you take away what needs to leave, fear, anxiety, worries, allot to do, and let it slow like a syrup and come to a gentle halt inside the pure formless reality of spirit. SHE HE gives us this like a soft kiss.

Likes and your life. on FB and Instagram, Twitter, etc. there are likes. One person, 10 people, 1000 people, viral, your post, your poem, your photograph, are liked or... not. How do these likes affect your life, you

**No judgments:** last night, at an art walk opening in a little Greek village, I looked around at the people, at the small white Cycladic village and ..realized, I was making judgments. When I looked at someone, I would hear a inner voice saying, “ beautiful, young, old, etc.” and that these label judgments distorted and changed my experience. With them came emotions and reactions. So..I heard an inner voice, “it's time to stop the judgments”. So.. I stopped them.. suddenly it was quiet like in meditation and there was only.. love and beauty and light left. I gasped, and looked around the terrace again without judgment, with judgment turned off, and now, it was swept clean, full of light and love, empty with no time and with space expanding. I realized that when I took away judgment, I entered sacred space, where the only voice was love. My three and a half year old grand daughter told me yesterday, “I learned how to count today!, I learned how to sing a new song today!” . as I spoke to her, I realized now in my life, each day, I learn a new thing by listening and opening my eyes wide and letting time and space slow open and being like a child.

when you see you make judgments take away and you get pure love you look around you see people immediately judgment beautiful old sexy elder situation friendly hostile umm in the background mother says you are loved that's all.

I understand. One chapter cats one slow time

**Piccolo,** The voice that says I love you, love her. Piccolo Egyptian cat white and tall she spoke to me she looked me in my eyes and said, “ love her, I give you her as present love her” when I listen to inner voices, deeply , at peace, in nature, with spirit animals or animals they say I love you. Love HER deeply. That's all. Piccolo was a white Greek cat. White cats are sometimes deaf and mute and piccolo was mute. When I arrived in my wife, then girlfriend's house, Piccolo was there. My girlfriend loved her and she was an elegant Egyptian cat, tall, long legged thin. She was also fragile as a pure white Greek cat, susceptible to many diseases since they are wild, don't stay in the house, go in villages with many cats, etc. piccolo got pregnant and one day had kittens in our bed as we woke up.

### **river spoke to me love her sky spoke to me love her**

A new kind of judgment :I was thinking more about no judgments this morning on the beach. I looked at people, at the strange morning fog, unheard of in the Cyclades in summer and realized something. When I saw women in bathing suits I was seeing the divine feminine and when I saw them like this no matter what they looked like it was with unconditional love. Women on the beach on our conservative sacred island of the Virgin Mary are not like women in Mykonos. They are all ages, all shapes not stereotypical beauty at all.. In Greece a woman will wear a bikini even if she is many kilos with no problems. So.. when I look at them, like look,... Exactly like the women in the Cycladic sculpture, in the first sculptures of women from ancient times. They are big, fertile, curved and so beautiful. For a man whose religion is worship of the divine feminine this is beyond wonderful. Then I understood. All judgments can be a ceremony of discovering Beauty. And then. In my daily childlike learning. I saw the steps emerging. Step 1 slow down and then stop time. step 2 open your eyes to see beauty. Step 3 hear the voice telling you you are loved and love all unconditionally. Umm. I understood on the beach amongst goddesses the I was seeing them overlaid with ancient sculptures. I was opening my eyes and seeing the women and simultaneously finding a memory or seeing a vision of incredible beauty. I was in love, remembering a piece of art, superimposing it on what I saw, and it was making a new kind of judgment. It was putting art over what I saw and having them merge. Then I remembered that when I work with people with cancer who are very ill, sometimes yellow with jaundice, sometimes swollen with steroids, with no hair I would be in love with them and see them somehow in the best moment of their live or previous lives, I would see.. their soul and it's manifestation as a body of beauty. This kind of judgment was different from labeling things as good or bad, threatening or safe, judgments of the ego. It was judgments of spirit. To see someone in the best moment of all their lifetimes was to see out of the eyes of Great Spirit mother earth, and see them with unconditional love in beauty forever. Making a decision that changes your life.

**Tiger mon tiger.** Tiger was dropped on our terrace by her mother Ginette when she was 2 months old. And when I say dropped, I mean dropped. Ginette waiting until her kittens were 2 months old and then took her 2 kittens Tiger and Spot in her mouth , one at a time of course and ... dropped them so they could eat. Ginette was wild and could not be touched and her 2 kittens Tiger and Spot were just as wild. They would be dropped in for food, and run away when we came or later watch us from afar. My son Rudy saw them and said, "you will be able to touch that one someday" pointing to Spot the male who was white with two Dalmatian like spots. And he was right, in about a month we could put one finger on spot before he ran away, then two, then after some days, pet him. His sister Tiger would watch from afar. I wonder what she was thinking. I would say to myself ummm Tiger is wondering what Spot is doing, Tiger is wondering if this is a good idea. Umm. Then one day, Tiger came to us and let us touch her and then, pet her and then she purred and liked it allot. Of course this changed her life, and ours. We now had a cat, 2 really since Spot stayed and was petable now. We still have Tiger mon Tiger , Spot left one day unexpectedly after being with us several years. Unfixed males are different. But Tiger mon Tiger is my cat girlfriend, she is so sweet but still wild.

**Poufette.** When Tiger was in labor on our couch, Easter morning in Greece, I watched. Her. It seemed to me things were not going well. She pushed, she cried, she pushed she rested. I went on the internet and it said your cat should not be allowed to stay in active labor for many hours. So.. I watched her some more and some more and read the internet again, how many hours? Most sites said the kitten should be born in one hour after strong labor began and we were now much longer than that. So.. I am a physician I delivered allot of babies, and.. I went to Tiger and gently took the head that was protruding and not coming out and put very soft traction on it and helped Tiger deliver. She delivering a very big, three colored kitten, with a huge head. Pouffette. From the start, poufette was unusual. She was very very beautiful, her colors like modern abstract art, and she was kind of sleepy, soft moving, a wild hunter sometimes and sleepy other times. She was our top model cat and also sometimes very jealous and even vengeful of her mother Tiger and her sister Sophie. Pouffette is the cat of the morning, when we open a window and see the bright white Greek morning sun, Pouf jumps in the window and with her little voice says good morning. She is also the closest we have to a house cat since she was born on the couch, not in the forest. She stays near the house, does not go to the village much and wants a new necklace since she is top model cat.

Sophie

Michelle

Arthur

Choose a memory when you have an experience and

**Livada How sacred places move in time.**

I am on Tinos because of Livada. One summer I asked my art and healing friends where I could go to experience art and healing, not tourism, on a trip to Europe. My dear friend Vijali Hamilton immediately told me, “go to Tinos Greece where I carved my serpent”. Now Vijali had made her world wheel where she circled the earth asking women her 3 questions, what is your essence, what is holding you back from being it, and what can I do to help you get there?” In Tinos Greece she carved a serpent on a huge hard boulder next to the sea in winter, an amazing task. She carved the serpent to bring the earth energy back to women, bring healing serpents back to the people to heal them and return them to their essence. She painted on the huge boulders paintings of women connecting the sky earth and sea. I went to Livada when I arrived in Tinos years ago and did ceremony there for art and healing to bring serpent energy back to Tinos and it's people, and went there last weekend with my wife and family to swim and eat in the taverna. Livada feels like a sacred site, it has a quiet sacredness like a ceremonial site or cathedral or church. You feel it's energy and are at peace and deeply connected to the earth, healing and nature. When I am at Livada I feel my first days, my days with family, my days now with my wife all swirl in a vortex of energy. That is how sacred spaces and place move in time to be out of time, into prayer.

**Angels go to heaven and watch us always:** today we went to a Greek Orthodox Church service for a little girl who died of cancer. Our house is touching the small family church, it is the back wall or our garden. In Greece they have church services for many reasons, holidays, name days of church, and a special memorial service, mnemósynon, for people who died. They do this after a death and sometimes for years afterwards. This

mnemósynon, was for a little girl who died of cancer at age 9 many years ago. When I entered the church to light a candle, (traditional in Greece) I entered sacred space. Sacred space for me is full of messages. Here, in the church, I heard these words. "Little angels come and go, they visit us on earth for as a gift. They never leave us they are always there. Baby spirits come and go, carry eternal love. Little girls carry little girl spirits to us a gift of love. Next to the church is a small room with the bones of family members who have died. In Greece they put the body in a grave with a top that can be opened to take the bones out later and put them in small boxes. The little girl's bones were in one box with the date of her death. People from the village come to the service with their children. A little girl went into the small room and looked at the box with the bones of the little girl who died. The living little girl carried little girl spirits and the little girl who died carried them to and in heaven they joined and played together backwards and forwards in time.

**The baptism of Zohi.** Zohi's parents wanted to honor, bless and sanctify her in Tinos Greece with a baptism. They were not Greek Orthodox so could not do this with a Priest so they did it themselves in a church above a beach. They took Zohi to the sea, she bathed in the sacred waters of Mother Earth, then brought her back to the church was not being used at the time, dressed her in ceremonial dress and loved, honored, beautified her. This was so beautiful the way girls and women deserve to be recognized for their sacredness. Thank you for this wonderful ceremony for all girls and women!

**The third marriage.** We are married 3 times now. We are married in each breath. The first marriage April 18 in Sey Chazelles France for a small group of family mostly from France, the second was a celebration in Bolinas California June 18 for those mostly from California and our Italian friends who composed the opera 2 women performed by SF opera the next day. Then now finally our third celebration July 31 for our Tinos Greece friends and family. The idea was to share our happiness with people in three places far away from each other so no one had to travel. The first two celebrations were on a new moon, for new beginnings and the third one the blue moon full moon for fullness for a life simple and full. All three celebrations were a lot of work. Danielle cooked the food for all of them and we prepared the tables, etc. ourselves. For the French wedding she cooked and bought French, bought French delicacies, the second party in Bolinas Dani cooked and friends brought food and the third celebration in Tinos Dani cooked and cooked and cooked and did everything. In all three we had a huge salmon, for bear and regional salads and Martinique rum punch from Lisette and wine. The 3 weddings are our lives made visible, living in 3 countries, with loved ones everywhere. This life is not so easy and not so grounded but it is what we are doing and it is about living on earth, going from European roots, to American culture and back again. It is about spinning in a vortex of love and being open, surrendering to visions and prayers and visions becoming manifest. I thank Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for these 3 sacred celebrations and thank all our family and friends who we love. It is about loving around the earth.

**Ceremony heals backwards and forward in time and space.** A full and simple life. When Dani my wife and I met we were both leading complex lives. We had relationships

that were complex, work that was complex, complex families and allot of drama in our lives. She was an opera director with real drama and I had drama in many things. When she asked me why we did not have a full and simple life it echoed with parts of me not expressed and I hungered for this. With our third wedding ceremony we entered the realm of full and simple. Events in my life have meaning below and above physical life. The world of Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions are more alive for me than the world of cars, houses, and even bodies. So.. the third wedding was the gateway in the spirit world to simple and full, somehow this ceremony without words arranged things in the spirit world backwards and forwards. It rearranged ancestors, my father loved Dani, effected my spirit animals ( I have a huge bear in Greece that was at our wedding) somehow it balanced parts of this existence that were not balanced. Umm sacred ceremony done with intention of be with Great Spirit /Mother Earth balances and goes back 7 generations, and forward 7 generations to heal ancestors, stories, drama and the physical world.

Social networking I am love and multidimensional realities

### **Seeing people in beauty and telling them they are beautiful**

Each person is beautiful beyond imagination. Yesterday night we had a dinner. About half way through there was a magical transformation.. all the people become beautiful. Some were very old, elders, some overweight, they were not fashion models. But... slowly slowly they become unbelievably beautiful to me. I saw their power, their souls. I saw them beyond their physical form into who they really were, what they were doing in this lifetime, and.. I told them. I said to one friend, “Do you see how wonderful your partner is?”, and to the other, “Your partner is soo wonderful and you are so lucky to be together. How many years have you been together?” .. And it all started to swirl and become one and the beauty was enhanced as it merged and as I looked at each face, they became more and more beautiful. Thank you Great Spirit and Mother Earth for this gift of seeing in beauty.

**Why did we have 3 weddings?** A friend asked me why we were married 3 times. This is my answer. In this life, there is sacredness in each act;. each moment, each breath, is far beyond a sacred ceremony. In my life now, I try to make each act a sacred ceremony- an act full of intentional meaning for healing and love. Our 3 weddings were intentional ceremonies to make our marriage and love sacred, to own it and to make it beautiful, full of meaning, and visible, for my loved ones, family, and dear friends. Each breath in this lifetime and all the others, is a sacred prayer for healing and love to all beings back and forward in time. Each act intentionally brings in the Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions in a prayer of thanks and prayer for healing of all creatures. That’s why we were married 3 times, 3 sacred ceremonies of love.

**My prayer today :** May you, your loved ones, your family, your lovers, and all you touch, be happy, free , safe, and at ease, as another teacher Brett Cook, a healing artist says in each of his prayers.

**7 ways to make my life simple.** To live in numinous epiphany I try to: 1 live in the moment, let time slow and then stop in the point where I am, then contract until it's gone. Let space expand until it's beyond infinite. 2. Pray to give thanks, gratitude and see beauty. See each person, animal, plant, stone, wind, etc. as alive and beautiful beyond imagination. 3. React to things happening in each moment with compassion, love and thanks. Take what I learn from all encounters with thanks. 4. Live beyond this moment backwards and forwards, beyond my ancestors and future generations, back to the moments before creation and after the end. 5.. Quiet.. and receive visions of who I am, what I am to do and act on those visions. The visions are Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions teaching me what to do in the next moment. This happens best in sacred space and ceremony. 6. Make all life a sacred ceremony for healing and transformation. 7. Be in love.

My 7 ways to make life simple.:

- 1 I live in the moment and see beauty
2. I give thanks.. and pray
3. I react to each moment with compassion and love
4. I live beyond this moment backwards and forwards
- 5.. I quiet down.. and receive visions of who I am, what I am to do and act on those visions
6. I make each moment a sacred ceremony for healing and transformation
7. I am in love

**generosity** Jean Francois we have a friend Jean Francois who carries generosity. He invites many people to dinner, he gives gifts he is a chiropractor and does treatments as gifts. He carries gifts. Each time I see him I honor his generosity. He always greets me with Hello beautiful boy or something like it, and then kisses in the French way. He tells stories of his visions, of picking his parents before he was born, of psychics who told him what his life would be, he carries generously of spirit by giving you permission to honor your own visions. He is a healer. Healing energy flows from his hands and spirit. People who go to him have conditions of many years healed in days. I watch him, he is loving to everyone, never complains or rarely does, (very rare for a French person). He carries generosity.

### **Living in a miracle.**

Tinos is about miracles. On this windy sunny island there is wild energy going up and down, buzzing with miracles. Many of our friends who have houses here on the Greek Island are here because a miracle happened to them. At a dinner, a friend tells us her story. "My mother came here after I was born. The Doctor told her I had an incurable congenital heart disease and would die soon. So, she came to Tinos to pray to the Virgin Mary at the Panaya church. I lived, look at me! I have children. She promised the Virgin Mary that if I lived, she would come back every year to thank her. One year, on her trip, she bought a house, and then the family could come. Now I bring my children." That story is one of many many stories of our friends miracle healings here on this windy

place. The modern miracles began because a nun had a vision of the Virgin Mary in 1823 who told her an icon with the Mother and Baby's picture would be found. When it was found the icon made miracles immediately and they built a church over it. From the moment it was found... it made miracles, healed people, saved ships in storms, etc. The island of Delos, the most sacred place in ancient Greece, is right across from our island Tinos. In ancient times, 1500 B.C Delos was the island of miracles. It was the most important pilgrimage site in the Mediterranean for healing. Now, Tinos is the place of pilgrimage for a healing miracle. That is why I am here. I believe in miracles, my life is a miracle, each breath a miracle. I live in a miracle so am happy on the island of miracles! Thank you Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for the miracles you make every moment.

### **Taking care of details in the practical life to take care of people**

My beautiful wife is my teacher of living a practical life. I am not naturally practical, (to say the least) Often, if she wants to do something, she does the opposite of what I would do and it is practical and works. I live in visionary space, see spirits and hear voices, so it's a challenge and important teaching for me. This morning I left the lentils on the electric burner when we went to the beach. I turned the burner off, but in Europe the burners cool slowly so the lentils still cooked for a while. On way to the beach my wife asked if I turned off the lentils and moved them off the burner, and was not happy when said I left them on. She said, "You need to take care of the details of practical life. If you want to take care of people fully, you need to see what they need, and help them with practical concerns. Sometimes you take care of people who are very ill and don't take care of people who are with you and well. In the life you need to learn to take care of all the details that need care to be full. Look around you, what needs to be done, how can you help someone, what can you do now to take care of someone's most simple needs." I learned this once before when I worked with people near the end of life. A teacher told me, "Look at them closely in physical space. Do they need ice cubes to wet their mouth, are they too cold or are they too warm. When you taking care of spirit space, you also need to take care of the most practical things to be fully present. " Thank you my beautiful wife for today's lesson, I will I will learn it.

Problems of pacifism. **Petite chat rouge.** (Little red cat), is a pacifist male cat in Greece. This is a very hard life for a cat in a country where cats are not fixed and half wild. We named him Petite Chat Rouge because he came to us as a young male, red cat and we already had Garfield, a huge red male dominant cat. We thought Petite Chat Rouge would become more aggressive with age but he is still a cat pacifist. He is very beautiful he has one eye that is darker, maybe he does not see out of it from an injury or maybe it's the color. He fights with no one unless provoked and then he runs or turns over on his back and cries. Every cat picks on him, no cat likes him. The dominant males attack him, the females, even fixed attack him. He sits on the back kitchen window in the wind and comes into our house through this back window when we let him in with no cats present. He sneaks in to eat and then runs. If he stays, he hides to make himself invisible from the other cats, maybe if he does not move and goes under a chair no one will see him. Petite Chat Rouge is an unbelievably loving sweet cat. He gets along perfectly with dogs,

children, families, anyone. If you let him in the house he will lie on the couch and you can pet him for hours. Everyone, all people, love him. Our friends from Milan wanted to take him home, everyone wants to take him home. But.. he does not have a home. He sneaks around ours, because of our other cats, we let him in only when no one is here. It is so sad to us that no family with children and a dog, or no cat lover takes Petite Chat Rouge. My grandchildren pet Petite Chat Rouge for 3 weeks on the couch when they came to visit. He needs a home!

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**Different realities of spirit.** When I was given Dani by Great Spirit and told she was a gift, I asked what is this new life about? Great Spirit said, it is more than I can tell you much more she is more than I can tell you much more. So. It has to be all out of trust. I trusted Great Spirit completely and said Yes I will accept this gift and that meant a new life. I did not have any idea what this life looked like and I said yes. Now I see some of what this life is, but not so much. I am flooded with happiness and ease, I worry much less about details, I have visions each day different from the dance or shamanic visions, more like visions of what time and space is and what love is and what peace is. This is different from my previous life, my new life has it's own visions which are new. I accept this gift with no judgment, just surrender and trust of Great Spirit Mother Earth. When I have experiences of happiness and love covering me and of care and softness, I am changing and learning like a child. It is very beautiful and wonderful, and far more than I can imagine.

