

More to Come

by Gma KoKo

Initial offering Chapters 1–4
February 2012

NOTE: As the name implies there will be more to come. In this case additional chapters are expected to become available sometime in the future. It seems important to release the first four chapters at this time. People reading even this much will hopefully find it useful and uplifting to prepare for what is to come.

AUTHOR FOREWORD

This is a book about the future. It is about the possibility of something different and much better than what we have now. It is the book I would have liked to read but couldn't find anything like it.

You may be wondering what will be left when “TEOTWAWKI,” “The End of the World as We Know IT,” happens—whatever IT may be, ending western civilization and the global economy that is currently pillaging the earth. How will we live? Will any living thing still inhabit the planet? This book offers a possible future. It is the result of much research and thinking about current affairs, past solutions and predicted futures. I like to believe in a future where things get better and human beings become all that we can be.

In the setting of fictional storytelling this book presents actual activities to prepare for an uncertain future. These are easy to follow exercises for expanding our human potential. By raising our collective consciousness, connecting to the earth and all living things, we prepare for a new paradigm; we can find useful solutions to problems. It offers alternate structure and shape to what we conceive of as reality.

The inspiration for this book came in May of 2010 with the birth of Zariah, daughter of my daughter. At that time I was filled with thoughts and feelings about generations before and those yet to come. I thought about how Zariah's life would be, and how it would be for her when she looked into the eyes of her own grandchild. What would the nature of life be like for this grandchild of my grandchild?

The book offers travel through time. It takes the reader into another time, offering rich detail about many aspects of this

proposed future. It is told through the voice of the person living in the time of the telling. So each chapter starts by revealing whose voice is in the chapter. In Chapter 4, the storytelling shifts back and forth from me, the author in 2011 to Juan, a man from the future explaining things. The shifting time reference may seem confusing, but hopefully the chapter will read smoothly.

It's been more than fun writing this novel, it has been satisfying as a vehicle to communicate many bits and pieces from a lot of study, reading and thinking that I have done for many years. For a long time I have harbored a sense of how much more people could be capable of as a culture, as a society. Now I have a very clear picture of what could be as we move into another way of relating to our aliveness on this planet. We are looking forward to a very different way of being. The problems we have now may well have started with the agricultural age, intensified with the industrial age, and now we must move beyond to find a way to solve the problems. If you have to ask what problems I am talking about, this is probably not a book you will want to read further. Climate change, global economic collapse, toxic water and air, medical and health issues, mass extinction of so many species, are just the beginning of a very long list of problems.

Personally, I am a big fan of the Transition Town movement and permaculture as a road map for practical ways we can take action now to move into a better way to live. Please visit the website moretocome.us to see what's up and what's coming down and all about what's more to come.

With lots of love,
Shanti, Shanti, Shanti,
Gma KoKo

CHAPTER ONE

Welcome

Voice of Anna— my granddaughter's granddaughter
Hello and g-day from the future. My name is Anna. Welcome to our world in my time. I've so much to tell you. Gma has to write fast and we really don't know where to start. These words are written starting in what you call 2010 by my great-great-grandmother, Gma KoKo. I just call her Gma. Many things I tell, you will find hard to believe, Gma sure does, so suspend disbelief and listen to the words with your intuition turned on.¹ The earth is a living being with something like a net or grid ever-present. Our minds here in the future are trained to move fast, faster than the speed of light. We have learned to tune into and travel on this grid. It is a little like your internet, only the World Wide Web has come a long way baby.

Even though Gma KoKo died before I was born, we can still spend time together. Like sitting together in a chair swing on the porch, sharing the moment² and talking. And that's not all! Just like magic, each person who reads, by reading is joining us on the porch, the virtual porch with its rocking chair, porch swing, lemonade or sweet tea. Open your heart and mind to what could be possible for your children's, children's grandchildren.

Time is a funny thing. Everyone thinks their life is the modern life because it is happening in what seems like real time. What is past is our-story³ and the future seems as yet unwritten. In my day many people including myself can image-ine.⁴ We measure time differently now. I am born about 60 years ahead of this writing and am an adult during the time you would call

turn of the century, 2100. My recollections are shared with Gma over a span of time. There is so much to tell.

First of all, here in the future we are what you would call happy and healthy. When I say happy I refer to a deep sense of contentment born from connection to the earth and nature. We live and breathe connected to soil, sky, plants and animals. Our lives are spent tightly connected to loved ones. We heal one another and while you live with much illness, we have little. The mess made by oil glut⁵ was very bad and took a while to clean up. Many people suffered and perished, some by natural cause and others by the energy-money struggles. More about that will be woven into this story.

The bigger picture of my life, you will be happy to know, includes clean air and water, plenty of delicious food, and a warm cozy home, in your future, your children live in a good way. Most people travel, in a variety of vehicles. There is no money,⁶ war, famine or other fear based practices. They are nonexistent. I tell you this true! Gma and I are warmed and excited to be sharing and telling you so. As we go you will see about my day-to-day experience of life in my time and we will talk about what is past and future to your time. Within the conversation of these things you may learn about how this has come to pass.

Let's talk some more about time, and lifetime. Each person is born into a time. The unique qualities available inside that timeline form the framework for their lifetime. Each time has something like a "print" for what seems real in that time. Including what are the commonly held beliefs and thoughts. The word "paradigm" means what we all believe and know about something before we think about it. This paradigm shifts and moves through time becoming like a human fabric. It provides a belief system that we as people can hold on to as "real" for our time. For example, in the 1800s people thought that using leeches could cure disease. Or in the 1980s many people thought there

would never be an end to oil, taking it for granted as a bountiful never-ending energy source.

So what is held as real for that time, the time of their raising and life living becomes the paradigm. It is different throughout time.

Yet most people naturally think the reality of their own time is complete, like a statue. When we think of our own time, the now, it seems like modern time. It is an obvious illusion. We have come to believe time is less like a statue and more like a river. Time flows like a river and time's sister, space, shifts like sand. There is no one time, like modern time, that is less or more than the past or future. There is no one place that is more real than what we are "really" in. The one place unique to all space and time is what each of us experiences as our own here and now. It is supposed to seem solid, like a statue.

If we were making a bed, the fabric of shifting paradigm would be like the sheet and something else is like a blanket. We can call that a matrix, it is like a grid of energy beams entirely circling the planet many times a second in all directions. A little like your internet, it is an unending source of information and communication. Yet it is so much more. While the air we breathe is contained in a thin layer around the planet that we call atmosphere, this energy-grid is seemingly thin yet ever present without dimension and connected to the smallest and largest. Aided by this matrix-grid-blanket of energy, we can travel in both mind and body.

One nickname we have for time travel is time tying. Yes, tying—like tying a knot with a rope. "Not Knot"⁷ was a mathematical movie Gma enjoyed very much, about hyperbolic space. There is what you call science⁸ to back up all that I say, much of it already known by some scientists in 2010, but people needed to learn some other kinds of things⁹ before the "science" could be applied, so to speak. As a time twist would have it, all of this "knowledge and learning" is contained succinctly in ancient

Sanskrit documents. Even more to the point it is all contained within each of us. Enlightenment is available immediately and closer than our breath. You could say it is encoded in the DNA.

Here in my time it is commonplace for people to “jump” through time—forward and back. Also “jump” through distance as in travel to Paris, France. So, both time and space belong to the same fabric. It is this fabric of time and space that forms what you believe to be real. The illusion is very compelling and forms the “matrix” of your own perception.

Not all people living on the earth do this, but many do. Myself, and most of my family and friends are adepts.¹⁰ We do it all the time, for fun, entertainment, for information, teaching and learning, for communication and connection. What is so funny in an ironic sense is the reading of this book helped many people to open to this ability. By me (Anna) in the future telling you (the reader) in the past that you are so much more capable, people began to try and succeed in these abilities. For those of you reading who want to make a start, here is a most important and necessary ground rule. Be very connected to the earth. Learn to feel the heartbeat and breathing of the planet as a whole. Imagine each and all living things connected in this wholeness. Let yourself, individual self, merge into a bigger self, Mother Earth. Less is more, Simple is better. We will share so much more about this later, in detail. Together we resonate with the knowing of possibility.

Gma and I are so happy now to be talking. Not exactly talking, perhaps communicating would be a better way to say it. What a gift to warm our hearts. Imagine talking with your grandmother’s grandmother. Like sitting together, sharing a cup of tea or having a phone conversation, talking about how each other’s lives are living. Imagine talking with your granddaughter’s granddaughter. Take a moment to feel the bonds of love that connect a parent to child and grandchild. Everyone exists because of bonds of love, like strings that weave a fabric. From

the cradle to the grave we weave an intricate fabric of humanity. The love passed through generations is strong like a rich red wine, like a violin playing so sweetly you want to cry.

Gma Koko's grandmother's grandmother was born in Holland around 1840. She lived through most of the rest of that century. How different her life was from Gma, who was born in 1953 in Michigan USA. It is no surprise that my life is also very different from Gma. It is traditional and important for people to think about how every action is affecting reactions in regard for seven generations. When considering actions with reverence for seven generations, it is valuable to include generations backward and forward.

Gma KoKo began writing this book "More to Come" just after my grandmother, Zariah Channing House, was born May 3, 2010. The time I am describing as my present is actually a span of time¹¹ between 80–100 years in the future of this writing. I am married and have two children, a boy Scotty and a girl named Melody. My husband is Gerald Scotts McKey, but everyone calls him Gerri. He is the town clown. He has always been very good at this job, especially at an early age. No really, the town clown—and there can be more than one, yes—is a highly esteemed position. To be able to get people to laugh, that is highly prized, and to be able to poke fun at what is noticeably and not so noticeably funny, even more so. Gerri is a loving husband, dedicated to our family and community and able to do many other things you call work.¹²

Gma's doing all the work writing this story, although she feels it is play, especially since she doesn't get any money while writing. She has been writing most of her life without getting paid for it, so it is a labor of love. It is so special for us to be talking, and she is comforted to know that the future for her children is better than ever. I am having fun spinning the stories through time-space, little packets or threads of the matrix, traveling back and forth between us, kind of like sending e-mail of thoughts

and feelings. Gma has to weave the packets of thoughts and feelings into the fabric of your time reality, so the words will make sense to you. Much that I reveal has no place in your paradigms. This makes Gma's job very complex.

I know that the book becomes an overnight success. Ground breaking for the time, grass roots, word-of-mouth promoted and translated into many languages. Of course I enjoy reading it now, but so do many other people. It has remained an important book, like a cult classic, for all these years.

Let's talk about senses, and Extra Sensory Perception ESP. It's so funny that you think of humans as having only five senses, everything else is "extra sensory." Sight, sound, taste, smell and touch—that's it! Anything else was considered "unreal." On top of that you valued thinking over feeling, believing thinking as more reliable than feeling.

