

January 2008
Volume 2, Issue 1
from Suzann
Owings

The Humm

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Special Interest Articles:

- Suzann Moves into Alb.
- Let's re-look at predictions.
- The Santa Fe Salon's eMage holds magic.

Lots and lots of good stuff for you:

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*A recent photo, very early one morning
after a very long week.....*



Suzann Goes *Green-er*

Much to my own astonishment and delight, I'm adopting a lifestyle more compatible with the planet's global climate change and our need to conserve, spend less on fuel and downsize.

I'm moving from my too-roomy country house and driving everywhere to city co-housing where I'll walk or cycle.

Co-housing will allow up to four households to share gardens and garages and keep our individual smaller homes.

This mini-complex will be energy efficient, super-insulated using solar as much as possible, low energy cooling, a rainwater and gray water cistern system, modern plumbing and wiring, sloped roofs, and handicap accessibility.

I'd like this Golden Girls and Guys enclave to be multi-generational, where we support one another, share house-help and gardeners, attend concerts and lectures at the university, and find companionable people for walks, discussions, tinkering, dining, Scrabble and Rummikub.

Sounds like heaven.

I've targeted the neighborhood where the university ghetto meets the hip Nob Hill and the lovely older Ridgcrest areas of Albuquerque.

This puts me right where I like to be-on the edge, in the middle, connected, and close to the airport. Perfect.

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Inspiration Surrounds Us

At the end of a personal story, the wonderful Sandi Burris sent along this quote from Bob Perks:

"I Wish You Enough!"

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough "Hello's" to get you through the final "Goodbye."

Creative People Do Creative Activities

Three lovely folks have given me permission to highlight their work.

First, let me introduce **Lucretia Tippet** who's finished her novel *The Pageant Unveiled*, which can be purchased at 877-BUY-BOOK (www.buybooksontheweb.com).

Cresh and I were in my first critique group. Her book's a great story of modern moral choices—I loved it and am very proud of her. *Don't hold your breath for my novel, I'm still on chapter 4.*

Second, long-time friend **Tamara Hill**'s jewelry is gorgeous. This talented photographer's ably added jewelry making to her artistic outlets.

Visit her website: www.tamarahillstudio.com. The gorgeousness of the website is a sampling of her exquisite taste. She uses antique, ethnic, tribal, and contemporary elements inspired by her travels to the world's bazaars.

Third, **Erna Ferris** has taken on a phenomenal project—ending bigotry --in a very creative way. She has chosen to develop an anthology of both poetry and prose related to how bigotry has impacted you or someone you know, and/or an “aha” about your own bigotry, etc.

Due the end of March for a 2008 publish date, she is accepting submissions, please as follows:

- ▶ Two copies of the piece without the author's name
- ▶ A cover sheet with Name and all contact information and the name of the submission(s)
- ▶ Self Addressed Stampd Envelope and a copy of the cover sheet in the envelope or a SAS postcard with the names of the piece/pieces on the card.

Erna wants any and all suggestions to accomplish the end of bigotry.

*The wind
blows, my
heart sings.*
New Mexico's
a great place
to love the
wind.

Link to the Great and Curious

For those seeking to give a unique gift, **Animal Communicator Madison Owl** offers gift certificates!

At her website--www.madisonowl.com--a personal gift certificate is created with the amount of time or dollar amount on it. Once purchased, it can be sent to either the purchaser via email, or be sent via email or snail mail to the gifted person. This is a fast, simple, and unique gift of love, healing, and connection.

For more information call 505-577-6207 or send an email to madisonowl@aol.com

Christopher Ives is always finding curious websites. Here's one on 2012:

<http://projectcamelot.org>

He also passed along the following from the *Mother Jones* article *The Last Empire: Can the World Survive China's Rush to Emulate the American Way of Life?*

Did you know China's . . .?

- * Sulfur-dioxide emissions in 2005 were nearly twice those of the United States.
- * The world's top carbon dioxide emitter in 2006, overtaking the United States.
- * Home to 16 of the world's 20 most polluted cities.
- * Dust storms can cause haziness and boost particulate matter in the United States, coast to coast.

Support Wonder-full Happenings

Arlo Oskarsdottir reports on the **World Wellness Weekend**, which returns to New Mexico March 8-9, 2008 with Deepak Chopra and Marianne Williamson as keynote speakers!

There will be 150 exhibitors and up to 80 classes on all types of "wellness"-physical, mental, emotional, spiritual, financial, and environmental. Visit www.worldwellness.org for more info on exhibiting and registration. You can also volunteer in exchange for a weekend pass. <http://www.worldwellness.org>

Arlo says she participated in the 2005 event, which needed more advertising in Albuquerque and Santa Fe.