**A fall** Yesterday I was carrying plates and olive oil from our lunch table outside to the kitchen and I fell. I hit a marble water basin which was next to the table and wall with sharp edges with my hip and leg and landed on the stone floor on my arm and head. First I was shocked, As always, I experience being knocked out of my body, then I worried. I stood up and was happy my leg and hip could support weight and not happy how much my leg hurt. I limped to the couch and lay down. My beautiful wife ran to me and put a pillow under my head, rubber arnica on my leg and put ice on it and loved and cared for me. I just rested and waited for me to come back into my body, and then figure out how hurt I was. Breaking something on small Greek island without real medical services is not fun and so I prayed and rested. As time passed, I felt better, I tried to stand and realized I could and I took a nap. Later my wife called Jean Francois a friend who is a chiropractor healer and we went to his house. He moved energy in my neck, back, palate, then hips. As he worked I felt better and better. As he worked I called bear and give him what needed to leave and put in what needed to come and prayed for fast new cell growth. When he finished, I did not hurt and could move normally. My hip ached a little but all was well. But I realized I was shocked. I was knocked and still not completely in my body. This was OK, because I was thinking about my life, about the huge changes that were taking place, getting married, moving to a new country, not dancing this year. It was becoming clear to me that I would not come back to San Francisco from Greece if there was no dance and staying with my beautiful wife was the most important thing to do now to fulfill my promise to spirit. The fall was part of a deconstruction of my old life and creation of my new body and new life. I thank Ancestors, spirit guides, spirit animals,



teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for this teaching.

**3 quotes about love.** She said, “And you, why did you not live a simple and full love?” This question was like a bomb. Suddenly I wondered. Oh, because I am not simple or ?? So, a new life opened. The new life I am entering and being born into is inside simple and full love. There is less and less that needs to be done until there is nothing. Then, the emptiness fills with joy. “I fall in love for life”. In this eternal love, is peace and more connections beyond form to spirit and something more. She said, “Thought .. so sweet and strong together.” And in the moment I found her I felt the same. We stood making coffee, only that, and I knew she was my life and we were sweet and strong together in a simple and full love for life.

**Deconstruction 1 :** Happiness falling like rain. Last night at dinner my body softened and I felt happiness come over me. As I watched it come, I began to realize that it came slowly like a warm fog dropping down from above. I was just standing on a terrace at sunset with friends in a soft rose changing light, I was not doing anything. As time slowed and I looked around, I saw the happiness as falling like rain, not wet rain but like a rain of soft light. It was coming from above and all around. In another experience I am at the beach in early morning and I am inside of the miraculous slowing and see this huge happiness that surround me and comes over me as a flock of birds feeding in a shallow pink lake. The happiness is now coming with visions of color, shapes, and experiences that are far beyond words. Yesterday as I was flooded with this beauty and joy a voice said, “Don’t try to put words on this, don’t try to even see it or figure out what is happening... just be..” This unexpected arrival of happiness is like part of a larger deconstruction, spirit is taking apart my old ways of thinking and analyzing and putting in it's place simple wordless experiences of love.

I can feel each cell in my body vibrating and illuminated like a shaking. It is truly growing anew, the happiness making a new body.

**Deconstruction 2 :** There is nothing to seek when all disappears. The deconstruction of my old life continues. Last night, a birthday turned into energy. We went to a big birthday party in a taverna for about 150 people and I was judgment arrived. A good friend sitting next to us was not happy there, he did not know why. He did not like the restaurant, the décor, the food, the people invited. I could see that he was clearly uncomfortable in his body too. I was experiencing this party by letting it all go. For me, the people disappeared, the taverna was gone, it became just energy. Everyone was moving slowly inside a field of love. I understood, for me in this evening, When judgment leaves and energy and love come in. then.. it's really easy and simple to be. There is nothing there. I reacted with love to everyone (almost) and relax wanting nothing. There is nothing to seek when all disappears. When it's all energy and love and I am gone, just inside it HER it is all different. There I]

**“Be on the sea in the wind”.** I stood in the sea. I could feel the warm, wind blown sea water healing my hip in the place where I hit it when I fell on the marble 2 days ago. The

sea washed and nourished it, the wind blew away what needed to leave. I looked around me, the sky was opening, the sea and wind healing. I shifted and I heard these words, “Be on the sea, in the wind, only here. Stop thinking, stop judgment. Just be here and feel it; let mother earth heal you, let your Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions heal you. Be where you are now with no thinking.” It was a simple teaching I had heard before. Once I lived on the Ichetucknee, a sacred river. Each day, I paddled my kayak and each day the river would speak to me. It took a while for me to hear her. Then I would quiet down and the first thing I would hear was, “Be on the river, stop thinking about work, relationships, family. Just be on the river.” And I would shift from worry and decisions to being inside pure love spirit and beauty. Then she would speak with the lesson of the day. “Love her, we love you.” was the most common teaching. And today, the sea and wind spoke. “Be on the sea, be in the wind, we will heal your injury, we love you. It is all a field of expanding love”

**Collecting thyme in the wind.** Each year my beautiful wife and I collect wild thyme on the rocks on the sides the mountains of Tinos Greece . As the wild Cycladic wind roars, we scramble (a good name for a cat ) on the rocks with a pruning shears and cut the purple aromatic flowers off the wild scraggly plant and put them in a bag. The thyme is very beautiful and ancient Greece, thyme was the nectar of bees. Bees were the sacred messengers to the spirit world, so thyme was used in ceremony to send prayers to the gods. For me, cutting thyme in the wind is now a ceremony, a ceremony to honor simplicity, love and care. It is a complex ceremony about doing a simple act, about collecting ingredients for preparation of food, The thyme is for the winter, to cook. My wife carefully takes off the flowers, dries them and stores them. This lifestyle is different from fast food or buying things. It is also about being part of nature, wild and free (you can't plant this wild thyme). It is about me seeing and loving woman I married, seeing more clearly how she fits into the environment seamlessly in simple beauty and grace. When she cuts the wild thyme, she and the thyme and the wind and the rocks are one. Each year, I take photos of her cutting the thyme, as I hold the bag, and cut too. This simple cutting is beautiful beyond words and taking the photographs helps me see the beauty more intensely.

When you are there, you are connected  
Peace without words coming from the earth  
Subtraction to see someone's soul  
What happens when you take away words visions sounds all  
Don't look away make memories  
You need to subtract judgment to see  
Born on the beach  
See moments of beauty edit out thoughts of pain worry

**Apocalypse:** Are you ready to change your life to heal. Yesterday, we went on an art walk in an ancient village. The theme was apocalypse, and the artists all interpreted this

as revelation of new birth and big life changes, rather than the end of the world. As one artist said, it is the end of our world and beginning of a radical new situation in our new world. Apocalypse comes from the Greek word Apokalipsi which meant unveiling or reveal. Mireille Lienard and Philippe Fraise, the Belgian curators, choose pieces of art that showed visions from the inner world unveiled and revealed as new exciting healing events. The 7 pieces of art were in boxes in hidden ancient springs of this ancient Greek mountain village. Ancient springs in Greece were always the site of goddess or nymph temples. To see the art pieces, you followed a path of arrows painted on the stone steps. It felt like being a child following a treasure hunt. Each piece of art was a revelation of inner secrets for life change and healing. There were angels, keys to secrets, head guided with gold, images of secret pain transformed in pillows. We were lucky enough to have several guides for this treasure hunt. We had 2 cats, a dog and a Zohi, a little girl, the daughter of the curators. She ran, danced, leaped around the circular path that went in and out of dark springs. In ancient times the springs were sacred, the water cleansed and goddesses played revealed their nakedness and healed. Now in each spring Zohi danced, told stories, my wife danced with her, up and down the ancient stairs, into dark hidden springs holding secrets of nymphs and revealing beauty beyond measure. They were the goddesses, the new life revealed was only this. When I work with people for healing, I ask them, “What do you want to heal, are you ready to change your life to do that healing?” Thank you Mireille and Philippe for this gift of spirit healing and beauty. Art heals yourself, others, community and the earth.

**Without judgment 2** when I open my eyes and see without judgment, I faced with words. I hear words of beauty explaining to me what is happening. Suddenly as time slows or beauty appears, I hear “Slow down pay attention to this don’t turn away it is here” or something like that. It is as if a voice goes along with entering sacred space and paying attention. So.. is this judgment too? So today I tried it without words. When it slowed I just watched and felt and went into it. more deconstruction

When I work with someone who is ill, healing begins with going into sacred space. Each person I work with is completely different universe, different energy, different visions, each work is a teaching to me from spirit and from the person. We work together in a sacred dyad merged into spirit, cared for by spirit animals. I do this intentionally by building a medicine wheel in the 4 directions in the center of the place I am working. I go into sacred space with a prayer of thanks to Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions. Next I listen to the person’s story and ask them what they want to heal. Then... in sacred space, as they speak, the healing visions come. I see the person beyond in beauty, in full love, beyond a lifetime. The light changes, bubbles appear, energy around them expands. I invite the person to expand and come into this sacred space beyond time. I invite the spirit animals to come and do the healing. Bears, owls, hawk, eagle, serpent mountain lion turtle are invited. For me it's most often bears and owls. Then.. more visions that relate to where the person is traveling in sacred space, if they have a broken heart I can see the heart repaired with love, colors all around energy water what comes, comes. If someone has passed, I can see and talk to the on the other side, they often send messages of love and healing. This way of working has come to me over years, taught by people I work with in suffering and pain by many many people and

by sacred teachers. I thank each of person I worked with and my teachers from my heart and thank the spirit animals for their healing work.

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### **how to heal**

1. create sacred space
2. see in beauty
3. look for lights and vibrating energy
4. invite spirit animals to .. do the healing
5. See the visions
6. spirits appear. appearance from the other side by the departed

this steps tell you who you are

what they want you to do

you learn .. only by actually working

**It is all alive and speaks to us and loves us.** Last night, watching the Perseid Meteor Shower the sky was alive. It was moving like energy, like life. this movement helped me feel more deeply that the sky was alive and moving like healing energy in the body. For days now I have been touching.. and feeling energy. It started with Garfield our cat. I touched his head and heard his spirit. It shook me deeply. Then, the next day I touched a rock at the beach and felt it's spirit and later touched a small tree growing next to our terrace and felt it. feel is not the right word, there is really no word for it. I touch and am one and receive communication beyond understanding. A powerful lesson I have learned by Native American ceremony is that everything is alive and everything has spirit and knowledge. This is different from the usual view of what is alive and sentient. My touching and being one reminded me of what my teacher Turtle Hawk has said, "T stone people (rocks) are the most intelligent, the plants, next, the animals next and us two leggeds the least. Everything that is alive has voice and speaks to us with knowledge and teaching. Everything can speak and send healing energy. When I felt the life of the sky, the stars, I put my hand up to touch heaven and it spoke to me of love, of creation, far beyond any words. And. I understood, that I was seeing the stars, shooting stars last night with the meteor shower, because it was night, but there were there all the time, and the stone people, the plants kingdom, the animal brothers and sisters and our two legged family is there all the time too showering us with love and knowledge. Thank you Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for this teaching.

Spirit animal transformation Indian spirit to bear,

**All goddess are connected.** Tomorrow in Tinos Greece is August 15. This is the day of Dormition, the day Greek Orthodox people celebrate the Virgin Mary going to heaven. It's female Easter!. The female version of dying and reborn, taken to spirit world for women. On Tinos the icon of miracles comes down from the church of miracles, the Lourdes, healing center of Greece. There is a huge parade, people carry the icon on poles and people snake under the this icon of Virgin Mary and bay for healing and transformation. On this day, Tinos becomes the major pilgrimage site for the Virgin

Mary in this part of the world and thousands and thousands of pilgrims arrive, many many Gypsies, who love Virgin Mary and follow her everywhere, Ethiopian woman, anyone who worships the female in Christian traditions. Comes to dance under her miracle icon! People crawl on their knees up to the church carrying crosses, babies prayers. It's wild. This morning, Isis, the Egyptian mother goddess spoke to me and said she was here too today. There is a mountain on Tinos with an ancient Isis temple, I was in front of this mountain and she was there today too. She said, "All goddesses, all healing goddesses, all mother goddesses are here tomorrow to celebrate this day of goddess miracles. In Greece there is Hera, mother goddess supreme, Artemis goddess of wild women, bears, hunting nature, Athena, crafts and Aphrodite goddess of love etc. etc. they are all here today tomorrow for this celebration of the divine feminine, motherhood and miracles and healings she does every moment.

**All springs are connected** all old woman of the springs are connected. Native American people know that all springs are connected. The water from one spring can talk to the water from all the others in spirit space. There is a spirit who lives next to the spring called "The old woman of the spring." This spring spirit can talk to all the other old women of the springs in the world. In ancient Greece, the spring was the place of the goddess. The temples were built next to a spring, for a goddess, also usually near a cave. Later, later, the patriarchy came, turned the temples into marble buildings for a god. But, first there was always the spring and the nymphs and goddesses .  
Animal transformation. This morning a rock on the sea turned into an Indian sprit. The man said to me, " Keep writing this, write for us, speak our prayers." Then.. the man's head turned into a bear head. The bear said to me, " It's about spirit animal transformation. We come to you as animal spirits, you carry us, lend us your body and we can come and heal." To do this we get out of the way, let animal enter and turn into them and are them.

**In the presence of prayer.** The night of August 14, the night before Virgin Mary went to the spirit world, people crawl up to the church where the icon lives on hands and knees and pray and wait all night to see the Virgin Mary appear as a vision on the church steeple. On August 15 when the miracle icon comes down from the church, people go under it and pray. It's all about sacred space, prayer and here in Tinos on August 14-15 divine feminine. This is a day of woman, of sacred divine feminine goddess energy. People who worship her come and pray to divine feminine, their mother, mother earth, for what they pray for, for health, peace, prosperity, good life, Prayer through time ins Sacred Greece.... Here, in Tinos, the sacred island of healing and miracles, I live in the midst of prayer. Each day of the year, pilgrims arrive on the ferry, after a 4 hour trip, some crawl on their hands and knees up to the church, to pray. They pray when they crawl, for healing and ..... This is a deep sacred space way beyond time and space. I live here in it. When I am here, I am in it so deeply all else is beyond lost. The prayers are alive, they go way back before this time and forwards to another yet born. The prayers are alive of every pilgrim who came here from the most ancient times thousands of years ago when Tinos was the temple of the goddess Amphitrite, goddess and the sea, worshiped here as the doctor for women to today when modern Greeks crawl up the hill. And inside the sacred prayer we can live in all prayers of all time- pray for women- to

keep them safe, pray to love and worship and treasure them as our mothers, pray for mother earth, and the eternal creative goddess. Pray for peace. As my teacher Turtle hawk says, "Prayer is all we have".

**The necessity of returning ceremony to women.** In Greece as in many other cultures, the original ceremony was worship of divine feminine. The temples were primitive, springs, caves. It was nature, mother earth, our mother, water, vaginal fluid birth. Then.. slowly ?? the patriarchy took it. In Greece, the spring and goddess became marble columns and god. On my island Tinos, Aug 15 celebrates the Virgin Mary going to the sky. It is woman Easter. The ceremony was carrying down the icon that makes miracles, and people would go under the icon, like into the vagina, and pray to Virgin Mary. The icon was a picture of Virgin Mary discovered after a vision by a woman nun, all divine feminine. Then.. Aug 15 was celebrated to honor Greeks in the war against Ottoman empire, then to remember the torpedo of a Greek ship in Tinos harbor in 1940 in WW2. So.. slowly the holiday of the divine feminine also became military and patriarchal. When I came to Tinos, 20 years ago many thousands of Gypsies pilgrimaged here to worship divine feminine and later Ethiopian women. In Recent years, gypsies have been prevented from sleeping in the church the night of Aug 14 and now in the town. I went to the celebration this morning and went under the icon and prayed. I prayed for my wife, our family, people I care for and love, and peace and for women. Then I bathed in the sea, and the sea spoke to me, "I am the vaginal fluid of Mother Earth. You are bathing in my fluids. Now is the time for women to come back into ceremonial space. Dances and celebrations must involve women to save the earth". The sea is right. It is time. It is time.

### **Excavation of the Temple of Aphrodite, Delos Greece**

**Goddesses, Gods, and spirit animals come from the sky and the earth.** The sea told me today, "The goddesses, gods and spirit animals come from us, from my body, from my energy. I am the sea, I am her vaginal fluid, I am healing. When people hear my voice and feel my miracle healing, they perceive a goddess of the sea. I am the one who heals." The healing energy comes from the earth, and from the wind, the thunder, the spirit animals. The land, the mountains the animals are the doing the healing. The mountain heals, the sea heals, bear spirit heals. Then... humans hear the voices.. and the spirits are seen as goddesses and gods. It starts with the earth and the sky. Great Spirit, Mother Earth, then with the spirit animals then goddesses and gods appear. In Delos, the island across from my house, the most sacred place of miracles in ancient time, there are many energies of healing that come from the land, from places, springs, caves, mountain tops. When people heard the voices of the land, they build temples to goddesses and gods in those places. The voice of the land came first, the temple after. One place in a cave carries love, then.. Aphrodite goddess of love is worshipped there. It is simple, the sacred place carries the sacred healing energy. The most sacred places, are power healing spots of the living earth' body. That is why, on one spot, there is an ancient temple to a spirit animal, then to a goddess, then a church is built, all on the same spot.. The sacred healing comes from our mother's body, Mother Earth's healing places, because she loves us.

**Very simple epiphanies** . An epiphany is a gift from goddess and god. The word epiphany comes from the ancient Greek, ἐπιφάνεια, *epiphaneia*, meaning a manifestation or striking appearance. In ancient times it referred to insight through the

divine. Traditionally epiphanies are invited with ceremony, art, and religious practices. For me now, I am living in epiphany land. This morning at the beach, my beautiful wife stood next to her seat and lifted a sheer scarf up to dry herself. The light was behind her, and the colorful scarf blew in the soft breeze making a shape like a bird's wing. For me, in this very simple moment, uninvited, all changed. As I looked at her, I felt time slow and then stop. I saw the light open and become thicker and brighter. And...I felt deep happiness softness and peace. The feelings went out like tendrils out as far as I could feel them go. This very simple experience was a gift. Then, my life went back to normal vision. Ummm, but I was changed forever. And I heard, in this very simple moment, "Pay attention to what is around you, deeply, now, slow it all down, feel it and be inside my love."