Consider this, humans are so full of sensations, it is what we do best. We are good at thinking, yes. Thinking, taking time to think, and speed of thought are highly prized. Here in the future we spend much time, training and effort to co-create intuitively and intentionally the modifications of the mind.¹³ I have so much to tell you about attention and conscious thought, and will get to that in later chapters. For now we are talking about the many senses, which are truly more important.

Think about sensation and its container, what you would call emotions. These two are more closely wrapped, more intimate to the core of our being and human reality than you could possibly imagine. Feelings/emotions are so much more powerful and memorable. They convey reams of information in small packets, way more than thought can ever, or should ever, need to hold. When a memory contains emotion, the whole scene is laid out in minute detail. When the memory contains only thought it is pale by comparison.

For us, we accept many more than your five senses. Consider a sense of wonder, sense of meaning, sense of the weather, and the

many senses wrapped around sexuality. We sense our family and friends circle even at long distances. We talk in our heads like how you used telephones. We value and cultivate a sense of happiness, contentment, belonging, a sense of connection. We just have a knowing, a sense of knowing, to know whenever and whatever we want. Most important, it is a time-space of plenty. We have everything and everything is enough. This is a sense of wellbeing.

We have everything and everything is enough.

I am satisfied, I have enough. All people we know have enough. Imagine that! Next try to imagine your own life, if you didn't "have to work" so hard for food, shelter and clothing, the basic necessities. What would you do with your time, your life-time? I mean it. Stop now and close your eyes and spend some real-time image-ing.

The vision you could use to imagine a different life (paradigm) is a sensing beyond the five senses we just mentioned.

*HA AHHA AUM SHREE*¹⁴

For now, what's important for all who consider opening into IT IS¹⁵ will be joining the conversation. Gma KoKo opened to me and I answered. Gma KoKo wanted to explain to me and to include me in her life. This "time warp" wraps us up close, warm and cozy. As readers join the conversation, the dialogue expands. As consciousness grows more words evolve, expanding thought forms and sense knowledge become available. May we tell you more about how IT IS?

For me "Anna" here now, "in your future," I just send Gma KoKo the images of my life. I do this effortlessly, like talking to a friend in my head. And she talks to me in her head. She wonders about a thing or something, and soon it is revealed. She writes it down. Simple! Simple as that. Except that much of my reality, the paradigm for my reality is based in beliefs not yet remembered¹⁶ at your time. Many beliefs and knowledge, so rich

and fulfilling, that we accept as commonplace, circle around the periphery of what is considered real in 2010, some known and not yet accepted. Many have yet to be proposed. It is like trying to explain calculus or classical music to a three-year-old. Luckily, you can play classical music to a three-year-old and they will understand without explanation. Also luckily, simply reading this book will stretch your understanding, effortlessly.

I live in a beautiful and peaceful glade, truly a Space of Love, located nearby the one first co-created by Gma KoKo. She built an earth sheltered home that Mamau Z17 still lives in. The home has been updated and improved over time, but the hearth remains as it was originally built. My beloved husband Gerri and I co-created our own Space of Love nearby. Our home is built with wood, stone, earth and lots of love. Many people helped us build this awesome, creative home. We spent two seasons planning and collecting materials. The next summer our home went up. Truly a labor of love, our love for one another and the loving support from our community supported this manifestation.

Can you imagine how creative it is to design your own home and how fulfilling to build it with your own hands? All the people who came to help added so much character and experience.

Our love story is the fabric of our lives. All else resonates within that love story, our love song. It is our love, by far the most important ingredient that formed our home, that guided us in what and where to plant in our paradise of trees, garden, flowers, herbs and bushes. It is this love then that increases each day as I live and breathe inside the domain that knows who I AM.

Come join into my space of love for day to day. First of all, there is no alarm clock. No need to wake at a certain time. Also, as I wish to wake, then it is so. Kind of like a psychic alarm clock. Mostly I am up with the sun. Mostly the children sleep in longer. First I go outside and greet the day. Combining walking and stretching I tour through my land. Breathing deeply

as I stroll, seeing my plant and animal friends, hearing birds, crickets and frogs, feeling the breeze on my skin, smelling the fresh scents of nectar and pollen, partaking of a nibble here and there. Look ahead, there is my favorite place to sit and I spend some quiet time to reflect and commune with what is within and without.

On my way home I pass by the river and take a dip to cleanse the body. I do this in all seasons. Gma KoKo knows this will surprise many people, but my body is used to the temperature variations and actually welcomes it. So, don't knock it till you've tried it. Throughout human history this form of bathing has been much more the norm than the kind of baths and showers so popular in your time. Please consider that it is not a hardship for me, as in "have to do it." Rather it is a daily ritual that gives many benefits and vitality. I do have other choices for cleaning up, but this is so rewarding and quick and easy. Sadly, in your time rivers are polluted, too dirty with poison for people to enjoy swimming or bathing. People are taught not to get in. The good news is that waters cleaned out quickly after "the change" or "the break," as papakins¹⁸ likes to call it.

Here in my time, there is no "job" as you call it, no 9-5. We get work and play all mixed up. There is also not the concept of "recreation" or "vacation" as you know it. Every day here is re-creation. By filling our Space of Love with love, the entire Self⁹ and community is nourished and the feeling of fullness and satisfaction results in ever-present contentment. We all have everything all the time. What more could be asked for than a life filled with good food, clean water and air, loving friends and family, shelter and peace. Imagine that!

Speaking of imagination, let's take a moment to enter your own space of imagination. Just imagine your life isn't wrapped around the time spent working for money and your identity isn't wrapped around what you do to earn money. Money does not exist, forget about it. Everything you need is provided

free of charge and everyone you know has plenty. No worries. Mother Nature and Father Nurture²⁰ provide all we need and can possibly want. By relaxing into the affection of our loving parents (higher power) all cares are gone.

How are you doing? Did you actually stop, put the book down, close your eyes and really feel it? If not, skip this paragraph and go on to the next paragraph, you are not ready for anything more. If you did find the feeling, read on for more opportunity. Imagine the connection to our loving mother and father. We are their children, their beloved off-spring, each and every one of us. As such, we are ourselves young gods and goddesses so to speak. Co-creators is a better way to say this. So again, imagine the connection to our creator, ourselves, growing, into something greater. Really feel this sensing of what seems finite as part of the infinite, the connection to all that is. Identify the feeling of this space, become familiar with it and you can return at will.

OK, good job for now. Open your eyes and come to what and where you are in the present day.

In the years 2010–2011, people fight and struggle to do so much to stop the natural flow. The way you live is like holding up a big STOP sign to your own health and happiness. Many people thought they had a big fancy life of modern culture, of scientific breakthroughs and better living through chemistry. It may have seemed fabulous on the surface and obviously that's why it was clung to by many in blind desperation for so long, even in the face of looming planetary extinction. From our future perspective, oil-glut caused a strange type of mass hysteria. It is hard for us to understand how you could have been so "lost in space" crazy.

The underside of your time, the vast ocean beneath the glittery surface created by cheap abundant fossil fuel energy, contained so much suffering. Many people go hungry and are sick, homeless, even while walking among the select population living in seemingly unending opulence. The fossil fuels, oil, plastic,

and resulting products²¹ like pesticides and terminal seeds²² that became the building blocks of the “modern” advanced, developed nations, poisoned the air, water, shelter and food. So much illness and suffering as a direct result. United States, one of the most “developed” nations had such a high rate of infant mortality, heart disease, diabetes and cancer. A TV commercial offhandedly tells you, “There is a 600% increase in autism in children.” How does a single person within a population deal with so much suffering and consider it routine?

By 2010, most everybody knows about global warming and the prediction of pending extinction of life as we know it. People cling to the seeming pleasure of oil glut, and the illusion of its necessity despite the sickness and sadness all around the world and the severe ecological and economic damage it causes. I guess it is hard for people to change. Gma KoKo says it was the only way she knew how to live. Finding any other way to live seemed impossible. People all thought the infrastructure of the economy (money) and the techno-industrial age was so strong. In reality it was made of sand, quicksand really.

Like building your house on the edge of a cliff in a land where earthquakes are common. The grid for electricity was so fragile and so wasteful.²³ The network of roads required so much maintenance they were always being repaired at great expense. Clearly the supply of cheap fossil fuels was limited, but people thought it would never run out. Even when the writing on the wall spelled DANGER people could not stop using oil. It had gotten into the blood and made crazy.

Luckily not true for everyone. The earth is strong and people in their hearts know better.

*God bless the grass that grows through cement.
It's green and it's tender and it's easily bent.
But after a while it lifts up its head.
Cause the grass is living and the stone is dead.
And God bless the grass.²⁴*

Luckily some people never forgot how to live without oil and others tried to quickly learn as they saw the end of cheap fossil fuels looming so close.

Many people could not imagine a world without oil or money. They were not prepared when the end of both came so suddenly. There were hardships. People were forced to make many changes quickly. Humans did survive, along with many of the same flora and fauna of your time. But the climate change really made some big differences. There are many new species of both flora and fauna living in different zones than before. The equator is way too hot for all but a few mammals. Along with the sea level rising, the temperature and storms make certain areas uninhabitable.

One widely accepted philosophy held in this future is that there needed to be an apocalyptic event to eliminate money. This train of thought assumes money is the root of all evil, and that's why we're better off without it. This allows the peak experience of oil glut to morph into a favorable ending. Other popular philosophies might mention separating wheat from chaff or cream rising to the top. Personally, I believe in good and evil only as polarities and therefore illusion. Money caused a form of insanity that included greed, envy, fear and traditions based on "not enough." Money itself built a house of cards that could only tumble in the face of the allure of powerful energy.

With fossil fuel consumption eliminated, the earth managed to repair much of the damage over the next few decades. Even more amazing, humans are dramatically evolved in surprising ways from the people of 2010. We learn to thrive, be alive and open to creative energies and abilities of manifestation. "All you need is love!"

By the time I was born the world was a much MUCH happier place than had ever, even remotely, been imagined as possible in your time, Gma KoKo. More to come on this reality.

Notes

1. It is natural when reading to absorb primarily through the mind sense. Yes, we consider the mind a sense organ because it allows us to perceive the environment, both inner and outer. Much more information, especially new and unfamiliar concepts, can be absorbed and processed by intuition. Intuition and imagination are two happy sisters.
2. A moment could be any number of things. It could be watching the sunset, or watching clouds, or watching insects pollinate the flowers. Rather than saying exactly what is happening in the moment, what is more important is that we are present in the moment. Being totally present in a moment is empowering and may be the “fuel” of time travel. Use of the word “moment” here in this context is especially important to the theme that two people are together across the seeming barriers of time and space. A moment in this context can last any amount of time.
3. The word “history” has been changed to our-story (rather than herstory).
4. Image-ine is a term like imagining and imagination yet it is a more specific application of moving through the time stream and gathering “images,” including thoughts and feelings from times past present and future. It is a skill commonly taught and practiced in Anna’s time. While pronounced much like the word imagine, there is a strong emphasis on the last syllable, so it is like “imag-RING.” Gives this word some punch, or like a handle to open a door.
5. So much pollution was created by the excessive use of fossil fuels, primarily oil. Not only gasoline, but worse was the pollution from many of the by-products, like pesticides, herbicides, plastic and asphalt. So toxic, it made a really big mess. A viewpoint from the future is that people were addicted to oil, only interested in getting more, more, more. This gluttonous behavior earned the nickname oilglut.
6. Money in 2010 is considered intrinsic, necessary for life on the planet. Yes, the future entirely has no money, nothing even remotely like your money. More will be revealed.