Santa Fe Salon's eMagazine has arrived! Visit our website: thesantafesalon.com and click on eMagazine to read about all the great stuff that's going on.

Joyea Pascoe sent a wonderful invitation to the new year Ascended Masters gatherings.

She's also offering weekly Angel Blessings—fabulous energy. For further information, you can phone Joyea, Joyea 505-459-6212, or www.ascendedmastersfoundation.org.

Barbara and Kent Rossman's Institute of Inner Growth in Arizona offers several great opportunities:

- ❖ Dream Group - Third Monday each Month, 9:30 to Noon
- ❖ Souls Flow - Every other Monday 7:00 - 9:30 pm
- ❖ Deeping with Carolyn Conger - March 27-29, 2008

Both Kent and Barbara offer the wisdom and healing presence in private sessions. Contact the Rossmans at 480-991-5645 for further information.



At what level is knowledge 'causal'?

Healthful Hints—Zippity do Dah

I have told so many people about this remedy, let me save us all some steps by writing it out.

Many years ago, my back was "out" repeatedly because of spasms. My vertebrae were fine, the muscles were fine, and my back was OUT.

One afternoon, it went out while I was seated doing a sewing project. It would contort into painful configurations for varying lengths of time and then would heal up as quickly as it had twisted.

I went to chiropractors, physical therapists and other physicians. Nothing helped.

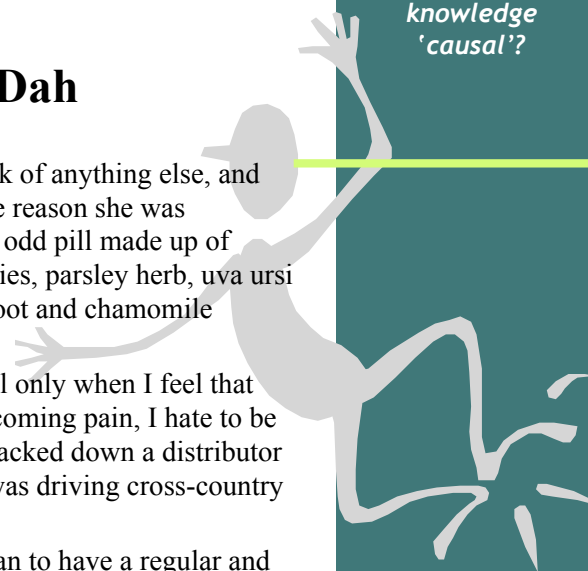
One afternoon my massage therapist in frustration recommended "Vitamin K," as it was then called back then.

She couldn't think of anything else, and couldn't explain the reason she was recommending this odd pill made up of ground juniper berries, parsley herb, uva ursi leaves, dandelion root and chamomile flowers.

While I take a pill only when I feel that little twinge of on-coming pain, I hate to be without it. I even tracked down a distributor in Indiana when I was driving cross-country to Nova Scotia.

In 2005 they began to have a regular and high potency dose. For me, the high potency is too much, but seems good for other folks.

It's now called Kidney Activator. If you think it might be right for you, call Nature Sunshine, 800-223-8225, and ask for a distributor near you. *Hope it helps.*

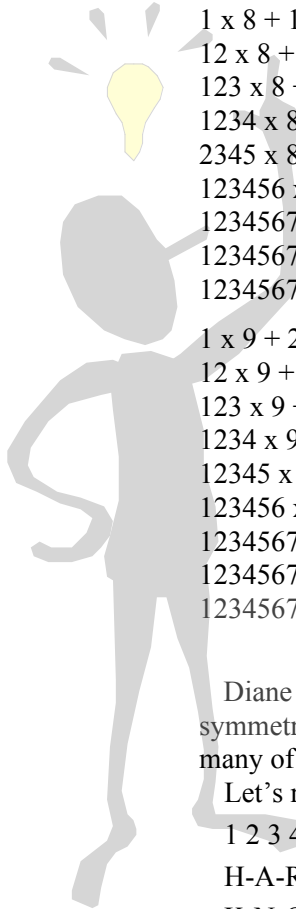


Math, Beautiful Math

In third grade, they were certain that I was retarded because I couldn't memorize the multiplication tables. The key to passing third grade was my Mom and me "discovering" pattern recognition at our kitchen table. In high school, they decided I was a math genius because I could so easily do algebraic equations—go figure.

I still find enormous pleasure in simply looking at the multiplication tables, especially the nines, which are a list from 9 to 0 in one column and 0 to 9 in the other, and each set adds up to 9 (for example, $3 \times 9 = 27$ [$2 + 7 = 9$], $3 \times 9 = 36$ [$3 + 6 = 9$]). Delicious.