**A new life.** Each day, each moment, is a new life. Last night in bed I heard this voice. "This is the beginning of a new life for you. You are a new person. Each day will be new fresh and surprising. Each moment will be a new way of being. You are a different man now and so each moment you will react and experience in a completely new way." I was half asleep, I had travelled all day and was tired. I felt different. I could see that I was already experiencing everything in a new way. I understood in my half asleep hypnogogic state that I had be experiencing things differently for a while. My experiences of time and space altering, of happiness that were coming over me like gifts were my new person personality being alive on earth. It was magic and wonderful to see this and more to feel it powerfully in the moment . I realized that part of it was heightened sensuality, change in perception of time and space, discovery of happiness and extreme beauty and gratitude. ummm

**Connections.** We are all connected through physical and mystical tendrils of love and happiness. The people to whom we are most connected, our lovers, life friends, are always sharing with us and us with them through dreams, unconscious psychic mystical messages and missiles of love and shared experiences. My wife's mother's Cat Mignon sent catmail to all the cats he is connected to this morning. As I was eating breakfast, he sniffed my shoe, then rubbed his head against it sending his scent to all the cats in my life to whom he is connected. These love connections often result in simultaneous actions. Laura and Fred, friends from France, connected to us, will move the same week we will move. I can see how Mignon sends messages through cat scent mail. We send our messages through FB, email, and more... through unconscious mystical psychic connections, far beyond form.

**In my dreams, I am still in Greece.** Our Dream mind is different from our waking mind. Our dream mind takes care of our spirit, our visions, our previous lifetimes and future lifetimes. It takes care of spiritually important things, while our ordinary waking mind takes care of physical important things, bills and physical form. When I travelled from Greece to France. I woke in France, while all night was going to art openings in Greece. In my dream mind, I was still in Greece. My dreamer had not caught up with my traveler and was still doing work in where I was rather than where I be.

**You have a choice in each second.** Years ago I was working as a doctor on the Hopi Indian Reservation and was very depressed. In one moment I heard a voice. “you have a choice. In this second, you can choose to be depressed or see beauty.” I gasped. I never thought of that, and . . . it worked. Not easy but it worked. Now I realized that I have a choice in each second to make it much deeper. The voice said to me. “ See time slow, see the light open, feel it become god.. you have a choice to make this happen in each second. I have been having experiences of spontaneous happiness and time and space change. They have been coming without being asked for. I noticed that they were coming in moments of beauty, where I realized where I was and saw the beauty and love there. Now. I realize, I have a choice to do it in any second.

**Very simple epiphanies .** An epiphany is a gift from goddess and god. The word epiphany comes from the ancient Greek, ἐπιφάνεια, *epiphaneia*, meaning a manifestation or striking appearance. In ancient times it referred to insight through the divine. Traditionally epiphanies are invited with ceremony, art, and religious practices. For me now, I am living in epiphany land. This afternoon before French Sunday lunch, my beautiful wife stood next to the vegetable garden. The light was behind her, and her colorful red T shirt shone with the sun the color of the tomatoes. For me, in this very simple moment, uninvited, all changed. As I looked at her, I felt time slow and then stop. I saw the light open and become thicker and brighter. And...I felt deep happiness softness and peace. The feelings went out like tendrils out as far as I could feel them go. This very simple experience was a gift. Then, my life went back to normal vision. Ummm, but I was changed forever. And I heard, in this very simple moment, “Pay attention to what is around you, deeply, now, slow it all down, feel it and be inside my love.”

**A new life.** Each day, each moment, is a new life. Last night in bed I heard this voice. “This is the beginning of a new life for you. You are a new person. Each day will be new fresh and surprising. Each moment will be a new way of being. You are a different man now and so each moment you will react and experience in a completely new way.” I was half asleep, I had travelled all day and was tired. I felt different. I could see that I was already experiencing everything in a new way. I understood in my half asleep hypnogogic state that I had be experiencing things differently for a while. My experiences of time and space altering, of happiness that were coming over me like gifts were my new person personality being alive on earth. It was magic and wonderful to see this and more to feel it powerfully in the moment . I realized that part of it was heightened sensuality, change in perception of time and space, discovery of happiness and extreme beauty and gratitude. ummm

**Watching the one experiencing it.** Now, I watch myself moving, speaking, reacting, living. I am the Witness to who I am and to what I know. Watching, I learn who I am and what I see. I watch what I do and listen to what I say. It is almost like I am watching someone else and am fascinated by who is that masked man. Sometimes I am surprised by who this person is, what he is doing. I watch him laugh in joy, I watch him help people with medical knowledge. But most of all, I watch him love. I watch him see people in beauty as wonderful and I watch him fall in love with all around him. I watch



him seeing out of the eyes of the artist, making imaginary photographs with his eyes. When I watch him, I learn what who he is and what he carries. I realize that when he knows something, it is who he is, what he is carrying. I see him carrying medicine, bear medicine, owl medicine. I see him carrying visions of time and space. Most of all, I see him carrying love. Who are you? What do you carry? When you watch her, what does she do, say, see??

Ceremony same action over and over place food dance  
All faces together make the face of god  
When you make art, write dance music paint .. you receive a prayer.  
Becoming an elder becoming a child  
Voices of spirit fear art visions death bear owl  
What are the voices you hear ?

1. slow down time
2. divine feminine
3. fear
4. do that

who are they? Spirit guides spirit animals

**If I want something to happen, I go into sacred space then hear voices of spirit.**

Today, I will do ceremony to create sacred space, listen to spirit speak, invite ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions to be with us. Today will be the third thread of this ceremonial cycle of dancing spirit bear for our autumn celebration of healing and honoring women. I pray that bear, eagle, creator, mother earth, will bring a powerful ceremony ..and what needs to be healed will be healed.. for us, others, community the earth, and the stars.

**Dance is healing; healing is dance.** When you move in a dance, in a sacred way for healing, deep energies move that are far beyond words. When you move in a dance as an animal, and carry the spirit energy of the sacred animal spirit, you move energy far beyond words and the animals energy to heal is what does the healing. This healing energy of spirit animals goes beyond forms. For many years, I have danced with people whose bodies have illnesses, dancing with people with cancer, chronic pain, spiritual concerns, trauma, mental issues etc. When people dance, their illnesses leave and are replaced by beauty, new neural circuits are formed that create deep healing. I have danced for more than twenty five years in many ways, in many traditions: I have danced for healing in huge hospitals with women with breast cancer, I have danced in my university classes and workshops with students with all kinds of life stories, I have danced with Native Americans in traditional ceremonies, and I dance still with people I work with. Each dance is different, each has it's own power and deep healing effects, each moves energy and releases illness in it's own way. I want to thank and honor the people I have danced with, patients, Native Americans, students, the people I work with, dance healers, and my teachers for many years of dancing to heal. I want to thank Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great

Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for the gift of dancing to heal self, others, community and the earth. I pray for the healing dances to continue in all their forms, to grow, and expand and change, I pray for this medicine to help our families and people in a good way.

**Deconstruction 3.** We took apart the fire in the pit for the sweat lodge as a sacred ceremony of deconstruction. First, we could not light it because of the wind and the fires in Northern California and the risk of a forest fire. Next, because of mold on the blankets for the lodge and people allergic to mold... so.. to do ceremony called for something new. Spirit said, "Let's take apart this fire and this lodge as a sacred ceremony of deconstruction. As we do it, I invite you to deconstruct old forms that hold you back in your life. Deconstruct patriarchal forms of ceremony and let new feminine forms emerge in prayer and healing." We built a new smaller fire and laid down the tobacco ring and prepared for our dance. Then, as we all danced these bears, marvelous things arrived: women saw their own ancient visions of bears healing them, visions of bear circles healing people in hospitals vibrated in space... and as my bear danced he remembered. His body remembered the many years he danced in hospitals and with patients without form. His body remembered the many dances with women dancers, the healing artist dancers carrying bear healing, the women with breast cancer dancing in skins for years and years and years. Then, I had a vision. The bear spoke to me, as if to explain to my man what was happening, "If I am to heal, what better way to heal then to be on the person? I they wear me and dance me we are intimate and the healing is powerful beyond words. I heal then directly without a middle man." This bear was telling me what happened to me for years, he was revealing the technology of dancing out of form. Ummm. In this sacred deconstruction, I pray to the four directions, to Creator/Mother Earth for this dance to grow out of form and in form to heal self, others community earth and the stars.

**A painful deconstruction** stripping off skin sacrificing forms to be born again. To be born again I need to take away what needs to leave. To shed what needs to be gone. Pulling it from my body is painful. As it rips itself out tendrils hold it in, it comes out slowly then... pops out and I am new again. My wife does this for me, she carries beauty and peace and that pulls out fear and anxiety. The sacrifice is something being destroyed so something can be rebuilt. As I let go of old patriarchal forms of fear, of complicated situations that are not healing to those around me, I am born anew as a cub. Again and again. It's easy. Keep the forms but keep them clear.

**Jetlag.** Each cell in my body says I am disturbed out of time what happened? Confusion anxiety nervousness lack of peace lack of sleep. It's like all got jogged, knocked out of synchrony in a day, and. It takes days to get it back. Is it worth it?

**Mountain tops below all is connected in love.**

In my dream space, I had a visionary experience. I saw each person in my life as a mountain top. Below their heads were their bodies as the mountains and below that, their legs became the ground, the earth. I was surprised and not surprised. I could clearly see now in this vision that the people I knew, and everyone else, appeared as separate

mountains if I looked only at the tops, but.. if I looked lower to their bodes, it all went to the ground below and.. there.. everyone was completely connected. In this vision, I could see and understand we were all really one, only our mountain tops appear separate but in reality we are all one body. And.. I could see and understand in my body that the land the ground where we were one, was only the body of Creator/Mother Earth and we were all one goddess/ god in a field of love. And in a moment, all separateness disappeared, people's personalities became insignificant, still beautiful, but now more important was our overwhelming oneness in the field of our love.

The bear I carved out of marble to bring bear spirit to protect me and prepare for my cancer surgery many years ago.

**When all is deconstructed, only love remains.** I am learning that what I see as my world is not really there. I see what I am taught is there; I was taught a story. The table is wood and hard, or....only energy, electrons and space. Each story or label severely limits my fullness of the experience. The full moon eclipse the other night held many stories for many people. Some people knew it was a powerful omen of spiritual change, for others, it was the mathematically perfect alignment of sun earth and moon. In indigenous reality, where all is alive and animal spirits roam the milky way, it is bear eating the moon. (this is the closest to the truth and my favorite- because art, symbols and mythology take away all the cause and effect stories). When I took away all the stories and just looked up at the moon.. first I saw the bear eating it and then.. it all came apart and opened up. Each day, I take away all the judgments, the stories, and be. When I do this, it all deconstructs and only love remains. It is magic. It is like seeing out of the eyes of the artist where all is new and amazing. I look at a person, I take away the judgments and stories= they are beautiful, old, young, man, woman, black, white, etc. all. Then... I look into their eyes and I take away the eyes, and I look into their soul and I take away soul and then. ..it opens.. I see the expanding light come, I feel the soft winds of space, time disappears, the vortexes of sacred energy dance around me... and what is left is pure love, kind of like a syrup. Ummm.

When time space and stories come out judgment comes out all that is left is god is love.

Peace beyond understanding. umm

Necessity to do write what I do best guided imagery prayers

Keep it pure below form

A new light body arrives let go of pain

Pain suffering and fb

**Finding my gift.** Inner voices from spirit have always helped me follow my path to discover and honor my gift. Each of us has a gift, who we actually are, why we are here. The gift is confused by culture, parents, school, it's up to us to find it and follow it again. When I was young, I was confused about my path, about what I needed to do in my life, about what was my purpose for being here on earth. It did not seem clear to me how all the pieces of my life fit together in the world I lived in. I was a teenager, the pain and suffering, depression and confusion of my life not working pushed me to the edge to change. One day, on the way home from school I heard, "Do what you love now." So, I picked up a camera and took photos of weeds in snow. The moment I did that I went elsewhere.. I was within beauty, it was quiet, I could hear voices, and all was well. This

was my first art and healing experience and my first clear voice to change my life. So I received that gift and I did what I loved whenever I met a fork in the road. The first big fork was the choice between continuing my career in medical research or becoming a photographer in the country.. umm. I made a clear choice.. or.. did I really have a choice? I choose becoming an artist and that led to moving to the country and building my own house and raising my own food. The birth of my sons led to natural childbirth relaxation training, and after an oil spill when I was the county doc, to setting up a integrative clinic in our small town that included allopathic medicine, guided imagery, Native American medicine, color healing theater, love healing etc. Doing only the medicine that I loved led to me to a practice using guided imagery and visions with people with life threatening illness and chronic pain... and that led to writing books on how to medicine and healing with spirit and to art and healing. And , on a parallel path taking place at the same time, from the beginning, I was sent as a doc to the Hopi res, I worked with RT (Rolling Thunder) and meet my dancing bear and the folks at Mahutasen and found my bear was actually doing the healing for me. Umm . Now that I am older I see that all that I loved has led me to who I am. What I loved, was actually the teachings from my heart and the inner voices from spirit telling me what my gift was and who I was. It was and still my road, not one I ever could imagine or invent with my conscious planning mind. I am a bear dancing doc, I teach and help put art and healing in hospitals, I work with visions with people with life threatening illness, life crises, fertility and spirit growth, and I live on the sacred healing island of Greece with my beautiful wife and write about miracles, time and space disappearing and being one with all... ummm...I offer prayers to the 4 directions, and I thank ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers for these gifts and for any moments my prayers can facilitate healing for myself, others, community the earth, and stars. Building my own house, about 1970, 2783

**The necessity for indigenous ceremony to include women now.** Yesterday, I had the honor of spending a day with Susannah and Ya'Acov Darling Khan, directors of the school of movement medicine, an organization which teaches dance as healing all over the world. They told me about their work with the Pachamama Alliance, an group that has “ roots deep in the Amazon rainforest, with programs to integrate indigenous wisdom with modern knowledge to support personal, and collective, transformation that is the catalyst to bringing forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet.” Umm.. Susannah and Ya'Acov told me that the amazon peoples have realized that to survive in this world of huge change, that ancient patriarchal ceremony does not work now. To literally save their lives, women need to be involved to move the world to a possible future. They understand that this requires cultural change for the Amazon tribes and for western people in the alliance working with them. At the last dance, Edmund told me that a Sundance chief changed the sun dance to include women. He said, it's impossible to do it with men now in the world, we need change this ceremony to save the earth. I woke in the night with a shock. I had the powerful realization the time is now to change ceremony to include women and to share knowledge across indigenous and western cultures as equals without racism and fear. Each culture needs to learn from the other and produce ceremony that is new for our

difficult time for us and for our medicine to survive. The profound work in the Amazon has taught is that this cannot be done without women and without learning from each other and that this has to be done right now or we will not survive.

**Collateral damage** I don't post negative posts but I could not resist this, I am so angry. America destroys a doctors without walls hospital, kills at least 11 people, and says, it may have been collateral damage. COLLATERAL DAMAGE ? destroying the only functional medical center and killing 11 people? WHAT. “ [Airstrike Hits Hospital in Afghanistan; at Least 16 Killed](#).

By ALISSA J. RUBIN 42 minutes ago

A U.S. military statement said “there may have been collateral damage” to a medical facility in Kunduz. Doctors Without Borders said its hospital had been partially destroyed.

**For Achuar women**, the traditional way to give birth was to go alone! Into the jungle and ... come back ? with a baby.. or not. This was the ceremonial way of the people. This was their birth ceremony in traditional times. Jungle Mamas, of the Pachamama Alliances changed that. By partnering with women and men and health providers from non indigenous cultures they have created a new way to give birth for Achuar women that saves lives of mother and baby and honors the indigenous culture, women and men .

**We are all sacred babies of the Creator/ Mother Earth**, of the goddess and god making love. At the coffee on Sunday, all the Greek people were dressed up, coming from church to have ice cream and sweets. In the road in front of them, all the pilgrims were coming from the ferry to walk (or crawl on hands and knees) up to the Virgin Mary miracle church and pray for healing. In the intense Greek light, all of this vibrated together.. and it came apart again. When it comes apart for me, it turns into a dancing visual image. With colors spinning and people getting larger and smaller, I saw that each person was like a tentacle of a sea anemone moving in the warm waters of love. I could see that they all come from the big sea anemone under them, their Mother Earth's body, and were all still connected to her body below. Umm.. here we go again, I was having another vision of Creator/Mother Earth, goddess and god making love and giving birth to the total oneness of us all. It was soo beautiful, seeing each person moving in slow motion, each beautiful beyond wonder, each out of time, each connected to the bottom of HER body, at their base. Umm.. when it dissolves and comes apart.. it is all god and goddess making love, giving birth to all forms, you know...and as the gentle swaying of each lover, touching, sending love, the love comes out of them and fills all space like honey. I can see that we are in love.. which means inside love.. as HER babies and we all are totally = HER kiss. 4211

**Paddling on the sea of love.** Paddling is being inside of Her grace and love. When I paddle my kayak on the Aegean sea, the soft turquoise blue color with the dancing shadows of light on the perfectly clear bottom is.. love. I put my paddle in the soft warm sea, turn my body to propel the kayak and the paddle slides in the water like sliding when making love. The stroke in the sea is smooth like it's lubricated with her fluids and it takes almost no effort slide the heavy kayak and my body forward in the soft sea. And,

as I paddle, I hear, “I love you, it is all one, you are on in my body, moving in my fluids, love everyone in your life and care for them deeply.” And each stroke is like is moving forward in a syrup with each turn of my body it is grace embodied, it is so smooth and effortless as I glide over the surface of blue light. I paddle facing the ancient temple of the goddess Isis, and this is moving on her love carried beyond Her time. I hear, “The blue color heals you, you heal with love and care for all you care for. It is all love only. Isis kisses you and makes love to you as you paddle.” And I turn my body again making a stroke so smooth and soft and graceful, carrying grace, being within feminine grace and balance and beauty, and Isis and the sea speak, “Look around you. The earth and sea and sky are so beautiful and you are one with them, there is no separation, and all you reach in your prayers are one, and all healing is one, and it goes forwards and backwards in time forever...

**It's all about expansion.** We have the ability to expand our physical body by quite a bit! If you imagine your body expanding with each breath in, and staying large with the breath out, and expanding with the breath in again, you get bigger. This is your energy body, and as you get bigger .... there is space between your cells. That space fills with energy, dots, colors it is sacred healing space. And the color comes inside between cells arrives permeates cells move apart for color to heal. And as you get larger you begin to merge with that which is around you. When I do this as ceremony in group circles, the people (if they are comfortable with this) allow their borders to get soft, (they are in fact) and the soft edges can overlap and merge with the person next to them and it forms a circle of color and energy. The circle spins slowly and rises off the ground and it's so beautiful.