7. "Not Knot," a mathematical video by Charles Gunn, 1991, describes knot theory and hyperbolic space. It is available for viewing on YouTube.
8. Science is held as a tool for "proving truth" in the old paradigm. It rapidly becomes passé to suppose reality and truth can be contained within a linear system of limited dimension. Inasmuch as science became like religion, it couldn't continue into a paradigm of no religion. Yes, imagine there is no what you call religion in this future.
9. For example, Jacques Vallée gave a talk at TEDx Brussels 2011 titled "A Theory of Everything (else). . . ." He proposes four requirements for a new physics
 1. Recognize the universe we perceive as a subsystem of a meta-reality of information
 2. Recognize dimensions as a cultural artifact. Do away with them.
 3. Treat the present as over-determined, already determined from past and present.
 4. Consciousness traverses associations, thus generating the mind's impression of space and time.

Dr. Philippe Guillemant author of "La Route du Temps" (Road of Time) proposed that the future is already in transformation under the influence of our observation and intention. Synchronicities are caused by a double causality. Our intentions cause effects in the future that become the future causes of present effects.

10. "Adepts" is like a nickname for those who can do things that in the past would have been considered impossible or miracles.
11. The book is written and released over a span of time. The first chapters are written in 2010–2011 and given to the internet in 2012. The name "More to Come" presupposes the book will be written over time offering more as it awakens.
12. Work and play are different here since money is no longer available to describe paid activities as work.

13. Modifications of the mind, or mental modifications, are a reference to a technology for patterning of consciousness. All this has been known since ancient times. A book was written in Sanskrit called the “Yoga Sutras of Patanjali.” It is not known exactly when it was written but estimates range from 5,000 BC to 300 AD (your time). The two Sanskrit words are citta and vrtti, possibly translated as mental and modification or patterns. Sanskrit has deep, rich meanings that are hard to translate to a minimal language like English. The Yoga Sutras start by explaining that there are five patterns of consciousness, or mental modifications. They are: right perception, misperception, conceptualization, sleep and memory.
14. The English language does not offer easy words for some things. The lyrical Sanskrit language offers more. This Sanskrit phrase or mantra may be repeated. One possible translation could be: I am here, happily here, connected to the abundant everything. IT IS SO!
15. Take the two words IT IS. They are so often used together for a variety of meanings. When they are capped like this they take on additional meaning. Like think of God, think of all that is . . . IT IS. The caps here are meant to draw attention out of the seeming ordinary and into the divine.
16. There is a belief that all knowledge, wisdom, everything! is fully contained in each human. Omnipotence, so to speak, is a natural phenomenon and the birthright of every human. Therefore one has only to “remember” that information, knowledge or wisdom that they seek or is required to be known.
17. Mamau Z is Zariah (pronounced Zah-re-aah), Gma KoKo’s granddaughter and Anna’s grandmother.
18. Papakins is an term of endearment for father, like daddy or papa.
19. This Self with a capital S denotes a sense of self as it relates to a bigger self that forms a family or community. It is personal yet extends the concept of self as an individual to self as a member of a group.

20. Father Nurture balances the implied female expression of Mother Nature. Father Nurture became popular to express the universal quality of male nurturing.
21. There are so many toxic items it would be a long list. Clothes made from synthetics. Drugs made from petroleum. Food made with items like antifreeze, preservatives, food additives and coloring. Building materials contain toxic fumes. Toxic emissions result from the internal combustion engines and coal burning power plants. Nuclear power plants contribute unthinkable and inexcusable risk of toxic release. Almost all food is stored or served in plastic, often heated by microwave in plastic, allowing petroleum to adhere to cell tissue, YUK.
22. Terminal seeds are genetically modified, and unable to reproduce. It is like a person who can never have children. For example, they are modified to resist a specific herbicide like Round-Up. When these seeds are grown, then Round-up is used to kill all the other plants (“weeds”) and the desired crop continues to grow. One problem is the seeds must be purchased from the greedy and mean chemical company. Another problem is that they blow into other places and cause regular seeds to become sterile. When plants produce seeds that cannot reproduce, it is not a good thing.
23. So much of the electricity generated from the huge, grossly polluting power plants was lost traveling the wire to its destination. Most of it was lost in the first mile from the plant as the wires are so large. It just gyrates out into space from the wires. What a waste!
24. Lyrics from a Malvina Reynolds song, “God Bless the Grass.” You can find it on You Tube

CHAPTER TWO

Berry Pie

Voice of Anna

Already I have told about the importance of connection with the Earth, to feel the relationship to everything else, we do not live in isolated compartments. We live in relation to All That IS. Are we a tiny speck in an infinite universe? Is the entire universe contained within our own self? Regardless of your choice of belief, every human is a living relative of nature. This is so! In order to move ahead, all understanding must resonate within that connection. We can cultivate a feeling of being connected, being included and cared for. The seeds planted in the following story can only grow in a bed of feeling one with Nature-Nurture, All That IS.

With this story, I will begin showing the importance of how we frame the “mental modifications.”¹ The information is contained inside what seems like a simple story. I prefer to speak freely in uncomplicated terms. Starting with concepts like the importance of allowing for long uninterrupted thought, Allowing the mind to be still—at a variety of levels, and training for the speed of thought. We will move toward guiding you through time and space to join us for a virtual get together we like to call “pie day.”

In your time, there was the idea of science, intellectuals, information, knowledge and wisdom. The information age, with computers collecting and disseminating information, provided an essential stepping stone to nurture concepts relating to human potential. To this day, we have something like your internet.

Imagine taking everything to do with commerce and money out of the World Wide Web. What was left formed the basis for us to create on many levels; social, intellectual, entertainment, health and much more.

By my time, children are taught from such a young age not to interrupt when a person is thinking. It is customary for people to have a space and time to be present with their own thought. Like you might take time for a nap or be going to bed. We will take time for thought, and family will not then disturb. We have a gazebo by the pond and a special room in our home for thinking and meditation. There are three kutirs² in our Domain.³ These small dwellings are specifically set up for a person to enjoy solitude and lengthy time for thought. Two of them have a bed and heater so a person could stay for a while. The other one is specifically primitive and especially valuable for drawing near to the earth, the mother. We call it “the hold” because being in it feels just like being held in the arms of a loving mother. It is small and oval shaped with a dirt floor so it feels like being inside an egg. It is used often by many. Sometimes to simply sit or lay for a time and recharge or heal, most every night, even through the winter, someone is sleeping in it. “The hold” resonates with a palpable, calming energy that is irresistible. You might call it magic.

We also train, starting at an early age, how to use the mind in an orderly and loving way. By show and tell it is taught how to weave thought and emotion into health, contentment and love. Beliefs hold the mind as a large vessel, muscle, machine, holy place and so much more. Mind allows thought, and thought is like a tool. Training mind/thought is like a technology. There are exercises and patterns to follow, that then allow for even more interesting opportunities.

The ability to travel through time and space with and without your body is one of the opportunities children will often work quite hard to achieve. An adept can take a novice along for an out of body experience and this motivates the child to learn for

themselves. Although this seemed impossible in Gma KoKo's time, the idea of it was intriguing. Well, it is common here and wouldn't you know it, not used as much as might be supposed. There are more rewarding activities than travel through time and space. Being here now is still the best.

The ability of mental telecommunication makes the cell phone obsolete. We adepts have our own version of email and Facebook⁴. We can "tune in" to people we know and send messages in real time and Cybertime.⁵ It is so natural and easy here that we take it for granted. It is something people seem always able to do.

I wondered why it is not commonly used in your day, and suppose it has to do with thoughts being lazy or rather untrained. The talent becomes lost without use. Actually, there are already quite a few people in the year 2010 that are able to do this at varying degree. Some are quite good and spend much time communicating this way, what you would call telepathically, with others around the globe, often without ever meeting in person. This was never in your news.

So, for example, since I am about to make some yummy pies with fresh berries, I want to let some people know. First, I send a thought message to Gerri my life mate (husband), who left early to work with others to construct a barn for a neighbor some walking distance away. My message includes the sight and smell of pie. He sends back a view of the neighbor's barn part way built and another picture of a spot I know is one of his favorite fishing holes and also on the way home. So I know he will be back later in the day and probably bring fish. I send another message to Carly, my good friend in a nearby Space of Love Domain. She has a small baby and I don't hear back from her right away. She could be sleeping or resting or "being" with her baby.

These thought messages are more like email; they can wait for a person to collect them. They are not marked urgent. If I had a different situation that was like an emergency, I could send a message more like a stress call. It could be sent generally, to

the nearest person, more like an alarm bell or shout, alerting or calling for attention. The level of urgency causes the message to break through the customary boundary of thought.

But making pies is an everyday kind of activity, so the message is sent gently, low priority. As it is, a couple hours later Carly lets me know she is heading over with the baby. They will arrive at the same time the pies are coming out of the oven.

Here is a thought message, sent from our time to you who are reading, come join us in our Space of Love for some pie. It is a beautiful summer day. We call this virtual pie day.

While the dew was still on the grass, the children and I went to pick berries. There are many this time of year and we know where to look. Blueberry, blackberry, boysenberry, bilberry, red and black raspberry and some more varieties that have become available over time, are all doing well this year. We bring gathering baskets and first fill our mouths and then fill the baskets, each in turn. My two children and three of their friends are joining us so before long we have many berries.

I start the wood stove in the summer kitchen. This is a large harvest so I have enough for three pies, and for canning. I plan to make some preserves and some juice. I start the berries for preserves cooking down and another pan for heating water. Two quart jars are stuffed with berries and I will pour boiling water over them before closing the lid and processing in the water bath. The juice will be delicious when we enjoy it sometime during the winter. I will strain it and use the pulp for flavoring tea.

While the berries cook down I start the crust for pie, fresh grinding both grain and nuts to make a course flour. We grow a variety of grains that are similar to wheat. Today I use a blend of wheat, spelt, kamut and oats, along with a smaller amount of almonds, walnuts and sunflower seeds. I mix a large dollop of sweet cream butter, along with water and a small spoonful of honey. This crust is rich, wholesome and fragrant. I roll it out thick and tuck the bottom layer into the pans.