Diane Keyes sent in this marvelous sample of the patterns that surround us.



$1 \times 8 + 1 = 9$
 $12 \times 8 + 2 = 98$
 $123 \times 8 + 3 = 987$
 $1234 \times 8 + 4 = 9876$
 $2345 \times 8 + 5 = 98765$
 $123456 \times 8 + 6 = 987654$
 $1234567 \times 8 + 7 = 9876543$
 $12345678 \times 8 + 8 = 98765432$
 $123456789 \times 8 + 9 = 987654321$
 $1 \times 9 + 2 = 11$
 $12 \times 9 + 3 = 111$
 $123 \times 9 + 4 = 1111$
 $1234 \times 9 + 5 = 11111$
 $12345 \times 9 + 6 = 111111$
 $123456 \times 9 + 7 = 1111111$
 $1234567 \times 9 + 8 = 11111111$
 $12345678 \times 9 + 9 = 111111111$
 $123456789 \times 9 + 10 = 1111111111$

$9 \times 9 + 7 = 88$
 $98 \times 9 + 6 = 888$
 $987 \times 9 + 5 = 8888$
 $9876 \times 9 + 4 = 88888$
 $98765 \times 9 + 3 = 888888$
 $987654 \times 9 + 2 = 8888888$
 $9876543 \times 9 + 1 = 88888888$
 $98765432 \times 9 + 0 = 888888888$

$1 \times 1 = 1$
 $11 \times 11 = 121$
 $111 \times 111 = 12321$
 $1111 \times 1111 = 1234321$
 $11111 \times 11111 = 123454321$
 $111111 \times 111111 = 12345654321$
 $1111111 \times 1111111 = 1234567654321$
 $11111111 \times 11111111 = 123456787654321$
 $111111111 \times 111111111 = 12345678987654321$

Diane agrees that numbers are beautiful and writes more. Brilliant, isn't it? And look at this symmetry. Now, take a look at this, she says... Here 's a little mathematical formula from Diane that many of us may have seen before but bears repeating.

Let's represent A B C D E F G H I J K L M N O P Q R S T U V W X Y Z as

1 2 3 4 5 6 7 8 9 10 11 12 1 3 14 15 16 17 18 19 20 21 22 23 24 25 26

H-A-R-D-W-O-R- K = $8+1+18+4+23+15+18+11 = 98\%$

K-N-O-W-L-E-D-G-E = $11+14+15+23+12+5+4+7+5 = 96\%$

A-T-T-I-T-U-D-E = $1+20+20+9+20+21+4+5 = 100\%$

Look, Diane says, how far the love of God will take you.

L-O-V-E-O-F-G-O-D = $12+15+22+5+15+6+7+15+4 = 101\%$

Therefore, she concludes with mathematical certainty that while Hard Work and Knowledge will get you close, and Attitude will get you to 100%, it's the Love of God that will put you over the top to 101%!

2010 May Bring Changes

Prophecy is a curious thing both in what it is and how we deal with it. On one level, I tend to value prophecy in its right-or-wrong quality. I notice what proves true or false, and endlessly delight in “right” predictions. Most of us deal with prophecy at this level.

Apprehension about the right-wrong nature of prophecies works as warnings. I remember the Olympics in Los Angeles. Remember the millennial change predictions? While the prognostications of traffic gridlock in Southern California and internet collapse worldwide were the result of rational projections, they operated like non-rational prophecies. We took steps to avoid these dread futures.

Early on in the prophecy business, I learned that another level operates where all predictions are “right.” My challenge as the observer is to find *how* the prediction *is* right. Clearing the city for the Olympics gave many of us our first opportunity in many years to enjoy a smog-free, gorgeous Los Angeles. The millennial crash caused us to safeguard our security systems,. Were these the *intentions* or goals of those prophecies? I don’t know.

The 2010 and 2012 predictions also are curious so I’ve included excerpts from interpretations of the Hathor and Maya predictions. Santa Fe Salon’s eMage examines the Hopi prophecy, which you may also want to review (www.the.santafesalon.com).

The New Year’s Ritual - *Look Back, Look Ahead*

The Hathor channel has made the following observations about 2008.

Seize the moments of your life, even if your culture and your economies go through difficult times. Find the space within yourself to detach and transcend what appears to be happening around you. Then you will, perhaps, have a most interesting experience. You will see the cosmic joke, and the entire affair on your planet will appear to you as both an interesting and amusing transition into higher consciousness.