**Garfield 2**, our teacher of patience forgiveness and now true love. Garfield I am sure you remember from my previous post, was the cat that I chased away for 5 years. Each day I would yell at him, squirt water, chase him off because he was the dominant male and fought with our male cats injuring them badly. He was, as is normal in Greece, a village cat, a farmer cat who killed snakes and rats and lived everywhere. And then, as you remember? our males left and Garfield was alone and slowly slowly sega sega as they say in Greece, we let him stay.. and then fed him each day at the window. (And.. my wife saved his life 2 times, after his dominance fights when he had a huge hole in his neck and was dying.) So.. now, after 5 years of patience, first getting us to accept him, then feed him at the window, then talk to him, now NOW he comes in the house like our girl cats, and NOW even more sits on the couch and table and stays in the house all day. umm. He says to us, “I am such a nice cat, I have always been a wonderful cat, and now you can see this. I am happy to be an inside cat now! Thank you, I love your house and the couch and table..” And in fact, he is soo sweet, he rubs against us, purrs, does not fight, (sometimes eats the girls food so we need to put him out for while) but it's true he is a wonderful sweet cat and our fabulous teacher of patience forgiveness and love.

**It's all about expansion.** We have the ability to expand our physical body by quite a bit and let it travel to love! You can do this now if you wish. I do this with people I work with and with my classes at university and in workshops. So, let yourself relax, let your breathing slow down, let your abdomen rise inches as you breathe in and fall as you exhale. Now, imagine your body expanding with each breath in, and staying large with

the breath out. Let it expand as you breathe in again, and stay large as you exhale. As you do this, you get larger. This is your energy body, and as you get larger .... there is space between your cells. Let that space fill with energy, anyway you see or feel it, it can be dots, colors, softness.. it is sacred healing energy in you sacred space. Let color come inside you, between your cells, as it arrives it permeates your cells, they move apart for color to heal. As you get larger you begin to merge with what is around you. If you are comfortable with this, allow your border to get soft like the edges of a cloud. If you wish, you can let your new soft edges overlap and merge with the person next to you. If you are in a circle, you will form a circle of color and energy. You can let this energy circle spin slowly and rise off the ground like a soft spinning rainbow of love. If you are alone, you can let yourself rise as far as you wish towards the light and love that surrounds you always in your life. then.. come back, move your hands and feet pull yourself back to your center, all of you back in. You can bring your visions, and love back with you to stay with you forever in your waking state. Now, you can make art from what you saw.. paint, dance write a poem. Thank you Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for this sacred work.

**Hopi prophecy**, fighting the good fight and being in for the long haul. Today in Mykonos I spent the day with a man who is charge of poverty programs all over USA. I asked him how the split in the usa was affecting his programs taking care of the people in need. When I was a doc on the Hopi res an elder taught me the Hopi prophesy, in a short form it says we are now at a fork in the road. (Actually past the fork at a bridge) Each of us needs to choose one path, the path of destruction or the path of creation. We need to chose with all our hearts, with full intention, and work for that path every moment of our lives without fear of results, of consequences, or how it will end... Indian and white man need to act as one to save the earth as we know it, or all will be destroyed. When I read the news ( I don't like to, but feel I need to) I see the 2 paths clearly in the world, and in the USA. The split in America is depressing and frightening, the future, not at all clear. So I asked Patrick how he deals with this in Wash. And he said, "We are fighting the good fight, we are in for the long haul. I am not afraid of what happens, I work with all my heart for social justice and helping people empowering communities etc. ummm. And since I was taught the Hopi Prophecy I pray I do the same. Healing, transformation, art and healing for self, others, community, the earth and stars, the red road, the 4 directions. Thank you Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for my next breath to be with full intent on the path of creation of saving the earth... "This rock drawing shows part of the Hopi prophecy. There are two paths. The first with technology but separate from natural and spiritual law leads to these jagged lines representing chaos. The lower path is one that remains in harmony with natural law. Here we see a line that represents a choice like a bridge joining the paths. If we return to spiritual harmony and live from our hearts, we can experience a paradise in this world. If we continue only on this upper path, we will come to destruction." **THOMAS BANYACYA Hopi Elder.**

**The sound inside love**, I heard a buzzing. It increased and increased in volume, it got closer.. so I entered it and moved within it, sniffing and moving my head back and forth against its soft walls. I tried to identify this music and I realized it was like the sound of giant bees or... huge humming birds or.... cats purring.... all mixed into one. The sound, this sacred music, became louder and louder and in a flash, I realized it was the sound of the Melissae, the bee priestesses of ancient Greece, the bee women, the wild maenads, calling their lovers to them. These bee women flew as giant feathered creatures, part bee, part woman, part bird, there were vibrating bee woman transformations, making this very sound, the buzzing purring, so loud that no one could resist it. Men came from everywhere and followed them to caves to make love. These creatures worshipped Dionysus, (god of religious trance, wine, winter dreaming) and called him to them to energize their ceremonies all, they flew over the Greek landscape like the modern spirits of drugs, sex, and rock and roll, merged with the most sacred spiritual transformation and worship... to enter the divine feminine as one. Bee goddess plaque 7<sup>th</sup> century B.C, Bee Jewelry, Crete 4000 years old, and my marble carving of it.

**The second sound inside love** . I am living on a crystal. . I did not know it was there, until I saw it in the night.. and.. I saw it only for a moment. When I was in love... inside love.. most deeply and more deeply inside, I fell downward and fell and spiraled down and down into HER vortex., falling on the buzzing sound, the music of bee goddess woman, the sighing in orgasm of the feathered bee priestess on her transformed wings, and then, I saw the crystal for only a moment. It was wide, white cool, gorgeous, and then..... it cracked. !!! This crystal is soo beautiful, I could see it far below me, far far below. It looks like a floor of glass or of ice or of translucent stone. There is a diamond like form on it rising above it like a quartz crystal coming out of ice. The crystal rising has a shape and colors that change with my breathing. This crystal is precious and solid. When I saw it for a moment, , the beautiful crystal I was on, below me ,cracked. This time, with another sound .. this sound was like lightning hitting glass , and then... it ALL ALL opened and I saw HER face surrounded by light. Umm I knew immediately that the crystal, as beautiful as it was, had kept me closed. When it cracked, it opened and light LIGHT and SHE could come in. and I was now open and what needed to come in, could now fully come in. I understood that I needed to let love crack this crystal and for me to be open to let it all in, to be one with HER. Only by being open fully could love enter and as beautiful as this crystal was, it had to crack. Zapp!! It only takes, one man, loving HER.. for...

The Open woman was my first figure piece. I made it as a self portrait; a woman as passage or conduit in which inner and outer space are equally important. This is a piece about emotional and psychological openness, but I use the body to evoke the vulnerability of such an act. I made her totally unguarded, because she needs no defense. My thought was that the entire universe could pass through her and leave her unharmed; nourish her, excite and fill her with awe. She is reclined, receptive. I filled her with white feathers to indicate her tender insides and to capture the outside slight. I covered her with paper from a wasp nest , a material also taken from nature, to announce her wildness and her natural beauty. The very act of making this piece transformed me. All subsequent pieces have been made with the intent to transform myself or others because of the empowerment I experience by becoming the open woman.



**How the goddess of the sea and moon was turned into his wife.** (a parable) In Tinos Greece, where I live, there is an ancient temple to Poseidon, God of the sea and his wife, Amphitrite, Goddess of the sea. In pre-Greek indigenous times, Amphitrite had no name. She was the sea. These early people did not even separate her from the sea itself, there was no separation, the sea was a woman spirit, she was alive- all was one and SHE was it. Then, when names came, she became Amphitrite, the goddess of waters and the moon, she was a very early goddess of all water, of oceans, of moisture, (vaginal fluid) fertility and ...woman healing. She predated any sea god by many, many, years. Her temples and healing cults were simple, just rocks, in springs, caves, the sea itself. As Greek time came, she was turned in the myths, to goddess of only the sea but in here in Tinos, and only in Tinos, she was still worshipped as a doctor of women, especially for fertility. Her temple was one the most important healing centers in the Mediterranean and people, especially women, came from far away countries to be healed. Then...then change of culture.. The patriarchy grabbed her and made her the wife of Poseidon, god of the sea, and then just his wife. Even worse. They (poets and mythologers) came up with a myth that Poseidon fell in love with Amphitrite, chased her, she ran away and did not want him, and so he sent a dolphin to bring her back (by force in some stories where he raped her) to become his wife. Ummm.... the temples became Poseidon temples with marble columns and she became kind of his consort. But, it's all not lost, Tinos is still a place to heal women. The modern Greek Orthodox church is a Virgin Mary healing place, (not Jesus), many women come to Tinos to be healed each day as pilgrims and now, I do ceremony for women on the temple of Amphitrite to heal.

1. The fountain for healing waters of Amphitrite, Temple of healing women, 2.  
Ceremony to heal women in Tinos.

**When it comes apart, it comes together.** When my now fragile world view comes apart, I am very happy. Yesterday, I was looking across our living room at a very simple scene, a cat at our window and my wife brushing her teeth.. and suddenly... I hear the words “simplicity and beauty” and the scene stops. I see the cat changing color and coming apart into dots of energy and then getting brighter and brighter and I look sideways and my wife begins to move in slow motion like a dancer in a film and turns into an goddess and the scene stops and freezes like a still photo and I hear, “Simplicity dances in beauty, look, feel it, slow down and give thanks now.” And, I am happy, beyond measure. For, when it comes apart, it comes together, when meaning and cause and effect leave...spirit appears, the soul, and the goddess, enter. Anything can happen in this experience of spirit, anything...As the scene comes apart, it becomes art, it becomes a doorway, a portal to beauty, to dreaming, to creative thought, and.. to the goddess entering. She sneaks in and she says, “I come into the little hole in your reality as it comes apart, it's easy to slip in there, into peace and simplicity. Can you imagine how I can come and be with you, if you make a bigger hole and let it come apart completely so there is no cat, no wife, only colors and then.. no colors, only energy and then no energy, only pure perfect love?” thank you Ancestors, spirit guides, spirit animals, teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions for a moment to be with Creator/Mother Earth in prayer.

**I do ceremony on sacred sites to heal.** Sacred sites carry the energy of the earth and people's prayers through time. First, there was the energy, the sites are like the acupuncture points, the chakras of the living earth. Each site carries a special sacred energy. Animals and people felt this and made places to worship and pray. It started in springs and caves, they made temples, and saw visions of the stories of ancestors, spirit animals, goddesses and gods come out of the earth at these places. Then, people came and did ceremony, (specific time carved out to be with Creator/Mother Earth) and prayed for healing. People made art (visual arts= costumes, word= chants, music=songs, dance = transformation, all together it is ceremony) to facilitate healing and transformation. Ummm. These places are still ALIVE, still have the original energy and now have the energy of thousands of years of prayers. SO sacred sites are great places to do ceremony, to dance, to pray and feel what is happening there. That is why (?) am working on a book on Delos, the island of miracles, the major art and healing site of the ancient western world. The book is a guide to experience transformation on 12 sacred sites on Delos. I bring people to this island and let them feel what it is that makes it sacred and as they feel it they are healed deeply. I live and love on such a place, Tinos, the ancient healing place of women, the island of Amphitrite and the serpent goddess. I dance as bear on sacred Native American land and pray for healing there. I invite you.. to do.. ceremony.. on sacred sites anywhere in any way to heal yourself, others, community, earth and stars. That is my prayer of today. 1004 0418 6951 0017

**The reality inside the dream.** I live in a dream, the cars, houses, material objects, boxes, time and space are the dream. Inside the dream, under it, below it, all around it, is the reality. The reality is the visions, the voices of spirit, the sounds of the goddess sighing, the ancestors, spirit guides, spirit animals, voices of teachers, revered sacred figures, lovers, Great Spirit and Mother Earth, grandmothers and grandfathers of the 4 directions talking to me in the non moments between time and space. Two bears, a bear I dance with says, "I don't put on a bear skin to dance as bear, I put on a human skin after the dance, to dance as human. I am actually the bear. That is who I am. The bear skin is my real skin. Then, when the dance is over, I put on the human skin to lead material life." In other words, the reality is bear, the dream the human. Ummm yesterday I saw the vision of roots, our roots, the tree's roots, the roots were alight, many changing colors, alive, they went everywhere and connected me to all. Yesterday, I saw the vision of tendrils filled with bubbles, leading from above into my body. The bubbles were love I was told give to all people around me. Umm and the dream, was packing boxes to move, eating dinner with friends, looking at my car and ...  
Alex Grey, Hildegard of Bingen and Keith Smith

**Joy is a fluid.** Last night at dinner, joy flowed in. I felt completely inside joy, it was my breath, my body, my visionary space. Joy came suddenly from everywhere simultaneously. I felt it first as emotion, then saw it, then heard it, then was overcome by it. It came into me through all the small holes that opened when I fell in love. I realized that joy was a fluid that flowed from HER heart and went everywhere and could come to me. I looked at my wife across the table from me, and she was opening and becoming

more, kaliacsopically changing in colors and forms, First I could see inside her body, like Alex Grey sees in the visions he paints, then I could see all ages and lifetimes fluctuating at once, then.. hear our soul connection vibrating like a psalm all around me, not to be understand in it's depth or meaning, but experienced it as beyond love. Ummm and as I was swimming, bathing, immersed, in joy, I understood that when it comes apart and there is only love, the joy flows around all the non- forms, and into our hearts. People become receptacles of joy and love, it flows around them, under, over, forgiveness. I see their essence, bodies vibrate on it, go backwards and forwards and are only HER kiss again.

**In between, is the world of spirits.** I used to do an exercise with my patients and people I worked with. I said, “ Put out your hand, spread your fingers apart. Imagine your fingers are moments of time and in between.., is the world of seeing deeper. In between.. is what you did not see with your eyes but saw and experienced with your soul. So.. Go back to a moment in your life, of epiphany or suffering, and open up your fingers and look deeply at what actually happened there in between. You can see visions of beauty beyond understanding, what you soul experienced.” Ummm. When I work with my class or with patients and do guided imagery, I say, “Breathe in and let your body expand, when you breathe out, keep the large size, when you breathe in, let your body expand again, as it expands, the cells move apart, and in between is healing energy. In between the cells you will see energy, light, colors, dots, and they grow larger and that is you, it's your energy body. Ummm. Yesterday at the beach, I looked at the palms blowing in the Cycladic wind and I could see in between the fronds, in between blowing clouds, I saw the vibrations, the energy, the colors, and was inside of the expansion of visionary space. So. All the three in between are portals to visionary space where it is the world of spirits, of soul. In between is where our ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth live. I between is where they speak to you, where they tell you in every moment that you are connected to all and you are love and you are loved forever.

**Your have to play this one out.** Yesterday the voice said to me, “You have to play this one out. You accepted a gift, then you need to fully embrace it beyond perfectness, into beauty unfathomable”. In my life, there are decisions guided by spirit that I agree to make. Spirit tells me, “We give you a gift, do you accept this gift?” When I accept, I realize I need to make a full commitment, total intention, complete and beyond perfect, to act in a good way. Like everyone, in my life, I have been given many gifts, the first breath, visions and voices, loves, dances, paths, and.. people to help. When am given a love, I need to love inside cells, beyond perfectly, up into HER vortex, into HER kiss, without holding back anything. When I am give a path, in need to walk it fully, with commitment, intention, and participation as full as I can. Ummm ..Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for any gifts you have given me and everyone and I pray I can act in a good way to facilitate healing for myself, others, community earth and stars. .

Special voices

**I am not separate from anyone..** when I understood this, my whole life changed in one second. On the plane the other day, I looked around me. The special voice that tells me what is actually happening said, “You are not separate from anyone. It is beyond connected to them, you are inside and are one being.” As I heard this, emotions flowed, love emerged beyond time and space and it was all very simple. If I am not separate and we are all one, then .... I need to treat each person everyone with infinite love, compassion, mindfulness, feel their love and suffering and act to help in each breath.

**The Divine Feminine is just the truth.** My voice said to me, “It's about HER, all voices only come.. with HER. She is... before and beyond body, before and beyond sex, before and beyond time and space. SHE is far up into infinity, backwards and forwards.” So, after this voice, all day, I was very inside divine feminine energy, swimming in HER, sleeping next to HER, smelling HER, and I understood this was my primal experience. Now, worship of divine feminine is the world's easiest religion because there are women everywhere! It is like the Goddess/God is there physically in every moment, so this religion is not faith based, but physical experience based. Beautiful Divine Feminine, goddesses are on buses, in shops, dancing in the street, each is carrying HER Divine Feminine energy from before creation. The Divine Feminine was the energy that created all physical forms. In the before, was the One, then, it split into the Two, Divine Feminine and Divine Masculine . The One=SHE/HE separated into The Two- only to worship each other and to make love. That is why we were all born from a HER vagina, from the physical echoes of divine feminine spirit as physical woman. There would be nothing, no people, without HER. The dance of making love is a woman and man dance as one, and the result is, the sacred baby (us). That dance cannot exist with only men-- so no other dance can either. Each time the goddess appears I say, “thank you for being born in this form goddess, you are so beautiful.” The first art and the first sacred object was HER, Venus of Willendorf. 26,000 years old.

Last night, **I saw the 2 cells that joined** and created my physical body merge into one.. They were so beautiful, they spoke to me. They said, “One of us was from a woman, one cell of us from a man, and.. we merged! and become one new cell.” The new cell had both the genetic material from the woman and from the man of course... They said, “We two become one after the Spirit Lovers make love.. and I then we as one grew.. inside a HER body. Our mother ate food which came from Mother Earth. It is soo beautiful.” During this whole physical process, where was I, Michael ? I was never alone, never separate from HER, from woman, goddess energy swimming and popping into oneness. First I was inside HER lovemaking , then insider HER body, ummm.

The modern religions are based on visions of men, ummm. Before that there were visions of women creating spiritual experiences for humans. Matriarchal spiritualities  
Miracles take place in a field of grace.

Yesterday, a dear friend told me his doctor told him it was a **miracle** he was alive. He had terminal kidney failure, and... suddenly got all better. And the doctor also said to him, he did not believe in miracles. this is the way it is with miracles and medicine and

doctors. The miracles happen in each breath, in every way, physical mental spiritual personal grown. The real miracle is love and as we enter it we enter a field of grace that creates miracle as we breathe. When I was a doctor working in hospitals I saw miracle every moment. It is not always about life or death, it is often about love and passion. I saw people alive twenty years after doctors told them they would die next month, I saw people traveling and living wonderful lives after their doctor told them they had months to live, this was in fact my reality as I studied medicine and worked as an allopathic doc. But the reality around me did not see or honor or live inside this, so.. I understood the first thing I needed to do when I worked with anyone was open the door for a miracle. Jean Watson (Watson Caring Science Institute) has 10 processes to change healthcare, number 10 is, "Open to mystery and Allow miracles to enter." Because, miracles, take place in a field of grace and beauty. When you see someone as healed with your soul and look at them in their eyes with this, the miracle comes down over you like her kiss and over them like her bigger kiss and the miracle happens. Photo, Abaton in Delos Greece, An Abaton was built on the site where someone had a healing miracle. Delos is the island of miracles with Abatons all over!!