Yes, we do have a plentiful amount of sugar made from beets and sometimes we trade dried fruit for sugar made from cane and molasses. We also have sorghum syrup, honey, maple syrup and maple sugar. Into the large bowl of fruit, I mix a few shakes of thickener, made from corn starch, wheat and oat flour, along with a large spoonful of honey and some beet sugar. I don't use any spices for this pie, only a pinch of salt. That's it, easy as pie! After pinching the top crust in place the oven is hot enough and in they go. Next is filling the jelly jars with the jam that has cooked down enough and pouring boiling water over the juice berries. Once they are in the hot water bath, it's time for a break. I join my daughter Melody and her two friends under the large oak tree.

There is a long rope swing that the girls are taking turns using. We mostly make rope from hemp. It is a common skill to make general kinds of rope from hemp. Sometimes we get together to make it, like a party. We often get together to make things; like rope, thatching for roofing, spinning, sewing, quilting, maple syrup and more. It seems for us work and play become one. Our swing is made of this kind of general purpose strong hemp rope. Gerri's dad fashioned it some time ago with a solid oak board.

There are two families in our village who specialize in fancy ropes. Some of the rope they make is extra strong and thick, some is very thin and still strong, and of course they make many sizes and styles in between. It is made with a variety of material to produce interesting colors, textures and holding capacity under a variety of conditions, like under water. It takes a lot of practice and craftsmanship to produce this special rope. This special rope is one of the many things that may be used for trade.

There are lots of traders who come around from time to time. Our village makes many things that are valued for trade. Believe it or not, dried fruit and fruit leather are by far the most popular items for trade and we have a lot of it here in what you call the fruit belt.⁶ Wine made from fruit is also popular, but heavier to

carry then the dry fruit. Traders go by land and on the rivers. Some have short predictable routes and offer quicker delivery on more common goods. Others travel long distances and offer more exotic items. It is possible to special order certain things. Coffee and cocoa⁷ (chocolate) beans are always popular.

Am so glad you could join us here on this glorious mid-summer day. Close your eyes and hear the sounds all around. In the nearby meadow, the grasses are rustling in the breeze, while the insects chirp and buzz. A symphony of birds is constantly playing as they come and go. There has not been a jet fueled plane in the sky since long before I was born, so you will not see the long white jet trails or hear them. What you will see is a beautiful blue sky with various high white fluffy clouds. No chance of rain today.

Come and lay down on the grass here under the old oak tree. It is shady here and we can smell the fresh grass and warm earth. Rest your body and mind here in a time where so many of your cares and worries, born of fear, are nonexistent. The girls are busy nearby singing, chanting a learning rhyme and we have a few minutes until the pies are done. Let me invite you into a thought exercise opportunity. Allow your worries, problems, perceived shortcomings or anything related to move to the surface of your self, your actual body. All limiting feelings and thoughts presently perceivable, rising to the skin and out your pores, forming like a shell, like a cover to your self. Give the time needed to gather these things and let them raise out of your core self to your surface self.

As you can feel these things gathering outside your body, image who you are without these things. What is left when you are not worried about having or getting enough money? Not worried about who will love you or are you lovable or loving enough. Not afraid of rejection or scorn for example. What ever of that sort is real for you? Who are you now? Who is the being of your self that is simply being here and now? Imagine something

like a zipper from head to toe and when you unzip the congealed shell of your cares and woes, you can easily step out of it. Leave it behind like a snake sheds its skin. Fill yourself up with feelings like you have enough, you have everything, and especially lots of love from all angles.⁸ Welcome again to our world.

Come now, let's go check on the pies. I can smell that they are ready. Carly arrives with her baby Johanna and a package of fresh cream cheese. Her domain has a milk cow and fresh cream cheese goes great with pie. It's not the same as ice cream, but it is awfully good in its own right. Carly is experienced with cheese making and this kind is exceptionally light and fluffy as well as rich and creamy. We do make ice cream sometimes, especially in the summer. Generally, ice cream making is a big deal, something to do at a time of special event, with more people gathered. Every now and then, we just make ice cream for no other reason than we feel like it. Today, however, you will taste the pie with sweet fresh cream.

The pies need to cool for a little while, so we enjoy the fragrance and each other's company. My daughter likes to take your hand and show you where to sit. For her it is like holding a new baby. She likes to do it. There has come to be for us, an odd thing, well it will seem odd to you, but to us, we enjoy it. We have come to call it virtual pie day. Each of you who visit are like a new friend, a new time. We sense your presence, your actual personal presence. It is like a special wrinkle in the time matrix. So don't try to overthink or go all intellectual about the reality of it all.

We don't actually relive the day and make so many pies. What we do, my daughter, Carly and I, we sense you and acknowledge your existence. We notion⁹ your self and circumstance. It's a little like reading a book, we "read" you, in a no-time-moment. We experience various moments spread through time, not all at once, so each is separate and unique like seeing different flowers. In that no-time-space, we mitigate your personal fears, inspirations, dreams and beliefs and spend as long as we like. We show and

tell each of you, individually, how much is possible. For us this happens over many years of what you call real time. For us it is a gift we freely give. It pleases us. We talk about you, before or after your visit, sometimes both. Some of you visit often, so yes, come back anytime for virtual pie day.

What is interesting is how people think they are so different from one another. Yet most people share the same or a very similar set of personal fears, inspirations, dreams and beliefs. People are more alike than different and these “things” (the paradigm or core fabric structure) are more based on the times people live in, are born into. What does change over time is sets of cultural beliefs. In the 40 years after the book is written, there is a time of great change, many beliefs shift radically. People’s relationship to self, the earth and Creation was beginning to shift at the time Gma KoKo started writing. After 2012, conscious co-creation allows for intimate connection. It is the connection to earth (as matter-ing¹⁰ in the universe) that raises consciousness. We feel it most decidedly.

So welcome once again welcome to our space of love. I give you a big hug, whisper endearments into your ear then look deeply into your eyes—much is made clear by this so quickly. Then we are silent and you may have, what for many is the first experience-as-opportunity in their life to just be. In this moment, however long; we are just being here now.

*Aum ॐ Om*¹¹

Before long the pie is ready to eat. I bring you, the guest of honor the first piece. It has a dollop of the sweet cream Carly made with love, and little white rivulets are melting into the pie and onto the plate.

Just as you taste the first bite, my son Scotty and his friend Austin appear out of nowhere. Scotty always seems to have an uncanny ability to just know what is going on. They each gobble their piece so fast it makes your head spin. Before they disappear,

each boy takes time to come to you, in turn and place both hands on your shoulder. Looking squarely into your face they “see you.” Without speaking they are “blending” with you. It is a way to make you welcome, share camaraderie and exchange. It doesn’t take long, and you are able to feel the connection, there is a motion of stirring near your heart. Someone from your time watching might see what the boys do as an off-hand gesture. It is nothing of the kind. In fact each boy is planting a seed. This is a special kind of seed, it can travel through time and space, sprouting of its own accord when the circumstances are favorable. They plant the seeds of contentment. This moment of “blending” occurs in what we think of as no-time-space, something outside the space-time continuum. As a side note, the boys are each quite adept at time travel and hold vast stores of contentment, so planting a seed for you is rather fun for them.

At the time, from your perception/perspective, it all happens so fast, it is as if they come and go in a flurry of activity. It comes later as you remember the virtual pie day and savoring your first bite that the seeds of contentment start to grow and fill your heart and life. Scotty and Austin spend so much time close to the earth and nature, that they spin you into a web of Ease.¹² Get close to the dirt and you will enhance the connection.

Meanwhile, you are enjoying the sight, smell and taste of that first bite. Fresh from the source food, made from scratch is so much better tasting and life-giving than the frozen, canned, processed, poison-laced food most people ate prior to The Great Turning.¹³ People can eat smaller amounts of fresh “real” food and be happily satisfied. Whereas people can eat large amounts of that dead food and still be hungry, never feeling satisfied. And that glass of fresh clean water there by your plate is not available anywhere on the planet in the year 2010. So drink deeply.

Before we end virtual pie day, I want to talk about the one thing so many of you have on your mind. The concept of money rules so much of your time and energy. It influences

important decisions about life-energy in ways that are often less than optimal. It is hard for you to imagine what life would be like without money ruling the roost. So I want to paint a picture, spin a tale if you will, to allow you to grow like a mushroom out of the seeming muck of money worries. Mushrooms, like friends, sprout up unexpectedly, and you CAN steer your life out of the heavy burden of your money worries. Start by swatting away all the buts. like . . . but I need money to pay for x,y,z . . . but I have to work for money . . . but money makes the world go round . . . but if only I had more money I would be so much more happy . . . on and on!

Here we don't use money the same as you. Actually, in my day to day life, this little slice of heaven that is my whole world, I handle no money at all, none whatsoever. Never have since the day I was born. Everything I need and want is here. I have everything. You have to admit, everything means there is plenty.

It seems in your world of 2010, people are always thinking about money. How to get more of it, things they wish for if only there was more money. You work very hard, most of your life, doing work you do not enjoy, to pay for things that you could and should do for yourself. Let's look at a few.

What do you pay for shelter, for your home? How much are you paying for rent or mortgage payments and home improvement costs? Here we all know how to build our own homes, comfortable homes that stay warm in winter and cool in summer. Our homes are tastefully designed, easy to keep clean, are filled with light, growing plants and most importantly love. Our homes are built with love by loving people for themselves and the ones they love. Every stone, board, chunk of clay is fashioned and filled with love. All the cabinets and furniture are made with love and radiate loving vibrations into our living homes. These homes are built with natural materials that we gather from nearby and the home blends into the natural scheme of the area. Buildings made of natural and/or recycled materials, contain none of the

toxic material prevalent in homes built in the 50 or so years prior to the Great Turning. The toxic fumes from these building materials were responsible for much disease and suffering. Especially bad were the trailers, also called mobile homes, and the similar homes called manufactured or double-wide. Children were especially at risk for respiratory problems and a variety of other ailments including cancers. So you are paying for these “less than the best” shelters not only in money but also in the heartbreak and loss of sickness, and the time spent caring for ill people.

What do you pay for food? How many hours do you work to pay for the food that you buy because you choose not to spend your time growing and making your own food? What are the hidden costs of the dead poisoned processed food in your grocery store? Think about the unseen costs of tax subsidies to support a failing and toxic agricultural system, and industrial concerns that are top heavy and filled with unhappy people working unsatisfying jobs. Then you spend so much energy shipping food around the world. Studies say a third of the contributions to greenhouse gasses came from transporting food. Trucks, even airplanes are transporting food here and there for processing or distribution. Every bite you eat has traveled on average 1400 miles. How weird is that?

It is hard for me to imagine how that was for you, your relationship to money. It seems heartbreaking and agonizing.

Other things you require money for, like clothing, education, entertainment, transportation and health care, are all home-spun, right here in our local neighborhood. People are self-sufficient and work together as a community. We don't use money or really any form of barter as you know it. People just do what needs doing. It is a different way of being.

In my life I have no thought and obviously no worry about money and the underlying concern of will I be supported, are my needs going to be met. The idea of money was never presented

to me in any way, until later when I learned about your life in an our-story lesson (history).

No one asked me what I wanted to be when I grew up. No defining my life based on how I earn money. I was never told I couldn't have things because there was not enough money.