This sense of amusement is, however, only seen, of course, from the vantage point of 5th dimensional consciousness and higher. It is not always easy to see the innate humor of situations as they arise in a dualistic universe especially when you are locked into it. This is why we encourage you to transcend your world -- the world as you believe it to be -- and to enter into a higher octave of awareness. A new universe brimming with possibilities awaits you. The Hathors, November 14, 2007, Budapest, Hungary, <http://tomkenyon.com>

From Matthew Ward’s website, **Angellyn Rose** provides us with the “2012 Unlimited Philosophy” where interpreters of the Mayan calendar have made the following observations about nearing 2012:

Each decision is based on LOVE or FEAR. Choose love, follow your intuition, not intellect and follow your passion or "burning inner desire." Go with the flow.

Thought forms are very important and affect our everyday life. We create our reality with thought forms. If we think negative thoughts of others this is what we attract. If we think positive thoughts we will attract positive people and events. So be aware of your thoughts and eliminate the unnecessary negative or judgmental ones. (www.2012.com.au click on site A on the lower left picture)

In 1907 . . . 101 Years Ago

This in from Fran Stephens . . . !

- * The average life expectancy was 47 years.
- * Only 14% of the homes had a bathtub.
- * Only 8% of the homes had a telephone.
- * There were only 8,000 cars and only 144 miles of paved roads.
- * The maximum speed limit in most cities was 10 mph.
- * Most women only washed their hair once a month, and

used Borax or egg yolks for shampoo.

- * The American flag had 45 stars.
- * Crossword puzzles, canned beer, and ice tea hadn't been invented yet.
- * There was no Mother's Day or Father's Day.
- * Two out of every 10 adults could not read or write.
- * Only 6 % of all Americans had graduated from high school.

Suzanne Sparks's Continues Sparkling

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Suzann Sparks always contributes. Here are some of the best things:

1. *Falling in love.*
2. *Laughing so hard your face hurts.*
3. *A hot shower.*
4. *No lines at the supermarket.*
5. *A special glance.*
6. *Getting mail.*
7. *Taking a drive on a pretty road.*
8. *Hearing your favorite song on the radio.*
9. *Lying in bed listening to the rain outside.*
10. *Hot towels fresh out of the dryer.*
11. *Chocolate milkshake (vanilla or strawberry).*
12. *A bubble bath.*
13. *Giggling.*
14. *The beach.*
15. *Finding a 20 dollar bill in your coat from last winter.*
16. *Laughing at yourself.*
17. *Looking into their eyes and knowing they Love you*
18. *Midnight phone calls that last for hours.*
19. *Running through sprinklers.*
20. *Laughing for absolutely no reason at all.*
21. *Having someone tell you that you're beautiful.*
22. *Laughing at an inside joke with FRIENDS*
23. *Accidentally overhearing someone say something nice about you.*
24. *Waking up and realizing you still have a few hours left to sleep.*
25. *Your first kiss (either the very first or with a new partner).*
26. *Making new friends or spending time with old ones.*
27. *Playing with a new puppy.*
28. *Having someone play with your hair.*
29. *Sweet dreams.*
30. *Hot chocolate.*
31. *Road trips with friends.*
32. *Swinging on swings.*
33. *Making eye contact with a cute stranger.*
34. *Making chocolate chip cookies.*
35. *Having your friends send you homemade cookies.*
36. *Holding hands with someone you care about.*
37. *Running into an old friend and realizing that some things (good or bad) never change.*
38. *Watching the expression on someone's face as they open a much desired present from you.*
39. *Watching the sunrise.*
40. *Getting out of bed every morning and being grateful for another beautiful day.*
41. *Knowing that somebody misses you.*
42. *Getting a hug from someone you care about deeply.*
43. *Knowing you've done the right thing, no matter what other people think.*

To this, Suzanne adds *Lord, keep Your arm around my shoulder and Your hand over my mouth.*

Suzanne, I'm with you!

Suzann O Goes *Green-er*, continued from page 1

While I'm excited, I'm also shocked to move into the busy university area from my wonderful rural Placitas on the edge of the national forest.

When I built this house 14 years ago, I was certain that I'd live here the rest of my life, but life is about change and evolution.

Twenty-five years ago in the Bay Area I was introduced to co-housing. Then three years ago, I re-engaged in co-housing discussions. Upon returning home in 2006, I didn't fully replace my book and video libraries, or the kitchen and bedroom furnishings I'd given away. Emptier felt better.

Last spring I participated in some Global Climate Change studies. My three cars for one person felt uncomfortable. I donated my convertible to charity for their fundraiser. Then, three months ago, the next phase popped up—seriously downsize! I've opened my new Post Office Box 40352, Albuquerque, NM 87106—and wait.

When it all shifts, I'll be phoning/emailing Christopher Ives for Green Help and Thomas Dolan for architectural help. Send your ideas, too, and I'll keep you updated.

The Humm

www.suzannowings.com