As you heal you heal yourself. You face what needs to be faced as it comes up Ambrosi

**Art is alive and art heals you..** because the spirits are alive in the art. When I was in New Zealand, a Maori carver I was working with told me, "I am carving this sculpture to heal my village. When I put my carving in the village, the spirit will appear and will heal everyone". When you paint a goddess with intent to pray and heal, the goddess comes in and actually lives in your painting. From her home there, she takes care of you and heals all that is around you. When you look at a sculpture of a goddess made for healing, transformation, and worship, the goddess heals you and changes your life. In Greece each temple had a huge sculpture of the god or goddess inside. For example, the temple of Artemis, goddess of the moon, nature, wildness and childbirth, had a statue of Artemis inside it because the healing goddess lives in the statue in the temple and She emanates from within it and heals all who enter and heals the community, and earth. When you do ceremony with medicine, for example with a bear skin, the bear spirit arrives, lives in the skin, and heals whoever is around. Art speaks because the spirits living in the art speak. Art (visual arts, word, music, dance, and all together= ceremony) is the manifestation of the Goddess/God, spirit animal, spirit manifest on earth in physical form. The art is their spirit body. The artist is the one who sees and makes this possible by bringing the vision across the membrane to physical form so spirit can heal. Photos- My sculpture of the goddess in Tinos Greece, The lions protected the sacred lake where Artemis and Apollo were born, Delos Greece, and the temple of Isis, Delos Greece with statue inside.

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**Your life is art manifesting the goddess to heal.** Each living woman, (and ancestors past and future) carry the goddess. You carry her on earth in physical form. You are the goddess on earth and you bring in HER energy form as you kiss, make love, and breathe,... you are goddess manifest and your life is HER and.. you and goddess as the dyad a double vibrating as one, become a piece of goddess art to heal. As you breathe and move and act, your whole life becomes a piece of art of the goddess... and your existence here becomes a piece of art to share her HER on earth to heal yourself, others, community, earth and the stars. In Buddhism, art was the emanation body of Buddha which was necessary for people experience Buddha in their imagination. In the same way, your whole life as your Artistic Emanation Body is your most powerful art form. Your life is your art to manifest Divine Feminine energy on earth to heal. Ummm.. Our job as Him is to love her- you beyond perfectly with each breath, as the living woman and goddess at once. We see her as HER and her at once vibrating between forms and we merge with it and worship her so she wakes up fully and is HER on earth to heal ourselves, others, community and the earth. Thank you for HERher. Photo, Yab-Yum Tanka, Breakfast with the goddess

**Beyond perfect peace.** This morning I woke up in beyond perfect peace. There was nothing moving, nothing on my mind. There were no ripples on the surface of the cam waters. The reflections went up and down and turned into one image of HER kiss. It was far beyond simple and full to emptiness and limitless. I understood, in my first breath, that it gets very simple when there is nothing moving and at once everything is moving equally without value. There is no reaction to anything, it all flows around her kiss, like beyond perfect peace.

**Healing without the why** = psychology. I don't use psychology to heal. I don't need words or explanations or answers. In fact, I don't heal at all, spirits heal, I am their tool or servant. The person heals themselves with their spirits and I do little . The first step in healing for anyone is going in the darkness. (darkness is the 3 dimensional place where pain lives) We all do this automatically before we begin to heal , because that is what we are healing from. It is the beginning, we see, feel, are in the darkness, whatever it is, trauma, illness, spiritual loss etc. and then... We begin to heal. To heal, first we need to make the decision to get well. Really.. then, the next step is to make a decision accept the changes in your life that are necessary to heal. Then.. the steps...begin. We...

1. create sacred space
2. see in beauty
3. look for lights and vibrating energy
4. invite spirit ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth to .. do the healing
5. See the visions and speak to them
6. spirits appear. This steps tell you who you are and what they want you to do
7. you heal .. only by actually working, the working is dance, music, visual arts, word, all together = ceremony. SO.. spirits heal you by making sacred prayer and ceremony. The spirits dance us out of the darkness to healing and do it by putting us in love. There is no why, no psychology, you don't have to find out anything in words... to invite your spirits to heal you by dance

Photos, Arts in Medicine University of Florida, dancing and painting with children with leukemia, no why..

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**There is no death, only life everlasting.** There is no birth we have been here forever. There is no separation, we are all. We are the one, the two and the many. We are time and space and before and after time and space. We are only the love that created forms and the forms. It is my birthday today, and I have no birthday. I was here before the forms and will be here after and I am the forms and the non forms. Happy non birthday to everyone I love and happy no death day to all ancestors who teach us as we breath. The thank ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for the next breath, for all I love in this body in this life and all before and after. Metastasis \

**I don't have to understand my life to follow spirit.** Imagine that you, as you are now, right now, in your present state of knowledge and understanding, could plan your whole life. Imagine that you could make all your choices to do things, to go places, from now until you pass to the above from what you now know of reality. Ummm...Now imagine that your higher spirit self, your soul, your beyond spirit self who is eternal and is love could make all your decisions. Now imagine that all the teachings of ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth that you have deep inside you and.. will have when you pass (and even what you will never have completely have yourself or understand) could make decisions and plan your whole life. now, imagine that love and spirit beyond your present understanding could make your choices to do things, go places, from now on.. Which do you think you would prefer, making all your choices from your present state of knowledge or... from your eternal soul which is perfect love? I chose making decisions from my spirit voices, ancestor voices, spirit animals voices. That is why I don't have to understand anything about my life, because spirit understands it way beyond me, and does it all out of eternal perfect love, from before the beginning of time to after the end of time. Photos, 1, sunset Tinos Greece, 2. Moving with my wife from one place to another, 3 Pointing out the writing about the ancient 2000 year old healing temple of Amphitrite for women on Tinos Greece.. All beyond my understanding

**The wonderful implications of being one.** Yesterday, walking on the street, I saw a new baby. She was soo beautiful in her carrier on her young mother's chest. The mother was surrounded by light and moving colors as she loved her new arrival. Then, I saw an old woman. She was so beautiful walking with her canes, bent over, in the road, head up, her wrinkles radiating wisdom and experience. In a gift, I understood they were one and I was one with them. We were exactly the same, only some illusory years, gender, made us appear different, but our souls all radiated extravagant beauty far out of time. For after all, there is no time and no separation at all. And I understood too, that since we are all one being, the baby and older woman and me are simply different aspects of the one, the

goddess/ god radiant on earth beyond time. and what we see as beauty is relative to the short moment we see in physical space and time. When our vision shifts to being one beyond space and time, the beauty explodes, is visible in all our lifetimes and beyond them, to the love from which we are manifest. Photos, 1 my son and grandson, 2

**Our faces move like costume changes in a dance.** Yesterday, when I looked at the people around me, on the bus, walking in the street, I saw that all our beautiful faces were vibrating in non time. I could see that the faces stood still only in time (which does not exist) like a still photo in our moving life. I saw the person's face I was looking at as a wonderful moving dance of colors and energy. I saw her or his face as a radiant newborn baby, in the same non moment, I saw her face in the most beautiful moment of her present life, I saw his face as his wisdom filled elder, I saw her face as her transcendent dying woman, I saw their faces in all their lifetimes at once, vibrating like the reflection of fluid dancing light on water. And in this moment, I also saw that our faces in the physical world were gorgeous sculptures. They were hard skull bones delicately carved, with juicy bendable cartilage put on like clay, and they were finally covered with a blanket of beautiful soft colored skin. I saw that each beautiful face was the cover of skin on bone moving as an illusion through time, from spirit to newborn, to death, to spirit. This vibrating link between the artistic beauty of our illusory physical life and the vibrant beauty of pure spirit is beyond wonderful because it takes me out of any judgment of beauty, to knowing that we all are perfect beauty of spirit. We all are in the same, and are all one in the perfect beauty way. In the costume changing dance where the face moves in no time and is also sculptured bone, there is no judgment of "more beautiful"... just the perfect vibrating kisses from HER in each non breath. So, you beautiful beyond.. imagination, beyond form, beyond time and space and far beyond the world. Photos, my family years ago, some not yet born, some passed. Me yesterday

**Last night, I saw the 2 cells that joined and created my physical body merge into one..** They were so beautiful, they spoke to me. They said, "One of us was from a woman, one cell of us from a man, and.. we merged! and become one new cell and together, we became you physical body." They reminded me that the new cell had both the genetic material from the woman and from the man, of course.. ..They said, "We two become one after the Spirit Lovers make love.. and then we as one grew.. inside a HER body. Our mother ate food which came from Mother Earth. This story is a miracle and is so beautiful." I thought, during this whole physical process, where was I, Michael? I was never alone, never separate from HER, from woman, goddess energy swimming and popping into oneness. First I was inside HER lovemaking, then insider HER body, then. ummm.

The modern religions are based on visions of men, ummm. Before that there were visions of women creating spiritual experiences for humans. Matriarchal spiritualities  
Miracles take place in a field of grace

**Lessons I learn and learned from my beautiful wife:** The profound gifts and teachings of my wife are: Accepting gifts of spirit without understanding, loving



unconditionally from before the beginning of time to after the end of time with no explanation, trusting spirit without any answers, having balance= not doing too much or too little, (very hard for me) seeing and experiencing life anew, letting go of old models and answers, being born again with new eyes ears and touch to see spirit, grounding on the earth, spending time with trees, forests, sea, taking care of my physical self (also hard) and other people's , not getting tired, enjoying each moment of my life, doing things to have fun, doing what I love, cooking slowly and eating good food, spending time not doing anything, taking care of everyone's physical needs= watching people to see what they need, spending time with the people you love, loving animals and speaking to them always, seeing beauty always, taking care of details and being practical, (almost impossible) closing doors, waking up with joy and excitement for the new day and giving thanks, and loving and taking care of her= HER.

**Time is a Her fluid that pops open in all places at once.** (A hard post) Time in my life, appears like the rainbow bubbles that children blow, and like their bubbles flying in the breeze, time pops and opens in different places at once. When an event in my life becomes visible in time, it pops open. I can feel and see the events, in bubble like pops that I know have happened, are happening, or will happen, because they are my life. This is what it feels like: I am fixing up a new apartment with my wife to live in. On the surface, it seems to be taking time, I can see it is not finished yet today. I can see that we have a bed, and I can also see that we don't yet have any shelves in the kitchen. But, then I can see all the things happening at once, I can see the shelves popping in place, ready to happen and I can see the couch that already happened, popping too, the pops are the bubbles popping the events in time- all at once - backward, and forward, past, present, and future. When this started happening to me, I was driven to read about what physicists say about time, because it's not at all obvious what is happening. They say, "One theory of time is that events exist in different parts of space-time at once. This theory of time ( the block theory) says we're spread out in time, something like the way we're spread out in space. We're not located at a single time, instead we are in a scattered' condition." ummm.. so from that view, there is no linear time, no simple cause and effect lines of events that take place one before the other. Instead, we can see and feel all the points in time, the present, the future and the past, at once. Events in time appear to us like all the children's rainbow bubbles popping around us. And. that is how intention and commitment work. We have intention to make something, to set up an apartment, to heal, to change the world, and our intention all happens at once, backwards, forwards, in one non- second, just like the pops of our beautiful children's colorful bubbles. Time appears all around us, at once, as spirit manifesting timeless perfect love.. and we feel the spray of the bubbles of time popping like we feel the moisture of Her kiss.

Bubbles Mykonos , new apartment.

**You are a portal to spirit. Because you carry presence.** In the road last night, I passed a woman. I did not know her, I never saw her before. Her physical presence in this moment was of an older African woman, full bodied, with a coat cool weather, In the

moment I passed by her I entered spirit. I heard the words. "She is a portal to eternal spirit. All of us are..." So, without words, without identity, without knowing anything about her she was my teacher. She taught me that we carry the presence of our soul, of our ancestors, our spirit animals, our spirit guides, our teachers, our lovers, our grandmothers and grandfather of the four directions, and of Creator/ Mother Earth. In each non moment out of time, we carry the pure essence of who we are in this lifetime and who we were in all the others and who we will be, of and of who we were before time and space and material world.. We vibrate with the energy of all this in every heartbeat and... all that is around us can feel this as as they are. The stone people, the plant nation, all the animals, all the people can all feel our eternal spirit as it's prayer all the time. This power of our healing presence, of the eternal spirit we carry is not dependent on time or space, but, if you are next to something or someone it is very strong. You are the portal to spirit and healing for everything as you are in your love and beauty. Thank you for your being, your presence and what you carry. Photo, Inna Dagman healing dancer woman carrying her healing presence.

**The act of seeing someone healed.** When I work with someone who has an illness, I see them healed. First I see the illness, or the energy of the illness or the spirit or the illness spirit takes it away... and then...it's gone. Then, I do not see the illness, the illness energy or illness spirit. It is now gone. This practice of seeing someone perfectly healed is natural and normal because, in fact, they are. Since there is no time and no space, and only pure love and spirit, in pure love spirit space the person is healed. They were, are, and always will be, so when I see them healed, I am only seeing the truth. I am seeing them healed in another time and space continuum, spirit brings them there. And.. most importantly when I see them in beauty, in perfection in the healing way, that is the energy that we are in, that is the place and time we are in. We travel there on the vehicle of spirit. Then, the person sees, feels, experiences, themselves healed.. There is more... when you see someone as healed, you change the material world to the healing way of being. You go there on love. The universe changes and it is healed, the person changes and they are healed, you change and your are healed, you are only seeing the truth. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching, this way you heal, this medicine. Photo Christiane Corbat, saw the person she was working with healed, then body cast them and made the cast the vision of them healed, and then gave it to them. That had a real sculpture of themselves healed to live with and be.

**Open your eyes and look deeply at where you are.** I was moving fast in the street running errands. I had a long list of things I had do that were not fun. I was going to my accountant to pay taxes, then, to the bank to transfer money to pay taxes, then, to the garage where my car was being repaired from when I hit a rock jetlagged. Then... I heard a voice. "Open your eyes and look deeply at where you are." I stopped, I opened my eyes and my reality changed in a bright flash of white light. In a moment, I saw that the world I lived in was beyond beautiful. I saw that I was on a Greek island in the incredibly bright Greek sun next to the sea, I saw the white houses were gleaming flashing light back at me, I saw people were looking at each other and laughing. Ummm. And I heard, "Enjoy each moment of your new life without limit.. see beauty and be the love that is."

So.. I slowed down almost to a stop, I felt the radiant light of Greece healing me, I felt the slow, slow, healing energy of this sacred island that I lived on healing me and blessing and healing all those around me. Then, I changed. I too started smiling at everyone. With each person I met, I saw them in beauty and I gave myself to them with love. I looked into their eyes, enjoyed who they were. I asked how they were and I listened deeply to what they said. I thanked each person for what they were doing and told them they were wonderful and doing a good job. Then each interaction was totally different, all had moved from worry and tasks to beauty way. This was Simple. At the end of morning, I went to pick up my car. The owner of the garage said, "Do you want a coffee? We said, "Yes, and then, he ordered coffees and we slowly talked about his life, our lives, about pomegranates, gardens, springs and water, and making olive oil. Then, he said, "Do you want to come to my garden to drink a pomegranate juice with me?" We said, "yes". We left the garage and followed him to his beautiful garden. We walked around the pomegranate trees and he gave us new baby trees to plant. We drank fresh purple thick pomegranate juice he just made, we sat in the sun and I marveled with new wonder at all the calmness, peace, and beauty that came when I stopped doing. As we left, he picked pomegranates and oranges and filled a big bag for us. He said, "You can pick up your car another day, anytime." Umm this was the old Greek way, live life with full joy, with friendship, with incredible generosity, live it slowly, beyond time with full pleasure, enjoyment, sensuality and love. When I looked deeply at where I was, the whole universe changed. I found I was deep inside the beauty way and inside Her kiss of love.

**Moments of diamond opening.** Reality looks like the mirror ball that spins and flashes colored lights around the room. It seems real, is very attractive, but actually is completely porous. When you look closely at it, it is covered with holes and in fact does not really exist at all. The holes are holes in physical space, (like the holes between time) that are the portals for us to enter sacred space, inner space, spirit space and leave illusionary physical space. These holes appear as gifts and immediately change our lives. When I was diagnosed with kidney cancer, I needed a difficult surgery to take out the cancer. They had to come in from my back by opening ribs etc. After surgery I was in allot of pain and the pain meds made me sicker. I became allergic to pain medicine and then a resident came in and told me I had internal bleeding. Umm. So. I entered a place of pain, then fear, then darkness (the three dimensional place pain lives in). I got into a very dark place, I saw that all was collapsing around me, I was falling in a hole, and nothing was helping me. It was like being inside a scream. Then.. a young nurse came in the room. Even before she entered I felt different. Time and space expanded, spaciousness arrived. She came up to me, she seemed to be floating and surrounded by light. She touched me and.. I was suddenly completely better in one moment. I had entered a huge peaceful space, as big as the universe, a place of peace and joy. Umm... Afterwards I tried to understand this miracle. (It was a miracle because 2 days of any medicine they could find had just made me worse) The young woman nurse had only come in my room, asked how I was, and touched me and told me I would be alright. She was a young woman, seemingly ordinary, she was just making her rounds. What I see now, was that she was carrying angelic healing energy. She was a portal to spirit, to the healing goddess. She did nothing but her power was beyond imagination. She was carrying the portal to infinite sacred spirit space as she existed and walked. The reality that seemed so solid was

porous. The flashing colored light that catch our attention have within them the holes that are our doorways to pure spirit and infinite healing. The portals to infinite timeless and space less spirit open in many ways: ceremony intentionally opens them, dance, music, art, poetry opens them, and.. pure love carried by you is the most beautiful portal of all. Photo, 1. Vijali Hamilton, hole in reality vision, 2. Christiane Corbat, Global heart project, 3. Arts in Medicine University of Florida dancing with cancer patients.

**Dani meeting the universe has brought you here.** There are moments that I have been led to by spirit to teach me who I am and what I am to do here. These moments are unpredictable unexpected and beyond wonderful. All these moments have things in common. I did not know they were coming. I did not always think I was doing the right thing in my mind. What went before was often not what I wanted I was attached to something else and needed to let it go before

**Happiness is between the molecules of air we breathe.** In the road, in the white small town on the Greek island where I live, in the passing red evening light, with the sea pulsing I was filled with happiness. It came suddenly, with the light cool breeze with the words, "Happiness is in between the molecules of the air you breathe." And I understood that this Greek island carries happiness. It is inside the air, permeating the air like a perfume. It is inside the light, inside the ground, inside the plants, inside the rock walls of the extravagant terraces built in Venetian times. The happiness here has a color, an odor, a taste, a feeling like the air itself. But it is in between. As I felt it, I pushed the air apart, made it larger so the in between filled with more happiness coming from HER kiss to all of us living this incarnation on the body of Mother Earth. I understood that the happiness was coming from the union of Mother Earth/Creator, it was coming from their Spirit Lovers kiss that created the earth, stone people, plant nation, animals, and us. It was left over from their first kiss like the radiation is left over from the creation of the universe. So, I took a deep breath, let HER evening gift of happiness come into my whole body, beyond my body to my spirit my soul and to you. Thank you Mother Earth/ Creator for your lovemaking that gives us the ancient radiation of happiness that is between the molecules of air we breathe and between everything else in the universe and beyond.