Here we have everything.

I was taught I could have anything and everything. Not told exactly like that, more taught from infancy that all I see, hear, taste, touch, sense in any way, belongs to me. This is my world, my reality, my experience. I am surrounded by plenty, in both material and nonmaterial. Nice comfy home, great food, beautiful clothes, plenty of what you might call creature comforts. More important are the nonmaterial comforts, time to be with loved ones, to talk, share laughter, sing, dance and work together. Time is a valuable commodity, time to think, dream, wonder, learn, and connect with all living things (what you might call God).

The richness and fullness of my life extends far beyond what you are capable of conceiving in 2010. That additional human "powers" begin emerging and becoming available as commonplace happens during and after the Great Turning. Details about these will be revealed in coming stories. Suffice it to say that the capabilities of humans are vast and magnificent. While you think you have to grub all day to barely pay for the bare necessities (food, shelter, clothing, etc.), we can easily take care of those and have lots of time and energy left for creative or ethereal pursuits.

Our happiness here is contentment woven into the fabric of each moment of each day and deep into the core of being for each person individually and collectively. Thank you for joining us on virtual pie day. Please keep the word contentment, hang onto it, contemplate it . . . seek the source.

Notes

1. The term “mental modifications” is used here in light of the mental nature of the mind having many powers, including the ability to “modify.” Consider here that mental activity and using conscious patterning constructively in all areas of our lives is a technology that can be learned and practiced. You may reference an earlier footnote in Chapter 1 about the “Yoga Sutras of Patanjali,” an ancient Sanskrit book that defines the technology.
2. Kutir (pronounced like curtain but end with ir curt-ir) is a Sanskrit word for small meditation home or hut. These are usually quite small and made of natural materials. Most Domains will have at least one kutir.
3. Domain is like household but refers to the entire land that forms the Space of Love for a family. Again family is not limited to blood relatives, but rather the gathering of people who live together to share their lives. Domains are generally a few acres (one hectare), often Domains are grouped into what you might call eco-villages. We call them co-centric, from the words co-creator and concentric.
4. Facebook, a popular internet usage in 2010 allowing social networks to form and communicate easily with mostly words and pictures.
5. Cybertime is like Cyberspace—putting the message out there and letting the recipient retrieve it when they get to it.
6. The fruit belt is a strip of land on the east side of Lake Michigan about 30 miles wide. The climate is especially favorable to fruit production, and so many orchards and vineyards have been active and producing bountiful harvest for many generations.
7. Chocolate as you know it in 2010 does not travel well because it tends to melt. Our temperatures here are hotter, from the greenhouse effect. Cocoa beans are lighter and travel more easily. We can take the beans and grind them into cocoa powder for hot chocolate drinks and baking. Some even make the chocolate into candy bars, these are happily used locally for trade or special occasions. Some rituals will use cocoa when available. There will be more about rituals in later chapters.

8. The idea of love coming from different angles has to do with the many kinds of love, the nature of love playing. This is similar to music, as it is formed by many notes. It is like each person offers love in a different form or angle. If love was always the same that would be so boring, Yes! The ever present flow of love from one heart to another, from one moment to another can present itself like love coming from different angles.
9. Notion is a new-speak work for something in-between imagining or imaging and reading a person, personality, situation or other things like the nature of the relationship. Remember our relationship to all even through space and time, this allows us to connect and that connection provides the "notion."
10. From Einstein's theory of relativity; we learn Mass-energy equivalence: $E = mc^2$, energy and mass are equivalent and transmutable. From that we say matter and energy are related, in effect they are the same. Yes, in your future we have learned to apply much of the theory of relativity. It requires an expanded and connected consciousness. Would you hand car keys to a two-year-old and expect they could drive anywhere? The power of the relativity, time-space continuum is simple once you "get it." It lies in creativity and connection. Hint: Nature abhors a vacuum. Nothing can travel faster than the speed of light in a vacuum.
11. Om is a universal sound made up of three sounds; a, u m. These are three spellings of the same sound, one in Sanskrit. Om is not a word but rather an intonation, like music. According to the Mandukya Upanishad, "Om is the one eternal syllable of which all that exists is but the development. The past, the present and the future are all included in this one sound, and all that exists beyond the three forms of time is also implied in it."
12. A web of Ease has meaning because it paints a picture of the stringy stuff of spiders to connect throughout time and disregarding the illusion of spaces, offer solutions of Ease for times of trouble. The idea of ease means letting situations diffuse softly, easily as if resting on contentment refreshes the soul, thereby the individual is comforted by the web. There is power in the natural connection to the earth.

13. The Great Turning is the name of a book written in 2008 about the coming “changes.” We use the phrase to describe the time, basically 2000–2040. It refers to turning away from a culture of domination and death, turning toward a culture that is life-sustaining and life-renewing.

CHAPTER THREE

Emergent

Voice of Gma KoKo

All that I am writing is to tell my children's children and their children about my life, thoughts, feelings, ambitions and ideals. This is a way to pass on to you, those yet to be born, a notion of myself and the reality experienced during my lifetime.

These are the best of times and the worst of times. We live better than royalty in days of yore, not that their lot was all that great. Still, even to this day, "peasants" struggle, strive and thrive, being closer to the earth in her cycles, as fate would have it. Here in the USA, at this time, most folks at every economic stratum take for granted running hot and cold water, electric lights, cars and other "modern" conveniences, like washing machines and refrigerators. On top of all that: so much extra manufactured goods and gadgets are produced that serve little purpose except to feed the large growths of rubbish commonly referred to as land fill.

It is hard to know where to begin. So, might as well start with an apology for everything and anything, little and big that I have done in my life so far and yet to come that has caused any harm. My stomach sinks at the thought of the extent to which you (in the future) will see (looking back) and wonder how could this have happened? How could we have lived so thoughtlessly with regard to ourselves, the future generations and the planet? You simply can't imagine the extent that we are able to ignore what we don't want to see or believe. Only a small fraction of the human population, especially in the United States of America

even know or believe that cheap fossil fuel will soon become non available¹. Meaning no gas for cars, no coal for electricity, food prices of goods shipped from any distance will become extremely expensive, and people won't be able to drive so far to work for the almighty paycheck the way we do now.

In the face of it being a known, accepted and proven fact about global warming, climate change, its devastating results directly caused by carbon emissions, mainstream people and politics prefer to either ignore or disclaim it. The inevitable result is destruction of the ecology, the mainstream that supports life, all life, including human, is changing so drastically it is becoming a very different planet with each passing day. So many species are becoming extinct, even humans may face extinction. Still, people mostly are doing nothing and worse than nothing, continuing to contribute to the problem, ignoring and refusing to consider working toward a solution. Hello, anybody home? Most people prefer to live in "ignorance is bliss" rather than make appropriate changes, so little gets done. I vacillate between feelings such as; despair, anger, compassion for all the suffering, outrage, despondency and feeling powerless to change such a big problem.

I could say the greed of the techno-industrial-military capitalistic system is compelling the consumer-driven mindset to continue in a growth mode far beyond available resources of the planet, leaving ecological devastation and pollution, poisoning the air, water and soil. Most of the food produced by factory farms is full of poison and devoid of nourishment. Eating this SAD (Standard American Diet) food and lack of fresh air, clean water and exercise explains why so many people contract serious illness: cancer, diabetes, heart problems and arthritis to name a few. Yet the techno-industrial machine runs on consumers and we are willing participants because we can't imagine anything else. If no one bought the products, or worked in the factories, it would end.

Please, my children, try to imagine that for us now in 2011 what I am writing, while so obvious to you, is not obvious to most people. We have grown up “this way.” I have always had a car to ride in when we want to go somewhere. Food comes from the grocery store and working for a paycheck, meaning MONEY and making more money, rules most choices. People prefer to continue with what is familiar and comfortable rather than make changes that appear to be unnecessary, and will lead to more work and less fun.

For me there are so many crazy actions and practices that I don't even know where to begin. In summer of 2010 the Gulf of Mexico was destroyed by a huge unstoppable oil leak.² But does that make a difference in corporate or governmental policies? NO! Whole mountain tops are removed and dirt tossed into the gully so that coal may be dug out. This exploitation is justified by believing that the mountain will grow back. It will never grow back as it was, will take many hundreds of years to begin to recover and thousands of years to repair or replace the ecology that was destroyed. Meanwhile all living things on the mountain, including people, are harmed if not killed. All around the earth there is destruction of the soil, forest and water to feed the machine of a growth economy, the snake that eats its own tail. Again, I apologize for any and all ways my lifestyle, life-time choices and selfish behaviors have contributed to this mess, as I know they still are even now.

Ultimately, I believe that the earth and galaxy and universe have a bigger plan and we are along for the ride, beautiful, wondrous, and bumpy as it may become. I hold strongly to a vision that there is a purpose and meaning in all of creation, the good, bad, beautiful and ugly. I just seem to know that life could be better, so much better than what we have now. Many people think the so-called modern life we have is so great, so full of comfortable conveniences. They are “conveniently” overlooking the sad and ugly underbelly of this modern life. Most people, especially

the ones with all the “comfortable conveniences” are not happy. The fast pace of this “modern” life has people so busy all the time. Too busy, oftentimes, to even sit down and enjoy a meal together.

The water and air are polluted. We are burning so much fossil fuel that the polar ice caps are melting. People are sick with many diseases directly related to the excessive amounts of toxic material found in everyday life. The amount of pesticides, herbicides and chemical fertilizers used by factory farm agriculture and on consumers’ lawns is immense, killing the soil and many other things. Children are especially susceptible and are facing horrible diseases like cancer and leukemia, but no one seems to know, or care about it if they do know. Overall is a feeling of powerlessness to effect change, or belief that someone else, like government, is on the job to protect us from pollution or harmful chemicals or bad medical practices. The extent of the common blindness³ is beyond belief and this ability to ignore what is “inconvenient truth” is unfathomable and overwhelming.

Now that I am done apologizing for this crazy situation, the reason I am writing is to tell you how much I care about you, my children. Yes, I have my own child and her children, but I also know we are all one family and all the children are connected. So I am writing to all of you, as my children, you who want to read about my life and how I think, act and feel.

I moved here in September of 2007, actually bought my first home on my birthday. It was total coincidence that closing on the house and property happened on my birthday, but it made it extra special and the most expensive birthday gift I ever bought myself. It was a brave thing to leave a comfortable job, affordable townhouse, family and friends to go someplace new, way out in the country, all by myself. I refused to allow fear to run my life and I wanted to live near Lake Michigan and have some land. I wanted to create a Space of Love.

I hoped for about three acres, targeting one hectare, but would have settled for one acre. As it turned out I purchased a

home I would soon call the cozy cottage and eight acres. Having lived in the city so long, it was a huge adjustment being in the country. Luckily, I took to it like a fish to water. My new home came with a wood stove, a lovely, top-of-the-line stove that can take logs up to 24" and has a glass door. It took me over two years to learn to use this wood stove effectively. Now I can work it great, to keep the whole house warm, even on the coldest winter days. I love it, even with all the time and effort to work with wood and keep the home fires burning. There is something special about wood heat and watching the fire. I often sit for many "moments" simply gazing into the fire, enthralled by the colors and motion. The dogs often choose to lie near the fire.