**The path of the peacemaker.** I walk the path of the peacemaker. Maybe because as a child, I was sent to Quaker schools and learned to react to aggression and dialogue and love. A terrorist act, like the one in Paris, is the opportunity for the world to react in a new non patriarchal creative way that turns it's back on war. We need to understand why aggression happens, there is a reason, and work together to make peace with love. As a physician who takes care of people who are sick and often at end of life, I also think about how to react to death each time an event like this occurs. The death of people in war/terrorism is not a reason to make more war. I always think about preventable causes of death, for example, 66,000 people die of smoking related deaths each year in France, that's 180 people a day, more than were killed in the attack yesterday. So for me, when many people are killed in terrorism attacks it makes more sense to start a war on preventable causes of death like tobacco, fat foods, etc. than to attack a country like USA did after 9/11. The attack in Paris, and any war, is a chance for all of us to start real

dialogue with respect and love and work actively for peace. We can do that immediately by making a decision to stop war which is in fact a life threatening illness. We can begin with prayer for peace, we can as healing artists make art for peace and we can do any active peacemaking activity to promote love that we can think of. After 9/11 we wrote a book, *The Path of the Peacemakers: A Creativity Workbook for World Peace Through the Energy of Love and Compassion*. This book is a prayer for new creative non patriarchal way to react to war instead of starting a new war or accelerating an existing war. I pray on this day, that we can begin to dialogue with love, and stop war as an illness, and make peace not war. I pray for all the people involved in war all over the earth, stars, and universe, that they will know peace and love and act to change our world.

**It takes many lifetimes to learn how to worship the Divine Feminine.** In my dreams last night, I saw some of the lifetimes where I was being taught to worship the Divine Feminine. They were wonderful lives because the Divine Feminine is the Mother Earth, sexuality, creation etc. The Divine Feminine is worshipped of over the world. Temples to Divine Feminine in India, Egypt, Greece all over. In much of the world, the Divine Feminine was encountered as the goddess. In ancient Greece, the Divine Feminine was alive as many goddesses and each had cults and temples her aspect. In Delos, an archeological site that was the most sacred place for art and healing and worship in the ancient world for over 2000 years, there are temples to: Artemis, Hera, Isis, Aphrodite, the nymphs, the hyperborean maidens. Each is an aspect that is merged with and embodied in ceremony. Artemis wild nature, childbirth, Hera and Isis wife mother, Aphrodite love and sex, nymphs water transformation, Maidens, shamanic shape changing, and the oracle oracular visions. In the temples the Divine Feminine was worshipped as a live woman goddess. In the temple of Aphrodite pilgrims made love to her through her priestesses, anointed the woman of love with aromatic oils. in my previous lifetimes I was taught how to love HER. One lifetime was only licking, another only anointing, another only kissing another only making love.

**This is a gift to you to promote world peace,** please share with anyone. It is our book *The Path of the Peacemakers: A Creativity Workbook for World Peace Through the Energy of Love and Compassion*. We began this book, first draft after 9/11, we rewrote it at the start of the Iraq war and New York publishers only wanted books on war so it was not published, and we rewrote it again for Caritas nurses for Jean Watson, Watson Caring Science Institute for world peace in Hiroshima. The image is the book for nurses, we give you the edition for everyone. *Path of the Peacemakers* is a book about creating a new way of reacting to war and violence, creating inner peace, and using art and creativity to promote peace. From our book, “We have a choice for our future. We can move forward on a new path to peace. We refuse to turn back on the old path to war, racism, destruction, rape, torture, to go back to habitual old patterns of the human condition. We refuse to repeat those patterns- we don’t know the new way- but we want to seek solutions within ourselves, within our own wisdom. *The Path of the Peacemaker* will help you get in touch with your creative wisdom for peace.”

This book is an invitation and workbook for you to become an effective peacemaker. Using techniques from psychology and eastern thought, this book will teach you how to

walk The Path of the Peacemaker. With exercises, guidelines, assignments, you can walk your own path to peace beginning with the intimate relationships in your own life, Join the world wide unity for peace, join the emerging global community. Turn away from the old ways of war and aggression and walk forward to something brand – glimpse the brilliance of this vision. The vision we share and articulate is gripping, compelling, and beautiful. We have a vision of world peace. we see it, feel it resonate in our bodies, lets move towards it, coming together as a community to create this vision.

**Let the goddess heal our trauma.** The goddess, HER, Mother Earth, HER love heals trauma. Last night, I woke up and could not sleep. Visions of the Paris bombing from television moved around in my head. I could not get them to leave. Umm. Then the goddess, HER, came to me with love. She loved me in every way in my previous lifetimes, now and in future lifetimes. She loved me before, during, and after, the end of time. umm. I slept peacefully and woke up full of energy to heal. Studies at MIT explain to us how She does this. Rats were shown the color blue and then shocked. ( I hate animal studies ) The rats became afraid of blue light. Then the cells in the brain that carried the memory of the trauma were stimulated so the rat experienced it again, and... at the same time the color red was shown to them. Then, they became afraid of red, the memory of blue was gone. What this sad but important study means to us is, that a memory of an experience of trauma can be replace completely. Taken away, because new neural circuits and made. When a person remembers the trauma in detail, and at the same time has a beautiful spiritual experience, the spiritual vision replaces the trauma completely, it's gone. . So.. if you have a trauma, remember it, visualize it, and while you experience it in safety with support, (that is why we heal in community) have the goddess visit, make art, dance the goddess or god or spirit animal, the memory of trauma is replaced by the new experience of love and grace. That is a physical explanation of how art, dance, ceremony, prayer, visions, spirit animals experiences, etc. heal. So.. I thank the goddess for arriving last night in my visions of trauma, I thank her for loving me perfectly while I was suffering and replacing the pain with grace. I pray she SHE arrives for everyone hurt by the violence we are experiencing now. It is time to change our experience of violence and trauma to experiences of perfect love. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching. Photos, Most ancient Goddess, Crete snake goddess, and Alex Grey who heals us as he breathes and give us images to heal our trauma.

**Let spirit take it, don't carry the suffering.** Spirit heals, I don't, spirit takes the illness away. I just carry spirit when I work. I participate in our medicine dance by carrying spirit , I don't do it. so.. important, I don't take on the illness from the people when they let it go. People who come for healing, release the illness. They let go of what needs to leave, and bear spirit takes it. I don't have much to do with this, I carry bear, that's all. Bear spirit takes the illness, my man is just the one who carries this spirit for the ceremony. It's the same when I work with people with trauma. I hear the story of the pain and suffering, the story of what is happening or what happened. The story goes over me like a flying bird, it goes over my head and the spirit I am working with takes.... bear owl

hawk takes it. My teacher RT (Rolling Thunder, thank you) taught me this years ago. He said I needed to be protected from the illnesses I work with. He said ,”Not all that is out there is friendly doc, you need to protect yourself from what is around and not pick it up”. So..He taught me to put protection around me, tobacco rings, prayers, cornmeal, and let the illness go elsewhere. When he worked with illness, he let it go into a piece meat the put it in the fire. He did not take it on. It is the same with doctors, when they are medical students, they have symptoms of patients they work with. It's called medical students disease. With the events of violence around us, it's important we do not take them on and carry them. We need to do ceremony to let spirit take this away. We need to let our spirit animals, spirit guides, Creator/Mother Earth take the violence, carry it away and release it to the universe who will make it in a good way. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching and for my next breath and after. Photos, yesterday in Tinos Greece.

**Love has no time.** Last night, I found myself loving all the people in my life. I went back in time to when I was born, and I loved each person one at a time. It was wonderful. With each person, I deepened the love we experienced. In my imagination, I made the love in our lives together much more expressed. I made each moment fully loving beyond the forms into fullness. Umm. It was loving beyond perfectly from before the beginning of time to after the end of time backwards. I have done this before. In my vision space, I have gone backwards and loved myself and other people in my life in each moment of their lives from their birth (to their death if they have passed). When I love them backwards they are loved forwards. It's like healing my inner child by loving him and others people in my life's inner children by loving them backwards and then... and forwards. This works because love has no time. umm Years ago, I saw and then wrote a ceremony. We did this ceremony with my art and healing class as a dance all over the world. it went like this... In the beginning there was only love, the one, then the one separated to see the other, and they made love. Then, together, they birthed the spirit animals, spirits, the 4 directions (space and time), then stones, plants, animals, people. This dance was fun to do. Now.. I see us coming together all over the world to come back to the one, and be only the force of love from which we came. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this vision, our ceremony and the love that will heal ourselves, others, community, the earth and the stars. Phots, my marble series, first the one separates, then comes apart more, then more to make love and birth time and space. This comes from the ancient Greek creation myth.

**Restorying your life.** Imagine that from the moment you were born, you were raised with this story. Your mother and father were goddess and god, Spirit Lovers sacred people. You were sacred baby. All was one. You were one with all beings, stones, plants animals, people earth stars. You were made of star matter. In school you were taught you were one with all children, no one was separated or better, the only task you had was

being your part of one, finding who she was and dancing her on earth. Even ceremony was in oneness. There was no Creator/Mother earth you were them, no ceremony it was only their breathing, no illness and people needed to be healed only one love, no spirit animal dancing separate from you, only one dancing love connected to all. No time no space no matter only love manifest from THEIR one kiss. This is the only story you know, this is who you are, there is no other story. Thank you ONE, I am your baby breath and kiss.

Resonances of prayer everywhere,  
Worst moment can become best meeting babbas

je me réveille  
Je dis bonjour à ma belle épouse  
Je ouvre les rideaux  
Je ouvre la fenêtre  
Je ouvre les volets  
Je dis bonjour à Pouf le chat de la matinée  
Je baise ma femme belle

I wake up  
I say good morning to my beautiful wife  
I open the curtains  
I open the window  
I open the shutters  
I say good morning to pouf the cat of the morning  
I kiss my beautiful wife

For Oliver to put on website with book cover.

This is a gift to you to promote world peace, please share with anyone. The gift is our book *The Path of the Peacemakers: A Creativity Workbook for World Peace Through the Energy of Love and Compassion*. We began this book, first draft after 9/11, we rewrote it at the start of the Iraq war, and we rewrote it again for Caritas nurses for Jean Watson, Watson Caring Science Institute for world peace in Hiroshima. The image is the book for nurses, we give you the edition for everyone. Use creativity to become a peacemaker and change the world

**Resonances. The energy of prayer and love you carry stays forever.** The energy you carry stays in the places where you are, in the places where you have been and in the places where you will be. You carry your special energy of love, prayer, healing and joy. This energy comes out of you like vibrating violin strings and it causes resonances in the universe backwards, now and forwards. When you have been to a place, done prayer and love there, helped anyone there, done ceremony there, or.. just been there... anyone who goes to the place will feel your love. When you will go to a place, anyone who will go there will feel you love. Last night, my wife and I ate dinner with old friends who



introduced us years ago. As I sat with them, the energy of their getting us together in love overcame me. It was like time and space disappeared and all meetings, energy, and love flowed in. We told stories about how we met, days we loved each other and I felt the powerful destiny of this moment going backwards and forwards in time playing like music. Rupert Sheldrake called this memory of events in nature “morphic resonance” and it's the reason sacred sites where people did ceremony and prayer still carry the energy and prayer for healing and are still powerful places to heal. Since there is no time or space and all is one, the energy of love is everywhere, every place is sacred and healing and you can feel it and make it grow to pure light. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this next breath and for all the people I love. Photos, Delos Greece sacred sites, 1. Abaton, a place where a miracle healing took place, 2. Beehive house, place of the oracle, and steps to cave on Cynthus where the magic stone of healing lives.

**We live in a field of pure love energy.** Yesterday, I was having a drink with my dear friend in a taverna the waterfront. It is winter on a Greek island, tourists are gone, only locals walk slowly by, small children play in the almost empty road, fishing boats come in slowly. Very peaceful with an extraordinary clear light. We were talking about how consciousness is expanding, our consciousness is now able to see, feel, be with much more than ever before. We can now be one with with other spectrums, uv, infrared , etc. with other energies, love, healing, peace, with miracles happening all around us. As we spoke and loved each other and the sea and the town, a dense like fog like field arrived. It covered us with pure white light, with tiny moving dots of light of pure love that danced around us and inside us like angels. This field of love was dense and thick, like a syrup with no thickness. We could breathe in it yet it was full. It was open and free and completely overwhelming in it's pure beauty and power. Umm. And inside this field of love I heard, “You live in a field of pure love energy.” And I could see that it covered us like our mother’s baby blanket. We breathed it in like perfumed ambrosia and it came into each cell in our non body and turned us to light and love. Simple, this field of love we live in. It's the constant gift of all who love us: ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth. Thank you for this gift and all the gifts you give us with each breath. Photo, 1. Mykonos in winter, 2. Virginia Kelley, sculpture, the gifts.

Wake up bear Mykonos

**I am a bear dance with Native Americans in Southern California.** For Chumash Indians, the bear is a healer, bear spirit takes away illness from people. We dance 3 times a year to heal the people who come to the dance and heal and the community. We dance in bear skins around a fire all night, people come and let go of their illness to bear. We heal people with all illnesses, physical and mental and life crises and personal growth. In late December we do a dance to put bear to sleep. Bear spirit sleeps unit march- it's hibernation- to dream and feed the spirit to heal next year. I will put the bear skin I have

in Greece to sleep this December. I can do this in Mykonos as a ceremony. We can have a drum, sing the traditional songs, I can do the bear dance in my skin around a fire and put bear to sleep. Anyone who comes can have a bear healing and we can dance to heal Mykonos and Greece.

**No content...only love.** I was talking to my beautiful wife and I started to drift into a visionary state. As I entered mystical space, I was realized that what I was saying and what she was saying was not all that was happening. What was happening on another level was about us being together in beyond eternal love. What we were actually doing below content was merging in love, being one before the beginning to time to after the end of time in spirit time and space. ummm, and as I felt and understood this below words I knew that our conversation was our love being expressed in intimate contact within the energy of love. The content, what we were talking about was almost like waves on the surface of the sea, what was happening was also deeper, being together and being in love. Of course, at the same time, I was paying attention to the content, both to honor the her and for the practical reasons of our conversation, making plans, doing business etc. I was listening deeply to what is being said, and.. I also listening, in my spirit, to the deeper events of pure love happening below. The same thing goes for the sense of place and what I am doing there with someone I love. Where we are and what we are doing is not the real point. We could be anywhere, doing anything, the point is being together in love. This “no content” applies to everyone...not just my wife, it applies to my family and my deep friends, and everyone... because we are all one. The content of the activity, the place we are, the activity itself, are the visible ripples, the real event is down inside in the center of the energy of eternal love.. It does not matter what you say, it does not matter where you are, it does not matter what you do, it does not matter who you are with.. the only thing that matters is being fully inside of Her love and.. you always are. Photo, A simple walk, it does not matter where you are. 2 Alex Grey Ocean of bliss. Portrait of reality

**Your worst day can become your best day** A dear friend of mine told us this story at dinner. We finished our small fish and broccoli and had drunk some wine. We were friends enjoyed each other and life. He said, “I was in Athens on November 17, 1973, the day of the student uprising against the junta. The police had stopped it wiht violence and now were searching for students who had protested. At that time.. I had long hair. They stopped me in the street and asked me for my papers, they took me to the police station and interrogated me .It was a dangerous and horrible day. I had proof of where I was and was released. So. I left Athens and went immediately to my island. I was eating dinner with friends and I walked into the kitchen and met” ...(the love of his life who changed his life forever. When he reached this part of the story, his face lit up, joy came to us, love came over all of us. It was soo beautiful. I thought about my life. I never know where a day is going. It could start with disappointment for expectations not met, or a big problem, or.. anything .. and suddenly, the day, in a surprise unexpectedly become radiant with love beauty and spirit. Something wonderful happens, that I could not have planned or dreamed of. If I am open always, with no judgment, with acceptance and love... SHE comes to me as a kiss and gives me the best day of my life.

**Escalating time.** Yesterday, I went up an escalator in the airport in Paris. As I rode it up, in a flash, I was on an escalator in the Atlanta airport years ago, and in another flash, I was on an escalator sometime in the future... all at once. The escalators flashed quickly changing from one to another and became one. As they flashed faster than a blink of the eye, they blended and merged, and... time disappeared. I could feel that when an event in the present sends me into past and future very rapidly I am thrown out of time totally into the one love. Years ago, when I was a resident in medicine, my wonderful teacher of hypnosis David Cheek taught is to hypnotize patients by giving them unfollowable instructions. We would tell them to imagine something, then another thing, quickly, one after another in a way that was purposefully confusing and in fact impossible to follow. The person would try and try again to follow the steps and then.. since they could not, they would be thrown out of time into no time. They would go from being ill with a doctor visit to being in spirit space where the healing would take place. In spirit space they could heal themselves without their mind interfering, without the bonds of linear time and without judgment. When the escalators merged and disappeared I was thrown out of time into no time, the non place where spirit speaks, where love is all there is, and where deep healing takes place. When I woke in this sacred place, I opened my new eyes to beauty in each breath, I saw the light that fills all, love was everywhere and my life was new. Photo, Ancient steps to go from village to village in Tinos Greece. The first escalator.

We were shopping for warm clothes. I looked at a woman in the shop. I turned into her, she turned into me. The people, the clothes, all **shape shifted until they were inside one.** We all became one person. I moved from my body to their bodies to all humankind in kind of a slide like a long exhale. It done by going into a portal. I could see that the doorway into the complete oneness was a portal into love created by seeing myself as one with others. As soon as I was one, the portal appeared and then I was inside beauty. In this place all people are equally beyond beautiful. There is no judgment, no age, gender, race, body weight. All those superficial characteristics become part of the perfect beauty that is beyond measure and precious. In the place of oneness and love it's inconceivable how beautiful each person is as the babies of Creator/Mother Earth and the stars. And yet as separateness is the illusion, and oneness the truth, beauty is. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for the glimpse of the truth, and for my new warm underwear.