Another thing I love is to see the stars. Years of city life means rarely seeing many stars in the sky. All the city light makes it hard to see stars. Here, on cloudless nights the sky is full of the intricate patterns of tiny lights. There is a familiarity to the stars in the sky. It forms a placement between myself, my life, however small or large I may feel at the moment, and something bigger than me. The stars put things into perspective. They are something larger than life, bigger than meaningless and hopeful like a comforting mystery. I love the stars.

Then again, I love the sky any time of day and any kind of weather. Dawn, with the soft pastels and promise of the day to come, sunset, with the rich tones and peaceful end to a long day, looking up at the sky always provides a palette of tones and hues to fill the space that would be outside myself and make it like a companion blanket. The expansion into my sky helps define the space of being. Here at the cozy cottage, framing the sky are green growing trees all around, in every direction. You can see why I love being in the country. It allows me to be closer to natural things rather than dirty, stinky city streets and buildings.

So I moved here to create a Space of Love for my kith and kin, family and friends. Something of value I could hand down to you through time. I suspected money would be of no use

to you,⁴ but this land, this garden of eatin' will give you the equivalent of wealth beyond measure. The Dali Lama says the most important thing we can do in our lives is to cultivate contentment. In light of that, I decree the main focus, here in our Space of Love, is to grow contentment. Happy Farm translates to Campo Contento and so that is a good name for this place. I often ponder on the nature of cultivating contentment, and rely heavily on my intuition to guide me in the right direction. When things don't go the way I think they should or it seems I am working too hard and getting little progress, I can pause, remember to breathe and that the main goal is contentment, cultivating contentment. It changes the troubled situation when happiness and contentment come first. Happiness, contentment, to be satisfied, feeling like you have enough/plenty, are all related. They illuminate the right direction for humankind to turn in these troubled times.

*Happiness depends not upon material comfort
but upon the mind.*

*Seek the source of the mind and build your life on that.*⁵

Here at the Campo Contento, we want to work toward building our lives based in a reality that promotes contentment. Well, the we means me, myself and I, plus two dogs, two cats, and lots of the “natives”—birds, mice, bunnies, deer and countless microorganisms. I mention the little organisms because they are the real life of the party. I am in a process of learning much about healthy soil, ecosystems and the importance of “bugs” literally insect type of bugs and then the bacteria, nematodes, fungi, etc. that populate good dirt. The bigger challenge is learning about what it means to create a Space of Love and to cultivate contentment. Wish me beginner's luck.

Lately I have been questioning: How to prepare for an uncertain future? What can I do in a broader sense? What should I do to get ready? Many and most people, who are awake enough

to think about a Brave New World,⁶ are naturally thinking from the mindset of the old ways and are thinking about doomsday, survival and guns. Much has already been written about the possibility of what it will be like as we live through the collapse of the military-industrial civilization.

For me, as I listen to the winds of change, I hear another melody of possibility for human emergence into a greater opportunity. It is this heart-song I choose to expound upon.

*Change is coming
People Get Ready There's a Change a Comin'*

Most people appear to be sleeping. It is the comfort of assuming civilization as we know it, our “modern” culture will stay as it is, at least for enough more years that we don't have to think about it yet.

The few who are waking (more and more each day) and seeing the coming changes/challenges portended by peak oil, global climate change and economic instability assume we will go backward, back to the way it was. Without the cheap fossil fuel to burn and pollute, the power to run everything will disappear and we will “go back” to a primitive, undesirable existence.

Aside from the probability that the notion of forward and back are more akin to illusion based on perspective, from any given time there is no going back, only forward. As if we can turn back the sands of time, again another illusion. We have come too far to go back. We have made great advances on numerous fronts of inquiry on many levels of consciousness. The future is so bright, we'd better wear shades. I believe, what is yet to come, behind the curtain, after the Great Turning, far surpasses what we have now.

After the dust settles, I believe we will turn the learning, information, knowledge and technology into progress of a new sort, an emergent potential.

An Emergent Potential:

Evolutionary Enlightenment, and the new culture it promises, is something we can deliberately and consciously bring into being together. It is an emergent perspective, or state of consciousness, that bursts forth spontaneously and miraculously only when the conditions are right. “Emergent” means it is something greater than the sum of its parts—a new order of relatedness, a new level of consciousness, a deeper and higher perspective that is always unimaginable until the moment it explodes into existence.

—Andrew Cohen

It is time now to remember we are all co-creators, like Dorothy in the “Wizard of OZ.”⁷ We have been wearing the “Ruby Slippers” all along and could have used them anytime. Ignorance and fear cause pain and prevent so much progress. What will you do when you learn you have had the “Ruby Slippers” all along? What does it mean to accept our birthright as co-creators?

Let’s look at an important cosmic law:

What we pay attention to is what we become conscious of.

Or put another way:

Consciousness is what we choose to pay attention to.

It’s something to think about, and then let it seep into our knowingness. What is consciousness? Do all living things entertain consciousness? What happens when we pay attention? What does it mean to pay attention? How does being conscious relate to being alive?

One place to start is to acknowledge that we are all connected, and then practice forming a conscious connection. Think about all life on the planet. We all breathe the same air, drink the same water. The available molecules of everything just keep rearranging and decomposing or evaporating and raining. When I drink a cup of water, those same molecules were here back in the time of the dinosaurs, and within the last month

may have been to China and back. The air is constantly moving. Breathe deeply! Who was the last person to inhale your air? Who will be the next person to breathe that same air, the same molecules you exhale?

We are all connected! All living beings here on the planet belong to this planet. She is alive and we are her. It is time now to become consciously connected to the earth as we can conceive of it. It is time to choose to pay attention to the magnitude, beauty, majesty and yes, power of that connection. Pay attention to the conscious connection involved in being alive. This is how we build our muscles, our “people get ready” muscles. This is the fundamental building block. Notice there is “fun” in the word fundamental.

This connection concept is no small thing. It is a big important concept, the most important foundation or cornerstone to help us prepare for “the change.” It must be practiced and practiced, repeated and repeated, applied to every situation, every encounter and into every moment. We will learn to live and breathe connection, building a sense of connection to each other and to the earth.

It is easiest at first to start small. Look around your room, your familiar space. Feel the connection to things close to you now. Become one with all that your senses can perceive, all that you see, hear, smell and so on. After you get the hang of it, you can connect with people and places farther away. Eventually you will be connecting through time, space, relativity⁸ and emotion. These are more advanced precepts.

For me there is a sense of weaving, like fabric, or a net or web. Falling back into a seeming nothingness, connecting with smallness, infinitesimal dot when compared to all the universe and all eternity, then catapulting into ownership as a co-creator, belonging and included with the larger ALL. The bigger “I,” not the little ego, encompasses a sense of self bigger than a galaxy, so much more magical than Stardust.⁹

Seek to form a solid, mind-blowing, deeply intimate relationship with connection. Connection to ourselves, each other, all living things, all worlds, and all through time, this connection may be construed as a relationship. We can practice feeling and acknowledging this connection again and again and again, over and over, moment by moment. Any and every thought, action, feeling and attitude needs to be contained and framed by the knowingness of connection.

It is the deep knowing of this interconnected relationship that allows conscious attention to manifest into co-creation. The motivation for co-creation lives in love and more importantly—contentment. Contentment includes/involves love and gratitude, a peaceful easy feeling. It is the trump card, the Holy Grail, the space into which one may rest in ease.

How can I, writing this in March of 2011, predict the future? I can see there are castles made of sand, built on sand and a big wave is coming to take them back to the sea. I can see the large human population, way more than have lived on the earth for farther back than we can count time. Perhaps the mother earth and father time know why so many are born into this time. I can only shake my head and wonder.

The “change” from abundant, cheap fossil fuels to very little, expensive fossil fuel availability will be swift. In relative terms, whether it happens overnight or over 20–30 years, it is swift in the grand scheme of things. As we adjust into future power sources, the interim time may cause widespread fear, confusion and much discomfort. Inasmuch as we can prepare for the transition with new technologies and relearning good old ways of doing things, this will ease the burden of changing. Preparing for the future and building strong communities is of paramount importance and is already underway around the world. Let’s hope it is enough and in time.

These changes will be hardest for people who have no sense of connection. Connecting to family and friends, community,

the planet, the universe and everything, provides the comfort of a safety net. Learning to stay in the moment with contentment and gratitude are the guiding light through a dark tunnel. People who linger in regret and anger, steeping in a sense of loss will lose connection, literally. We must and we can look inside ourselves for a better future.

The earth is a natural paradise to provide food, shelter, and clothing. Not just bare necessities, but more importantly, all that your heart desires. Look for the true desire deep down in your soul. Let your own strong inner knowing of your mission on earth reveal itself in the grand glory it deserves.

Let go of—I desire a million dollars (why, what would you do with a million dollars?), no make that 60 billion dollars. (How much is ever enough?) Ha Ha! Can you see this is nonsense?

Let go of—I might like to do X-Y-Z but am afraid, people would laugh at me. I'd be no good. I couldn't make money doing that.

Find answers for these questions:

Who am I?

Where do I come from?

Where am I going?

What do I desire?

How do I wish to live?

Co-creation is happening whether you know it or not. We are already working within the matrix of creation, shaping reality. We have been playing with it as children of god. Now we are getting a boost into a higher awareness.

What parent would hand an infant a sharp knife? Children need to grow up to be able to use grown-up tools. Sooner than later WE as gods and goddesses will be ready for the “tools” that accompany the conscious awareness of co-creation. Our assign-

ment, should we choose to accept it, is to co-create a “home,” heaven on earth and happy-ever-after lives. Choose what we want to believe.

All thought forms that make our lives less than paradise are disappearing.

Notes

1. Most people just assume oil/gas has always been here and always will be. Or people say, “We are a long way from running out of oil completely.” That may be true, but as the remaining oil and other fossil fuels become increasingly hard to harvest and prepare, the cost of them will skyrocket. So the better question is: “What will you do when you can’t afford to buy a gallon of gas?”
2. What is ironic about the oil spill in the summer of 2010 devastating the Gulf of Mexico, is that the Gulf of Mexico was already dying or dead from the huge amount of runoff coming down the Mississippi river and spilling into the Gulf. Runoff of inorganic pesticides and herbicides, some from the large agricultural factory farms but a disturbingly large amount, perhaps even more so, from consumer use to kill bugs in the yard and to have large green lawns.
3. Blindness meaning to look the other way—ignore.
4. I intuitively knew that money would have little or no value and land growing a Space of Love would have value. I knew this before connecting with my future offspring Anna who confirmed it.
5. From a book called “Messages from Amma, in the Language of the Heart,” edited by Janine Canan ©2004, page 43.
6. The name of a famous book written by Aldous Huxley first published in 1932. That title was meant to be ironic, yet for me now the term implies the amount of bravery it takes to stare down a majority population that does not want to believe there will be any change any time soon and begin to take meaningful action.