**There are no words.** In the non moments when time disappears, in the non space where dimensions are no longer, the the great oneness where all people are one and one with Creator/Mother Earth, there are beyond no words, ...there is only perfect love, like a mist of colored lights and soft music that is happiness beyond. It is one with goddess, god, no words, there is no separation at all—it's is all one. This is where we seek and travel in meditation, in prayer, in ceremony, in our dance, into this perfect place where is started ends is and is not and will not be. I pray into this place with my humble gratitude, love care, of all around me, healing and joy. Photo, grave of the mystical hyperborean

maidens out of time and space who help deliver the goddess and god in Delos Greece, about 2000 b.c

**Commitment.** When I receive a vision from spirit.. I act on it. when I act, I act with all my body, mind, and spirit, with clear action. Often, the action is very difficult and/ or I need to do things that I am afraid of, or that take allot of work and money. I make the commitment as a decision our loud and the commitment is always to spirit.. not to a person. Spirit know what I doing, people may or may not know or understand. Yesterday, I received a long term French visa so I can stay in France with my new wife in France more than 3 months a year. I received a vision I was to marry her many years ago, she only accepted my proposals last year and it has been a long hard journey to marry a French woman and get a French visa for an American man. Today, I passed a language examination in French, waited hours in a local hospital in long lines for an X-Ray, and much more... It was the end of months of administrative work, getting paper work, having notarized birth certificates Fed Ex ed from California to France to marry, and many other things that were not easy or so much fun on the surface. (all actions for a spirit commitment are beyond beautiful) After I danced in ceremony for the first time for healing, I made a commitment to to ceremony for 4 years. To do this commitment, I had to do 4 years of no food and water 4 day vision quests, I had to fly from Europe to California 3 times a year no matter what was happening in my life. I have now done this ceremony for more than 16 years. The most important things in my life, who I am, come from from voices of spirit, then complete commitment, then actions necessary to manifest,. Commitment is the way a vision from spirit manifests physical reality. Commitment and it's work in the physical world moves matter and manifests the a dream. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for the visions you give, the commitments do act and the breath to do one action in a good way. Photo, 1. Metz France Cathedral with Christmas Ferris wheel, 2. My Language diploma

**Commitment 2.** In thinking about my last post, Commitment, I realize learning French, standing in lines, going on vision quest without food and water, flying to ceremony, are commitments inside a larger commitment. And I realized that the commitment to follow through on my marriage, and ceremony too, are inside something more spacious. I understood that my birth in this lifetime commitment is to love all in my life, to follow voices of spirit, to allow myself to be used by spirit to heal myself, others, community, the earth and the stars, and in my work, to share what I learn from spirit with others for healing. That is why I wrote all my books. I saw them as tools of spirit to raise consciousness to heal. And I realize that these commitments are the direction of my life and lives, they are who spirit makes me and to honor this, I need, needed, and will need, to do my whole life to be a piece of healing art that radiates love to heal. Umm that is a bigger work and no work. Again I thank ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for my life's work as a gift to others, community, the earth. Photo, my first book, baby book and book on guided imagery.

Happy day of thanks to all my family

Happy day of thanks to all my relations  
I thank ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and  
grandfathers of the four directions, Creator/ Mother Earth for our lives, our oneness and  
our ability to love in this lifetime and all others.

I am thankful for you

I thank you for being on Mother earth with me

I thank you for sharing your infinite beauty

I thank you for your wonderful teachings

I thank you for your whole life

I thank you for your beautiful work

I thank spirit for your soul and your essence

I thank spirit for your purpose in this life

I thank you for sharing it with me for one breath

I thank you for being one with me

I thank you for our tears and suffering

I thank you for your joy and happiness

I thank you for our dance together

As we are in HER kiss in love

In monoprix all gone, open light, lights flying like “ angels, all one

In bathroom, does not matter at all where you are or who you are with you are happy and  
one.

All thanksgivings are one, family

**Pure spirit and perfect love are always there.** In my life now, time stops over and over  
again, so much that I realize it's now allot of my moment to non moment reality. In any  
moment, anywhere I am, the scene slow down, gets lighter and lighter, then stops. Space  
opens, fills with light, and the people become the spirit they carry. Angels appear like  
tiny shooting stars and I watch, and I am one with it all and I hear this, ‘Peace and perfect  
love are always there. They are always behind the physical reality you see around you.  
When you draw the veil away, you can see the spirit, the oneness and the perfect love that  
are always there. I understood then we live in a world of pure love spirit and oneness,  
there every non moment, and the world we see is like a curtain with an image projected  
on it in front of the love. When you open the curtain, all there is is love.

**Telling the whole truth.** Last night, I was at dinner next to a nephrologist. Since I am a  
doc, and someone told him about me, he asked me about the bear dance. I told him some  
things about Native American healing, and ceremony, he was skeptical and not so  
interested. This happens allot when I talk to other docs. They don’t really understand. For  
years, when I talk to docs it's kind of like talking in a fog. So.. this morning I woke up  
and heard a voice, “Next time doc, tell the whole truth.” I understood that I do ceremony  
because spirit heals and spirit speaks to me to use me to heal. Ummm I do ceremony to  
be with Creator/Mother Earth in a concentrated intention to heal. I do ceremony because  
there is no healing without spirit and it is essential to heal and that is my part in this. This

speaking part of the truth goes for many times in my life. someone asks me a question and my answer is not complete, it does not tell the whole truth about spirit and ceremony and healing and how necessary spirit is for any healing. Next time, I will tell all because that is the only way to serve spirit and make change in the world. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching and I pray for all that need your healing today. Photos, Inuit bear dancer carving, Cave painting Dear Shaman, Goddesses dancing ancient Greece.

**Prayer is all we have.** In a sacred space, in ceremony, in a church, temple, mosque, near a waterfall, you are in sacred space. Sacred space is where you shift from outer to inner, from physical to spiritual, from material to visionary. In sacred space you hear voices of spirit telling you who you are and what you are to do and .. what is it that it is, and what is it that it is not. The voices of sacred spiritual figures, of spiritual advisors, of teachers, come to you in sacred space. The voices of spirit animals spirit guides, ancient ones, ancestors, mother earth, nature, god and goddess come to you as visions. Yesterday on our walk in Paris, we found ourselves in the Chapel of Our Lady of the Miraculous Medal. This small inconspicuous chapel is next to maybe the richest and most conspicuous department store in Paris, the Bon Marche. The contrast between pilgrims and consumers, between a simple austere place and lights, wealth and glitter is immense. In this chapel, there were a series of Virgin Mary visitations to young woman and the presentation of a medal for healing. Ummm. When I go to such a place , I hear HER speaking to me immediately, she says, “Love Her, Love Her, Love her love her love...” the simplest of teachings. I hold my wife’s hand, we look at each other inside love, and leave back to the glittering lights of Paris.

**Earth based spirituality.** My Native American teachers have taught me earth based spirituality. With them, it was never separate. This started with the Hopi dances when I was a doc on the Hopi res. The clans were from spirit animals and the dances were in balance with the seasons, the sun, the moon,.. and the spirit animals were alive in clan mothers. The Dine people who I took care taught me balance with nature, prayers, singing and spiritual healing. RT (Rolling Thunder) taught me about the plant nation, grandfather plants, healing by releasing illness to nature and prayer and protection. Turtle Hawk has taught me about how healing ceremony depends on the grandmothers and grandfathers of the 4 directions, Creator/Mother earth prayer singing and dancing. This spirituality depends on the sun, the moon, the Mother Earth balance, spirits, ancestors. It is not separate patriarchal human based. Earth based spirituality is crucial to saving the earth now. Indigenous peoples have always been connected to Mother Earth, seasons, 4 directions, spirit animals. They never believed they were separate or better than the stones, the plants, or the animals The teaching is that the stones are the smartest, plant nation next, animals next and us two leggeds last. So.. it's time us two leggeds stop destroying Mother Earth and work together to heal. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this prayer today for the summit in Paris, for healing to take place like the peoples of the earth who have woken up seek.

**Replacing the inner critic with the inner muse.** Yesterday, I got back to Greece. I got off the plane, on the bus to the ferry, and heard this voice, “Welcome home! We are happy to see you, we love you, feel this place, just feel it.” umm. I was looking out of the window of the bus, I was looking at the graceful olive trees, the grapes sleeping for summer. It was soo beautiful, and.. my inner critic was saying, “It’s poor here, stores empty because the the crisis.”.. I remembered. When I teach my university courses, Art and healing, I have all students do a guided imagery to let go of their inner critic and invite in their inner muse. The inner critic is the one(s) who tells them that they can’t make art because they can’t draw a straight line, can’t hold a note, are too clumsy to dance etc. This critic came from someone in their life, an art teacher, a parent etc. and absolutely needs to be let go of to make art to heal. (the process of creativity heals, not the product, it's not for a gallery ). So, on the bus I realized that the inner critic is not just in my class making art it's... everywhere! And the inner muse, the voice that tells you, You are the most beautiful creature in the universe, you are pure love, I love you, you are beyond wonderful, what you are doing is beyond perfect... this inner muse, HER, needs to come and replace the inner critic just like in my class for us to be healthy, happy, creative, and make art to heal ourselves, others, community, earth and the stars. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching and for HER, the inner muse that keeps me working and loving. Photo, my sculpture of the serpent woman healer

### **Perfection is the place beyond judgment and stories.**

**Art heals yourself, others, community the earth and the stars.** Vijali Hamilton with her world wheel for peace has circled the earth twice making stone sculpture with woman to heal and create peace. She asks her three questions, what is your essence, what is holding you back and what can we do together to achieve your essence and she brings the healing spirits to HER then them. Since 1986 she has given he whole life with total commitment for art for peace. Inna Dagman is a healing dancer extraordinaire whose very presence is deeply healing as she moves the Divine Feminine for healing. She has working in hospital programs, with people who are ill, and taught with me for many years. Inna says, “I am raising money to go Kolkata, India to work with the organization New Light India, which is part of the global Half the Sky Movement - "Turning oppression into opportunity for women worldwide". I will be mentored by, and working alongside my biggest inspiration: Vijali Hamilton, founder of the World Wheel Project. Vijali has devoted her life to sharing healing and peace through art and ceremony with marginalized communities world-wide. It is a very big honor for me to work with this incredible woman. We both will be working alongside another force of nature woman - Urmi Basu, founder of New Light India. One of the many things Urmi's organization does is providing care and education to daughters of Kolkata's prostitutes, so that they have an alternative in their life - a choice their mothers often didn't have”. Soo, I am posting this on my timeline to support Inna and Vijali in their work with art and healing. I

invite you to go to her Indiegogo page and help this work. Since 1986 Vijali and been healing artist who selflessly gave her whole life to heal, she is an inspiration to me, my classes, and thousands of people worldwide. Thank you Vijali and Inna for this blessed work! Photos, Inna dancing and Vijali carving to heal.

**Celebration miracles of a woman's power.** December 4 in Tinos Greece celebrates the name day of Saint Barbara. She was a woman whose spiritual power and beliefs turned into healing miracles. Saint Barbara was a martyr who was tortured in 3<sup>rd</sup> century Turkey when she confessed her Christian faith. She was put in a prison and before she could be killed, her prayers created an opening in the prison wall and she was miraculously transported to a mountain gorge, where two shepherds watched their flocks. Then captured again, she was "Cruelly tortured, but Barbara held true to her faith. During the night, the dark prison was bathed in light and new miracles occurred. Every morning her wounds were healed. Torches that were to be used to burn her went out as soon as they came near her. Finally she was condemned to death by beheading." Now, the icon with her picture creates healing miracles in the church in Tinos. This story has deep meaning in these times. It is a story about spirituality, spiritual power, and ..violence to women. It is about killing women due to different religion.. , and about how that turns into healing miracles. In Tinos on Dec 4, the icon of the healing miracles Saint Barbara still makes today in Tinos travels. The icon is carried in a procession from a mountain village to her church below, a 2 hour walk, by singing people. All along the way people offer sweets and Raki, ( like vodka) and laugh and talk. The Greek generosity, love of life, love of sweets and Raki, all celebrate a woman's spiritual power, faith and healing miracles. woman's' spiritual beliefs heal us others, community and the earth and make miracles, thank you Saint Barbara!!

**Each meeting is a gift to infinite love and caring.** Caring 1. As I talked to the bank teller, I reacted to what she was doing. She could not transfer money between my two accounts, which was easy with other tellers, so I became impatient. In a sweet moment gift, I realized I could do this differently. Now, I understood this simple meeting was chance to be in perfect joy and love. Instead of reacting to her questions and things not going easily, I could be inside love and joy because that was in fact only what was actually happening. So, I stopped, I relaxed, and I smiled at her. I thanked her for her work and apologized for my questions about what she was trying to do. In a moment, I saw her as more than beautiful and I saw that this meeting was a gift from spirit to learn that I could simply care for her by loving her, thanking her, and relaxing. We looked at each other, both smiled and rested, and in a moment, the whole universe changed. Umm. Caring 2. After we ate breakfast, I moved my seat to have coffee and my wife said, "Tu me cache le soleil, (You are blocking the sun)". So, I moved, and the sun was now on her face. In a moment, I realized I could do this differently. So, I looked at her, I could see she was in love with the sunrise, she was standing so the first golden rays of the unbelievably bright Greek sun fell on her face. I understood, with her help, that watching her, seeing what she needed, and loving her were simple caring.. so... I watched her in love, I saw she was so happy in the sunrise, I went over to her, kissed her from the side so I would not block the sun and said, "My love, the sunrise is beautiful, and you are beautiful in the first rays, thank you for this moment. Thank you for this sunrise, thank



you for being here with me, I love you. Umm Teachings from spirit about simple caring to change lives, thank you.

**Merging**, I was helping my beautiful wife prune an olive tree. She was picking the olives to put in salt water, and after they were all picked, we could then shape this tree, which had lost a branch in last winter's snow. And in the center of cutting the small branch, I merged with her. As she spoke to me, we were beyond one far up into HER. Umm. Merging is becoming one, merging far up in HER is becoming beyond one.

**I am a man**

I am not a man, I am a stone  
I am not a stone, I am a tree  
I am not a tree, I am a bear  
I am not a bear, I am a woman  
I am not a woman , I am a newborn baby  
I am not a baby, I am a star  
I am not a star, I am HER kiss  
I am not HER kiss,  
I am before it,  
I am perfect love  
In transformation  
And healing  
No separation  
All one non one

The eye.

**Deleting theory as a spiritual practice.** Hermeneutic phenomenology is a qualitative research method based discovering truth in lived experience. With this method, I ask an open question, for example, "What was your experience of art and healing ? And then I write down the person's experience, and then.. I bracket out theory, ( art heals by changing brain circuits..) what they have read, what others have told them, and delete it. What it leaves.. is only the person's body sensations, emotions, and visions, their actual lived experience. When I ask an open question, I can get any answer. With this method, I get surprises I could not have thought of. (A closed question only gives me the answer I have thought of before. For example, a questionnaire that asks "Does art and healing distract you from pain?" and measures quantitatively only gets one answer.)

Now, in my life, I do this bracketing and deleting on my own writing. I write down what happened to me, and then.. I rewrite by bracketing out theory, stories.. and deleting it. And then, I realized I could do the same with my whole life. When I see something, I take away theory, the story, judgment, and.. when all is gone, I found there is only love remaining. It has been an amazing experience. When I took out what I have been taught,

stories I believed or read, and took out the resulting fear and negativity, what remained was ... only her kiss.

**A beautiful young spirit  
visited me in the night**

she told me  
she was there  
to teach me this  
“Don’t get  
too attached  
to anything...  
It all changes  
before  
your eye blinks”  
These spirits come  
and make love  
in the night.  
They always  
Have..  
they bring  
and teach  
sacred ceremony  
She asks me  
to move  
in a sacred way  
in the four directions  
in prayer  
with full love  
and generosity.  
She brings  
her messages  
in winter dreams  
from HER.  
Thank you  
spirit  
for for your visit  
your teaching  
and for your eternal love.

There are tendrils  
Of light  
That move  
Like serpents dancing

They go  
From the center  
Of HER heart  
Of HER body  
Of perfect love  
To you  
They are filled  
With colors  
And with bubbles  
When you are  
In darkness  
HER love  
Flows through  
The tendrils  
Like a syrup  
And wakes you  
Up with HER kiss

**Writing heals.** Many years ago, when my wife was in bone marrow transplant for breast cancer, I stayed with her in her room, and each morning after waking up, I wrote in a journal on a laptop. I did not know why I did that, I expected my writing would be a way of expressing myself and my fears, tears, sorrow, pain, or anger for the suffering she was going through but.. the first morning the writing started with “Thank you, Creator, for this day, thank you for the beauty of my wife, for the wind in the eucalyptus trees.....” ummm.. Today when I started to write, I was going to write about feeling down with all that is happening in the world, and as I started to write, the first words were, “There are tendrils of love...” ummm, If I write intentionally to heal, I leave. Spirit comes in and speaks through the writing. The words are not mine, they are HERS., then, I become a channel for spirit who.. heals with HER words. With HER songs, SHE heals me, others community, earth, and the stars. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this teaching, for one word of HER writing and for healing words sung to me by HER. Photo, Journal from university class on art and healing

**I am love**  
**To be given to you**  
I see you as HER  
You are HER  
I see you as HIM  
You are him  
It only takes one view  
Of her as HER  
To heal it all  
All is one  
What you see  
is my body

what you dream  
is my spirit  
what you hear  
is me singing  
when you move  
it's me dancing  
the drumming  
is my heartbeat  
the ceremony  
my prayer  
There is no time  
There is no space  
There are no differences  
Between then, now and will be  
What you see now  
Is then coming back  
Is will be arriving  
It's a spiral  
I am love  
To be given to you

Giving Darshan.

When my beautiful wife  
Was dying  
She gave darshan  
She had all her family  
and friends  
visit her deathbed  
one at a time  
and she said to each one,  
"I love you  
You are soo beautiful  
Thank you for your life."

In this life  
There is no moment  
More sacred  
Than another  
No moment  
Without HER kiss  
For you  
Each event  
Is a gift  
And a teaching  
Each is beyond holy

Each an opening to full love  
In an email,  
the past appears  
as full love in the present  
A cloud is a symbol of light  
A walk to the toilet  
A full conscious  
pilgrimage to HER

“I love you  
You are beautiful  
Thank you for your life.”

In the movement  
She healed her life  
And entered pure spirit  
Each of us  
Can give darshan  
In each moment  
We can be divine vision  
Be the love  
That

Rachel Remen wrote the chapter Giving Darshan about my wife's death in her book  
Kitchen Table Wisdom. Darshan is a Hindu term meaning Visions of the divine

In the night  
winter dreams arrive  
An amazon Indian came  
Painted sacred  
And blew smoke  
into my forehead  
And told me the magic gifts  
were given to my wife  
For protection  
Next, a beautiful young goddess appeared  
Behind the crowd  
She kissed me deeply  
With full desire  
Next, in a healing  
I blew all that needed to leave  
A man who was ill  
into his core  
And by itself  
It turned into a glowing diamond  
And he was whole again.

Winter hibernation dreaming  
Is “false insomnia”  
It seems I am not sleeping  
With all these shallow dreams  
It's doing my soul work  
To wake me up in spring  
Ready to heal again

Hibernation.