7. The “Wizard of Oz” was a popular story in the 20th century, about a young girl who embarks on a dream-like adventure full of magical occurrences. She is trying to find her way back home. After many adventures and misadventures, she finds that she was wearing the Ruby Slippers all the time and they could make her dreams come true. She only needed to learn about the power she already possessed, had in fact earned early on, by making the journey in the first place.
8. Relativity meaning things both large and small, like galaxies and molecules, ameba and distant suns. It can also be like the theory of relativity $E = MC^2$ extending connection to both matter and energy and the speed of light.
9. If these words make no sense, then ask for your own understanding. Sit with things and wait. More will be revealed.

CHAPTER FOUR

Simply

People live simply so others may simply live.

Voices of Gma KoKo and Juan

I woke up March 18, 2011 vividly remembering a dream, in which I was introduced to a man. The dream started with someone who took me on a long walk through the woods to a rather large dock or platform that extended out on a lake. He told me I would meet someone special, that it was an honor and he was excited about it. We didn't wait long before an odd object came from the sky and landed on the platform. Apparently it was a special landing platform with a set of nets that caught the flying machine and allowed it to come to rest on the platform. The flying object, I later learned is called a Breezer, reminded me at first of a pod, like a seed. It was almost egg shaped with short stubby wings, maybe 10–12 feet by 15–17 feet. It had very smooth uninterrupted lines. The surface was dull rather than shiny, like a dark grey, opaque, nonreflective material.

I was actually more intrigued with the process of the landing than the flying craft. It approached the platform from the sky at a gentle speed and with an unwavering sense of direction. It slid along the platform, making little noise, got caught by the net that stretched a lot then bounced back leaving the ship neatly placed on the platform. It amazed me that an airplane could make such a smooth landing on this small target.

I didn't see a door open, but in no time at all, the man appeared walking around the rear of the ship. He was of medium height,

dark hair and eyes, mostly light skinned, and had an ethnic affiliation of mostly Hispanic with some Oriental. He was dressed in a white shirt and dark pants. His face, virtually expressionless, had the air of someone who often entertained deep thoughts. I was so amazed by the landing and gushing about “what a great landing, Wow, that was amazing.” Not really thinking about how I should greet this stranger to whom I had not yet even been introduced. I felt like giving him a big hug. He stopped the hug, but moved forward allowing me to touch his arms but nothing like a hug.

I woke the next day, vividly remembering the dream, the man, the flying object and wondered what it all meant. It seemed to have important significance and it felt cool to have had a dream like that.

Later in the day, I lay down for a nap. As I lay there thinking about things it seemed I was receiving information. I remembered the dream and knew the man was from the future and had come to give information and answer questions. At that moment he was communicating to me with thoughts and pictures about the future.

It is no surprise that this visit from the man who as it turns out is called Juan, came shortly after I completed the previous writing on connection and co-creation. Much of the information involves connecting and co-creation. Connection is to each other as human beings, all living things, the planet, the universe and most importantly, our creator as us, thus co-creation. It is the basis, the foundation that allows this future lifestyle to emerge and form. So much of it works only because of the connection. It is a powerful reality, force, presence.

My first concerns or questions are about how we will live in the future, specifically food, shelter, clothing, water, you know, the basics. He laughed and said those things are so easy, we have plenty of good food, comfortable clean efficient homes. More important, our homes are beautiful hand crafted works of art, created with love, so much love out of natural materials. Whenever a

new dwelling is required or dreamed up, various people carefully plan for it. Much thought is given to its location and the energy/lifestyle of the people who will live in it, meaning its intended purpose. Various pieces, parts, and panels are constructed, materials are gathered. The actual construction goes pretty fast. Many people gather and it is like a party, all the time honoring each other and creating this building filled with nourishing thoughts to imbibe it with much love. Housing is a wonderfully creative activity giving pleasure during the construction and creating a home satiated, ringing with love.

Back to food, there is plenty of good food, much variety of tasty fresh food. Most homes have a greenhouse area for beauty, warmth, sunshine and fresh food. Food is grown locally, most of it in gardens near the home. Everyone spends some time in the gardens. It is important for staying connected to spend time watching food grow, or more accurately, being with the living plants as they grow. Children of all ages, up to the very elderly, spend time in the garden, some tending and a lot of sitting, laying, communing and consuming. The way we garden is so different that it requires much less time and effort.

Some people choose to eat meat, more likely fish and chicken, even rabbit. Compared to the amount of meat consumed by American people in 2011, we now eat a small fraction of that meat. Some settlements raise larger farm animals for meat and/or milk: cows, pigs, goats and sheep. The animals are raised humanely, slaughtered and eaten by the same community who cares for them. Quite often the animals are used for meat at special times of the year that involve celebrations, parties, sacred rites, larger gatherings of some sort. It is a different bond and situation than 2011, where people go to the grocery store and buy meat wrapped in plastic.

Food has to do with connection. People live with the food they consume. It is all around. We garden differently; much is based on what you call permaculture, a way of growing modeled after

relationships found in natural ecologies. It is much less work. Our gardens or plantings are woven into the forest and prairies, and Mother Nature does most of the work. The plants are beautiful and live as they should in their natural setting. Food and the people are one. Eating is like breathing. One might wake in the morning, decide to take a stroll, and find various things to eat along the way, while gathering some things for dinner. We are big on wild edibles. Some of the wild edibles were at some point planted, cultivated and now continue to grow wild. Asparagus is a good example of something that will grow wild. Occasional cultivation will stimulate it to grow in desirable locations. Unattended, it will spread its own seeds and happily pop up here and there.

In the year 2011 many people believe they must work hard for many hours “to put food on the table.” People often say “I hate to work, but I have to do it if I want to eat.” People also think that to grow your own food, to be self-sustaining with food production would be so much work. And why bother when you can buy food so cheaply? That bought food is far from cheap when adding in the hidden costs. First add the obvious cost of all the hours worked to earn the money to pay someone else to raise food, ship it and sell it in a store. Compare the time it takes to earn the money to pay for food to that same time to grow your own. Then there are the hidden costs. Many tax dollars are spent to subsidize the growing and transport of food. The factory-farm ways of producing food and the factories to process it caused serious damage to the planet. This adds dramatically to the cost of food in 2011. Then there is the cost, monetary and otherwise of people being sick from eating dead food rather than fresh. Add it up! Growing your own is much easier. Of course people in 2011 would frame it—growing your own is more cost effective. Sadly, few people knew how. Think about it, throughout human history people knew how to feed themselves. Not so in 2011.

When people can eat real food, grown in healthy soil, the food is packed with nourishment. It takes a smaller portion to allow a person to feel satisfied and full. When food is dead (having little nourishment), as is the case for lots of food in the grocery stores of 2011, a person can eat a lot and still be hungry. Sometimes the “dead food” will actually rob the body of nutrients as it passes through digestion.

Please know that for us, food is easy, delicious, fun and we spend more time enjoying it than slaving to produce it. The planet earth is a veritable table of food. Everything prepared exactly right for our needs in any given season. Harmony with the Mother brings health to our people.

Let's talk about clothing. It is comfortable and beautiful, made from natural materials with, you guessed it, lots of love. The art of making clothes is practiced by many with fabulous results. Almost everyone participates in preparing fibers for fabric. It is often done sitting together and telling stories. We have very little that is called “women's work” or “men's work.” Fiber preparation and the creation of clothing are shared equally by men and women. Some clothing is simple and meant for everyday work and play. Even the most common is likely to have some embroidery or embellishment to make it personal and beautiful. We make a variety of fancy clothes for various occasions. We create clothing for rites of Love, ritual and ceremonies or simply beautiful apparel to wear at the end of the day while relaxing and enjoying the sunset. Clothing is an art form and people enjoy expressing themselves by creating it and wearing it.

I have very good news about health care. First of all, because of the vast improvement when it comes to diet and much more exercise as part of daily life, we have substantially less illness. We eat fresh flavorful home grown food prepared with love and chock full of vitamins, minerals and nutritious trace elements. In the course of our daily routine people get lots of exercise. As mentioned before we often naturally eat less. The food is so

nutritious that we feel full, satisfied without needing to eat a lot. We also eat food in season. The benefit to our health is huge, by simply eating food fresh, as it comes into season.

Almost all of the regular and minor health care needs are addressed locally. Each settlement and family knows how to use herbs to treat various conditions. There are people, men and women, who make themselves available to help households when there is illness. The whole community supports a household to whatever extent is needed by bringing food or helping in other ways. Remembering our connection to one another, you may imagine how compelling it is to help and be of service.

We have a traveling set-up for both health and dental needs. The doctor's office travels around the countryside and covers a large geographical area with some regularity. There is a method to handle emergencies; usually the doctor goes to the home, or other times the patient is transported to a special center. We don't have anything resembling the hospitals of 2011. The centers are equipped with special testing and treatment, but few sick people are ever there at any one time. The homesteads around the centers are equipped to house people who are there for treatment so that warm loving environments are provided with good food available. The housing accommodates the patient and accompanying family members.

We do continue to have something like the internet, the World Wide Web. As you can imagine it has gotten much better, more refined, especially so for health care. In every local settlement is a small subset of equipment for taking samples, like a few drops of blood. The resulting information is sent over the internet for analysis and determination. Health care is far more sophisticated. People suffer little from illness.

When someone does have a problem, first we look at diet and exercise. It may be a small adjustment in what is being eaten, or certain stretching or aerobic activities will provide a solution to

the problem. We also look right away at social and—something you have no word for—issues. To say psychological problems means something different in 2011 than what I want to say. To say spiritual is also misunderstood in 2011. In your time issues of soul and spirit are strangely tied to confining religious notions; this prevents them from being looked at as health issues. Even to use the word social is not quite right. Perhaps I could say interpersonal issues. We realize people can be off balance and “out-of-whack” on a variety of levels or in a variety of ways; physical, mental, spiritual, of the soul and things in between these. Dis-ease happens in relation to the whole of the person and their connection to all that is around them. To find the cure we must look at the forces both causing and affecting their relationship to the illness.

The illness of any member of the community affects all the people. It becomes the job of the elders and people associated with the ailing person to spend much time attending to the problem. It is not unusual, along with diet and exercise, for there to be some other healing practices. Colors, tone, music, scents, gems and other vibrational attunements may be used. We practice a variety of massage therapies a little like some you have, but way more advanced. We work with meridians, chakra centers and some other kinds of pathways for energy in and around the body. Things like shiatsu, polarity therapy, acupressure, but, again much more tuned and refined. Suffice it to say in the field of health care, we have come a long way baby.