**Giving Darshan.** When my beautiful wife was dying of metastatic breast cancer, she gave darshan. She knew she would die soon, so she went upstairs in our house she had built herself in the country, to her bed where she had conceived her two children, overlooking the rose garden her older son was digging for her, with her other son playing soft guitar and .. she invited all her family and friends to visit her one at a time. She did not have energy for a long talk and... she had changed into something more.. so.. she just looked each person in the eye and said, “I love you, you are soo beautiful, thank you for your life.” Each person left in tears and her best friend said, “Nancy has turned into pure spirit.” In this act of darshan she healed her whole life, she healed wanting love, she healed all that she had thought was missing, in this beautiful death, she was healed. Rachel Remen gave us the term Giving Darshan, in her chapter about her visit to Nancy in her book Kitchen Table Wisdom.. Darshan is a Sanskrit word meaning visions of the divine, it refers to a glimpse of the deity where a connection is made heart to heart which changes your life. It often refers to a meeting with a guru who imparts the divine to you as a gift. Each of us gives darshan in each moment and in each meeting... because we all are the divine. Our life is not separate from HER. In this life, there is no moment more sacred than another and there is no moment without HER kiss. Each meeting is your gift and a chance to give your divine to heal. Each is a teaching and each is beyond holy, each is an opening to HER full love. So I offer you Nancy’s gift.. “I love you You are beautiful Thank you for your life.” and .. Thank you, Nancy, for your teachings and your life of love. Photo,1. James Surls, Cradle for Baby Roo. 2. Upstairs

In the movement  
She healed her life  
And entered pure spirit  
Each of us  
Can give darshan  
In each moment  
We can be divine vision  
Be the love  
That

Rachel Remen wrote the chapter Giving Darshan about my wife’s death in her book Kitchen Table Wisdom. Darshan is a Hindu term meaning Visions of the divine

**Perfection is the place beyond judgment.** Walking on a street, I opened my eyes, and suddenly could see, feel, and understand that all is, was, and will be, beyond perfect. This gift from spirit arrived, this state of beyond perfectness comes from inside HER kiss. I am in beyond perfectness when SHE arrives. And to do this, to receive this gift, I released all, ALL. This place of perfection is beyond judgments. It is beyond any story I have learned about what reality is, it is beyond who I thought I was, it is beyond anything I had ever done or experienced. In this non moment there is no differences: no difference between a moment and the next, between the men and the women around me, between cold or hot, between light or shadow. Here in beyond perfectness there is no analysis, no reasons, no why, no separation, there is only perfect oneness. Temporary states of matter are not important inside HER Kiss. HER kiss come over me and she says, "Be in this state beyond oneness where all is beyond perfect". That is who SHE is... and you.. are HER.

Tara

All is one  
All is perfect  
Beyond measure  
Beyond our breath  
When there is  
No judgment  
At all  
When all is the same  
I can see that  
all is connected  
every atom  
that moves  
here  
makes another atom move  
there  
there is no separation  
no time  
no space  
no other  
no gender  
no age  
each kiss  
goes everywhere  
each caress  
touches  
everyone  
we do

**Music heals.** When my wife Nancy was dying of breast cancer, our younger son Lewis would serenade her for hours. She was in a liver coma from liver metastasis and was starting to lose consciousness. It was slow and gentle but totally real. Lewis was sixteen years old, and Nancy had been sick since he was twelve. Lewis had his own rhythm in his healing with music. He was a big wave surfer and surfing dangerous waves had been his way of dealing with bad news after her doctor appointments, so, his music healing was punctuated with surfing. Lewis would go downtown and surf and then would come home and sit next to her bed whether she was asleep or awake and play his guitar. He was writing a soft slow piece for her death that was so beautiful. I think it came right from his heart or from somewhere else far deeper. He would work on the song and play to her throughout the days as she looked at him, as she had visitors for her Darshan, as she slept in her coma, as she dreamed. His guitar piece grew and was like an endless round; it circled and it caressed you like the wind. It came around your body like her love and carried you and made you feel taken care of, blessed, and in the hands of a greater force. It was acoustic guitar, soft and caring. Lewis just sat and played it for hours. And as she dreamt, she drifted with him, and he carried her. She floated on the music, and he cared for her perfectly in her last days on earth as his mother. Photo, Lewis surfing Ocean Beach

**The whole thing is HER a sacred vision.** Before going to sleep, I was brushed by an angel's wing. It was beyond soft, and it was beyond powerful at the same time. I almost did not feel it but felt so profoundly it shook the bed. In the dawn as the first light came, our house cat puffed jumps on the bed to say good morning. She kisses me and I pet her face. On my email, a woman I love but have not seen in many years, sends me good morning and a woman I dance with sends a description of our upcoming ceremony. As I wake, and kiss my wife good morning, we go to feed a homeless dog and HER light covers us in the winter reflections. I understand the whole thing is HER sacred vision. There is no difference between these events, each is simple full and more beautiful than I could ever imagine. Each gift is HER kiss, HER gifts are the whole thing. There is nothing to be taken out, each gift carries the same sacredness. SHE asks for no judgments except.. seeing HER beauty. When judgment leaves, SHE enters in perfect beauty and love.

**meetings.** My meetings with people in the simple life have turned into joy. I used to be annoyed by everyday things... then, the first big gift, the first big change arrived.... I saw the people as beautiful, as the goddess, and saw a meeting as an opportunity to give love and see the person in beauty and today.. the second gift arrived, and it all changed again. In the bank, after she asked for more paperwork, I could see the woman as the goddess and see my opportunity to smile, thank her, and give love and see the whole situation in beauty and ...suddenly. I was filled with enormous joy. I was standing at the teller and the whole bank lit up, and joy filled it and filled me. It was wonderful, better and more entertaining than a film! So, now, my whole life is changed because I understand that each meeting is an opportunity to give love and see in beauty and an opportunity to experience the joy of spiritual oneness and love.

Conversation not about content, about resonant synchronous forms, what is the person really saying what do they carry.

Bring drum sacreds to Paris and Greece doctor



Dance heals. I am sitting on the edge of Maria's bed. We have been in the hospital off and on for many months; it feels like many years. She is so beautiful when she sleeps. I listen to her breath, her body so tiny and fragile. She gets a little smaller each day. She's my baby, and I love her more than anything. It's been such a long and painful journey. Last year, she was diagnosed with leukemia. She had all the chemotherapy, weeks and weeks of radiation and finally a bone marrow transplant. She rallied and was clear. It was a celebration. During those hospitalizations, Arts in Medicine played a wonderful part in her treatment. Jill, the dancer, would come in every day; she would throw ribbons around the room and dance waving her beautiful colored scarves. Maria loved it so much. She would giggle and move and flow with the music. She always waited for the dancer to come back. We had gone home after a long hospital stay, and we came back for a follow up to the cancer clinic. Before the doctor even came into the room, Maria looked at me with her beautiful brown saucer eyes, a sweet smile, her hair sparse, just growing back, and she said, "Mommy, the bad cells are back." My heart sank. I knew it was over. The tests confirmed it. We thought we had made it to the other side. Now it was just a matter of time. Back in hospital room, I just sat there. It was the last hospitalization and no one came. The nurses couldn't look into Maria's eyes. Conversations with the residents were short. Her father stared out the window and would not talk. The next day, there was a gentle tap on the door. It was Jill, the dancer. She asked, "Is she up for dancing?" Maria's eyes were closed but just then, she opened them and said, "Oh yes, yes, I want to dance". It was as if at that moment, life returned to her body. The dancer lifted her gently off the bed and onto her feet, and the two started dancing together. Maria twirled and giggled, floating on the music, the silk scarves waving around her head. It was so beautiful watching my precious little girl dance. Tears rolled down my eyes. I can still hear her soft giggles that floated around the room that day. I will hold on to that precious moment in my heart the rest of my life. In the dance, Maria did a perfect little twirl, and then she paused and said, "Oh mommy, don't worry about me, I am going to heaven and I will be dancing with the angels." She did a curtsy and another twirl. Now tears rolled down the dancer's face. Maria stood there as the most beautiful little dancer on earth. She climbed back into the bed and I tucked the sheets around her. She was so happy and content. I thanked the Jill for dancing. Maria passed shortly after. ( this story is told by the mother, it's a true story, it is from our book Healing with the Arts, Beyond Words, 2013.

Seeing out of the eyes of the goddess. SHE appears in a car window for a fleeting moment. Then all comes apart. it opens to pure light.. and fills with more light and with movement and energy. A woman gets out of the small airplane on the tarmac. She stands there with her suitcase for a moment. Time slows, it's in slow motion for a moment, ...then all comes apart, there is no plane, no woman, only the light everlasting opening in energy and HER voice, "Look and un-look, take apart all the learned vision, a woman, a plane, thoughts about it..., and let in MY KISS." Then, SHE appears as light, as love, as openness, as joy, as happiness, as perfection, when the rest leaves. SHE does, SHE is.

It slows it stops it opens it's beautiful I am in love cooking slowsstops

Language barrier. When I met my wife, I spoke almost no French, and she almost no English. When I spent the our first night together in her house (and I have never left) we could not speak together. She had a small red French English dictionary le petite larouse, which I called little book. To say more than hello we could look up words but we did not. I could see her soul and from many back and none. I did not need words at all. My spirit guides had told me she was a gift from spirit and I accepted that gift and did not need more. Not being able to speak to each other in words, made us communicate in the motions of pure love. Language makes content which makes stories, fears, wounds, judgments, come alive and may separate people. Of course, it allows communication too but the deeper communication is below words. Now, I live in Greece and France and I can understand some and not a lot. So, I look into people's eyes, look at their body movements, look at the aura around them listen to them below words. It's very beautiful and deconstructs and takes away judgment. Language words are a barrier to seeing soul essence. To see HER I need to listen much deeper to her singing. SHE says, "See my beauty feel my passion smell my Divine Feminine essence."

Moving through non space. When I move from one place to another, I feel deeply the joy and infinite variety of experience. All changes, the light, animals, energy, people, languages, words, plants, earth. It moves rapidly like film frames, it blends and merges and turns... into HER kiss. The variety and changing forms push me off the edge of forms to fall in love, the blending and merging help make me hear HER voice. Today, in a vortex spinning, Greek olive orchards, sheep and grapes in the bright sun turned into delicious French wine and cheeses and beautiful women dinking in outdoor cafes under lights, and then into my family Hanukah party, faces of generations blending, babies laughing and running naked in circles singing .. and finally into coyote calls in the cold California night. The forms, attractive and superficial, spin and deconstruct rapidly into HER song, " Feel me everywhere, as I weave your reality, feel my soft kiss beyond everywhere... I send you my eyes to see beauty. my ears to hear songs, my nose to smell aromas, my skin, to feel softness and ..my heart to feel love. Be deeply where you each moment for you are within MY body, you feel ME for all is just one love"

Generations become one. The other night, at our family Hanukah party wonder arrived. I looked at the face of my youngest grand son who is one and a half years old and the face of his father, my younger son, and my face in the mirror and I saw the face of my father, and my grandfather and then.. all the faces became one, the face of HIM beyond time. I looked at the faces of my three grand daughters who are four years old, and the faces of their mothers, my son's wives, and the faces of my sons, and the face of my sister, who is over sixty, and my face, and saw the faces of my mother and my grandmothers and then all the faces became one face, the of HER beyond time. All the generations become beyond one became god and goddess, became sacred ones, carriers of spirit and love and then dissolved and merged into oneness and love far beyond generations and this party. Thank you ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for this vision and for the love that you give all of your children backwards and forwards never separate Great Mother.

## Hibernation

Accepting the unknown gifts of spirit. When my wife was given to me by spirit as a gift, I asked spirit why I was given this gift... since it made so little sense in the logical world. She was so different than I was or from what I had ever known... we were from different cultures, different languages, and we have deeply different ways of looking at everything. ... Spirit laughed and sung, "It is not for you to know" I asked again, confused by this unusual answer. Spirit said, "Some things, we can not explain to you... do you accept this gift?" I said, "Yes" from a deep place far beyond thought.... I understand now, that what I received, was unexplainable because I was not ready to change... and not ready to understand the new life to come that was given to me at that time. As each day brings new surprises I could not have imagined, I am understanding spirit's answer a little better. I could only ask for, wish for, and understand, what I was capable of in that moment., To go beyond that, was not explainable, because I could not understand it from my past experiences and view of the world. I needed to experience the new gift in my body, mind, and spirit to have the radical change from spirit arrive. Since I have been married, (7 months tomorrow) each day the gift is an experience beyond what I could have asked for in my old world view. One day, time disappears, another, gratitude arrives as I thank people in my life for the love they have given, another, space is gone, another, happiness and love become physical fluids and I experience oneness as the only truth. I could not have asked for these things before the gift arrived because I did not know what they felt like in my body, mind, and spirit and still don't understand in words what is and will happen to me. This is why any list of what I want now pales compared to what I receive. So, I simply thank ancestors, spirit animals, spirit guides, teachers, lovers, grandmothers and grandfather of the four directions, Creator/ Mother Earth for their awesome gift and I welcome it's constant opening each day.

## medicine wheels

Praying at the shrine of the dead babies. Yesterday driving over the hill to San Francisco, I stopped at the shrine for dead babies. Many years ago, my wife woke in the night and told me something had happened. In minutes, we got a phone call and a dear friend told us her son had been killed in the night in a truck accident. I has driven this boy in carpool to school each day for years, we were very close. Her son, Matthew was very beautiful. With blond curly hair, he was just out of high school, he was an artist, he was hitchhiking all over the world by small planes trading art for rides. He was home for the holidays, and late at night he hitchhiked from Mill Valley to Stinson Beach with 3 childhood friends. The driver was drunk, he missed a turn after Mountain Home Inn and the truck went off the cliff and down hundreds of feet. All 4 boys were all killed . Matthew's mother Beth, when she washed his beautiful body at dawn had a vision between her tears. At hid memorial, she told everyone that her special son had taken the ride... to take his childhood friends.. to the sky spirits.. as an act of his art and his eternal love. Umm. Each time I teach my art and healing class, and before I go to ceremony, I stop and I pray at the shrine Stinson beach surfing friends built to honor and remember these boys. I hold tobacco and pray to the East for new beginnings, for a new life, I hold tobacco to the south and pray for love that comes from HER snd from new beginnings, to hold to the west for the healing that comes from HER and from new beginnings, from our new life created, and I hold to the the north for the wisdom to change and finally to

Creator/Mother Earth for this prayer. Then. Matthew speaks, He says, ‘Tell the beautiful young students in your class that there is no time to waste, not even a breath. They need to be who they are, do the work they are to do, to live, to love fully, to make art right now. I send them my eternal love and says I will come with you to class so I can love and heal each young person as they make art from their deepest pain and suffering to heal into spirit’s oneness and love’. Photo, student project presentation at San Francisco State University art and healing class with medicine wheel to create sacred space.

Joy in the memory fields of resonance. When you made love in a place, the love is still there. When you did ceremony, prayer, played with your baby in a place, the love is still there.

trees speak stones speak, the earth speaks, animals speak  
resonances of place

Messages everywhere. Have you ever had a day where there were messages everywhere? A day when what ever you saw was a message , when you saw a sign, a poster, heard something on the radio, saw a license plate, all with exactly what you needed in that moment to grow. I was visiting my accountant and saw a huge sign “Thrive” etc. How does that work? It is the universe giving you exactly what you need in the next moment, It is like the universe is sending you a teacher, a lover, a ceremony, an email, a FB post with what you need in the next non moment to become love. It is synchronicity cubed, all becomes perfect, it's a portal. Why? It's obvious... if the material universe is a maya, and is HER consciousness being born each moment, and we are one with her..., then... SHE is singing to us each second, SHE gives us HER gifts to enter HER and see and love. We are one with HER and inside her breath and her kiss, so. When we open our eyes, close our eyes, she is there and we see it as a message or a gift. It's always there because that's what the inside of HER body, our body looks like. LOVE, but some moments it's clear as we breathe prayers. Photo, my grand daughters 4<sup>th</sup> grade classroom

It's time for hibernation. Tomorrow, I put my medicine to sleep for winter. My bear, who does healing using me) goes to sleep Dec 20. Then, after ceremony, I put all bear medicine away, skins, jewelry, etc. and...I don't talk of bear until he wakes up in spring. Why? Medicine needs to rest, to... dream. In winter, the essential medicine I carry hibernates, this bear medicine goes to the place of dreams and goes to the shamanic place of visions and renews. Medicine gets tired about now, from a year of healing. Umm.this is cross cultural all over the earth. In Greece, this is the time Persephone goes to the underworld to her husband lover, it is the time Apollo, god of the sun, goes to the land of hyperborea, (a mystical visionary place beyond space and time) He flies there on the back of a swan. ( wouldn't that be fun?) A neuropsychologist I am writing a book on hibernation with, Jean Ambrosi, tells me that in winter our dreams change. He hibernates and has all his patients hibernate. This means going to be earlier, waking up later, and letting winter dreaming come by allowing false insomnia to let many dreams arrive each night. ... He tells me, “ We go from several deep dreams a night and deep sleep to many many shallow dreams a night in winter. (that's why you don't think you sleep, you are rapid dreaming.) The shallow dreams can speak easily to our meditation mind, our essence, and communicate necessary information we don't usually listen too to alpha

brain". And... more importantly he says, "We build a bank a dreams, of visions, to feed our soul the rest of the year." When we put our medicine to sleep now, we are almost out of dream visions... and we need to build up this reservoir to heal the rest of the year. So..time to hibernate campers.. let your blessed dreams from soul space, from HER, from HIM come.. sleep, dream, vision, rest.. thank you, my teacher Turtle Hawk, Jean Ambrosi, and Yorgo Voulgaris for these teachings. They changed my life. because.. you wake up a new person with a new life! Photo A woman bear dancer in Romania for new years ceremony, ancient tradition.

Loving inside dreaming medicine. Yesterday morning, before first light, I was sitting around a fire eating berries and talking with a brother and sister about ceremony, dancing and prayer. In our camp, the small fires in each of the families were like the stars in the sky, taking us home. In the short cold night before, with the half moon spirit and star beings helping us, in the 30 degree cold, we put on our frozen skins and danced all night. We did our healing dance for those who were ill, spirit animals sending away what needed to leave.. The drum's heartbeat and singers echoing resonant prayers went to the ends of the earth, the beginning of the universe. And after.. in the ice crystal dawn, we put medicine to sleep as a family, singing drumming, all as one, in one prayer we sent medicine to the mystical land a spirit animal dreams. As we fed the medicine to sleep and prayed to the 4 directions Creator and Mother Earth with our love, our leader spoke. " We do this ceremony for the earth. Mother Earth feels the ceremony and is happy and we send it to HER for healing. It is not done for people, (people are the last and most stupid, the stone people (rocks) are the most intelligent, the plants next the animals next, and as is evident( by what's happening on earth) we are last. Our religion is the earth, our church is here, the forests, the trees, the ground, the animals, the sky, the wind, the river, the seas, it is the whole earth. This ceremony is a prayer for mother earth, we pray to keeps her alive" as another brother says, "When ceremony stops the world will end". So now, the medicine is sleeping.. we are in a new world being born within the dreaming of spirit animals, ancestors, spirit guides, and lovers. We wake up for flashes, in our dreams, only to love everyone around us more deeply, to see what SHE Is teaching us, and to ...wake up in spring, ready to change our lives and the earth. Our whole life is ceremony. Photo, entering to body of Mother Earth to dream