The ability of human beings to heal themselves is immense. This is a largely untapped resource in 2011. Imagine you are able to know when your body (and soul) is vibrantly healthy. It is a wonderful feeling to live with glowing good health, no pain, lots of energy. When anything interrupts that “groove,” it causes awareness to activate and wonder what is going on. Awareness, when queried, will give conscious answers. So much of the time any individual can heal themselves in an early stage of dis-ease.

We look back on the health care of 2011 as very primitive and actually barbaric in some ways. To have the culture, the style of living, create the illness then kill the cells of the body trying to cure it. Hospitals, the official place for healing, often had some of the worst food possible. People sometimes got sicker after going into a hospital. And drugs on top of drugs on top of more drugs are not the answer to illness.

Voice of Gma KoKo

Am returning to writing after a day-long break and in the interim Juan wanted to explain that we are not simply describing a utopian world, there is something very important to realize. Back to the idea of emergence, humans have actually evolved, well emerged. After what some call the “transition,” or the “great turning,” Juan simply calls it “the break,” humankind naturally acquired the equivalent of what we might think of as super powers. He demonstrated the ability to cause an object to float and spin in space, a simple ability for Juan. Humans of the future have abilities and mental capacity way beyond our wildest dreams.

“The Break” can mean broken off, as in separated, and it can also mean resting between working, like “take a break.” Juan says it is a combination. Many things in the society we rely on in 2011 will break. Some things happen gradually, most of it will be relatively sudden, as in suddenly no power. No power for electricity, no power from gas and oil, nuclear or coal. It all stops rather suddenly. It will be the result of the economy and politics. The relatively sudden cessation of power, both physical power (like power plants) and government and corporate power, results in a break-time, as in rest. Give it a rest. And so the people and the planet will rest. The “break” happens on a global level. While living beings rest, the universe showers the earth in “rays” a special kind of energy that awakens certain centers in the body—like chakras. People who live through this time will describe it in

many different ways; like jumping out of their skin, like a near-death experience, like drawing near to GOD and evaporating. All living beings who survive through the break will be affected in life-changing ways. Many did survive and you could call it consciousness raising, a new and expanded awareness. It is hard to describe further because our language, as it is, offers few words, and it's hard for people to believe that for which there is no personal reference.

Babies born after the "break" will show extraordinary health and vitality. They will possess powers way beyond their parents, powers of creativity, intelligence and more. Future people are still human in every way that you can think of, just so much more. As we come to know, these "powers" lay dormant in us all along. We are capable of so much more. Who knew?

Voice of Juan

That said; let's move along with explaining about transportation. Many people are born, live fabulous long lives and have no need to travel farther than their feet and or a bike will take them from home base. Some people like to travel far and wide. Entertainers, storytellers, teachers, traders may want to travel for some or all of their life. People walk, ride bikes and similar pedaled vehicles, ride horses or other animals, use horses or other animals to pull carts or carriages. Of course boats, an elaborate chain of small to midsized boats, allow for transport of goods and people, also some trains are running. Most homesteads have paths for travel, with somewhat wider paths between settlements to transport goods and people, often with horse or ox drawn carts.

Then there are more advanced vehicles, powered in a variety of ways that are sustainable and do not harm or pollute the environment. There are some motored vehicles that are all-terrain because we do not maintain roads the way you do. These are lightweight, meant for one, maybe two passengers with little baggage. There are only a few of these in any area and they may

be used for an emergency visit by a doctor, dentist or veterinarian. They are brought to festivals and gatherings for fun and to transport people around at the event.

People are working on constructing a rail-like system of transport, largely for goods and occasionally a few passengers. The motorized compartments have been invented and are becoming more refined. Some tracks have been laid between communities and more are being built as we speak. We are able to harvest and recycle or refurbish much of the track from 2011, even though the tracks had become mostly unusable as is.

There is also a lot of development on a device for reconstructing. It would be similar to the “Beam me up Scotty” transporter from the *Star Trek* series. Except it wouldn’t actually move an item or person. It would reconstruct an item, not a person. The theory is; items could be sent as data, like a detailed blueprint of molecular structure and shape. Since most items on earth are carbon based and carbon is everywhere, the theory goes that we should be able to reconstruct an object literally out of thin air or by having the available raw resources and the blueprint to recreate. So for example, a section of the skin for the “Breezer” plane could be manufactured at a distance by using a molecular blueprint, raw materials and the reconstruction device. We’re still working out some kinks, but it looks promising.

Then there are the flying vehicles like the “Breezer,” a brand name or model description. There aren’t a lot of them but there are a variety of sizes and shapes. These vehicles are shared by a certain small group of people who need to use them for various reasons. One could literally travel anywhere around the world in one of these. It is most convenient to land on a prepared landing pad such as the one visited in the dream described at the beginning of this chapter, but the vehicle can land anywhere. Preferably in water, were it easily acts like a boat and can be driven to shore or taken off again from the water. There are many safety features and guidance for navigation.

Inside of the Breezer there is what looks like a net, but is actually the seat, it can be adjusted so the pilot can be kneeling or sitting in a variety of ways. Juan says it is very comfortable even for longer flights. The aircraft mostly uses the prevailing winds, breezes to power itself, like a glider. The motor runs kind of on puffed air, generated by the passing of wind through the motor as it glides, and it uses the sun for solar power. So it is quite self-contained and doesn't have to stop for fuel. The body of the plane is actually translucent, like sunglasses, dark on the outside, but from the inside you can see out. It is a beautiful, unobstructed view of the earth and sky while flying.

There are somewhat larger models that can carry two or three people at a time. It is used for emergency transport and other things, including, as you can imagine, joy rides.

Communication, entertainment, education and more are provided by something similar to the internet. People can talk "on the phone," have group discussions and meetings with other folks the world over. There are research groups, educational groups, social networks and much more. It is used for health care and transacting exchanges, what you call "doing business." There are movies and shows. Most central buildings have a room for "computer entertainment communication" with elaborate equipment. Many homes have a smaller version.

Voice of Gma KoKo

This concludes the section on answering my first set of questions. I was curious about life in the future and my frame of reference for questioning was like; food, shelter, clothes, health care, transportation? I am full of dread wondering what will happen during and after the collapse of the Industrial Empire, the unsustainable global economy of growth. How will we live without cheap abundant fossil fuel?

Now that I have a glimpse of Juan's world, the future looks promising. Getting there may be kind of tricky.

With my first set of answerable questions out of the way, Juan wants to move onto explanations for questions I don't know enough to ask.

Voice of Juan

There is no money or government as we know it in 2011. Money and government crumbled together. It left people living locally, in communities. People banded together and spread out all at the same time. A family unit could create a homestead on about a hectare (less than three acres). People already there and people coming created communities out of united homesteads. Some small towns continue to be the central local unit, but in most cases, already existing family farms became the center for growing homesteads. People found places to resonate with the earth and these sections complete themselves.

At first many people wandered slowly settling. The people who could stay put and provide bright thoughts and comfort were learning to use the additional "powers." It was often more amusing than scary. Mental telepathy, telekinesis, awareness of energy flow, personally, interpersonally and on an intergalactic level are most uplifting. However, learning to use them and share this are like the shaky legs of a newborn colt as he tries to stand up, but he very quickly is running beside his mother. In short order people began to just know what to do.

Some people learned to live on light, to get the same sustenance we normally assume we need to get from food and they are able to get that same nourishment, or most of it, from sunlight alone. It is a good time to mention that sunlight became more available. Many people quickly learned to eat much more of what you call wild edibles. An ancient knowing became available.

That government disappeared or dissolved was not a problem. It was more of a relief. People busied themselves looking to solve immediate problems locally. Using creativity and ingenuity, much was accomplished. The power of self and community

grew as it naturally should. The ability to communicate over the internet continued through it all, a bit shaky at first.² Eventually something you may think of as guilds grew worldwide, allowing for information and knowledge to continue to grow and flow. This enabled people to continue to work on advancing technologies in the face of the seeming setbacks. Much attention in the first years and extending still is spent on cleanup of the oil glut mess. We have a strong conviction to not allow any advancing technology or manufacture to produce any mess to the environment or poison to any living thing.

The structure of how people spend their day and the nature of social interactions have most notably changed. People are able to do what they want in a day. Wake and work and play within natural rhythms. In the past you have structured your day and time around the concept of work and money, until retired, then what do you do? We are busy and not busy in the natural balance of productivity and reflection. The development of ourselves as a people, the meaning of what it is to be human is in the forefront of our activities and actions.

Social interaction is so rich and full. In the homestead space of love much time is spent being together and working together. Then there are a number of rites of love, rituals, and celebrations to mark significant moments. There are gatherings large and small often throughout the year that allows people to meet and share and find a mate.

What you would call spiritual practice is a personal expression. Each person is responsible for their own connection with god, higher power, the great creator or whatever you want to call it. Any path or practice is offered and people choose what is right for them at any given time while the connection is personal and belongs to each one. The idea of separate religions as you know them in 2011 has become nonsensical, it just holds no interest. Yet spiritual connection is a deeper and stronger natural force forming a core reality of connection. It is hard to explain in your language.

We have created a universal language so all people of the earth may speak this. Many still speak in regional languages. Most know more than one language. But over time (and it didn't take much time) a language formed that was acceptable to all. It included bits and pieces from a variety of existing languages and often new words were created when needed to express something not already contained in an existing language. Basically translating multiple languages became too cumbersome and mental telepathy assisted in the emergence of this "earth speak."

We have a totally different calendar and ways to measure time; it is based on universal energy flow. It expresses the relation, our connection to life as part of the galaxy.

The most important key to our lives is simplicity. We delight in simplicity, of mind, body, heart and soul. Simplicity of thought, word and deed brings us peace and serenity. We need little of the gadgets and gizmos of your days. If you are wondering how to steer your boat, how to prepare for an uncertain future, look to nature, look toward simplicity—all-ways.

Voice of Gma KoKo

That's enough for now and Juan says if you have more questions, insights or wonderments you can contact him directly. By now you have the know-how to make this communication for yourself.

In parting, Juan reveals he is my granddaughter's son-in-law. That makes him the father of Anna, my granddaughter's granddaughter, the very same person with whom I am writing this book through time. What a strange and delightful happenstance. Time travel offers intriguing angles. Now we share a virtual hug and my heart resonates and radiates, while tears of joy flow down my cheeks.

Notes

1. This is a special case where it is written from the voice of Gma KoKo based only on impressions received perhaps from a future viewpoint. What is important is that this is not a future prediction as much as a possibility of how things could go. People from the future can not say something will happen exactly at a certain time or day. Time is unlike things we can compare it to, but we could say it is fluid or mercurial, meaning it is like a quick change artist. And there may be something like parallel or multiple reflections of "reality." Indra's net, aka Indra's necklace (name of a song), Indra's Pearls (name of a book); a metaphorical object described in the Buddhist text of the Flower Garland Sutra. Indra's net consists of an infinite array of gossamer strands and pearls.

In the glistening surface of each pearl are reflected all the other pearls. . . . In each reflection again are reflected all the infinitely many other pearls, so that by this process, reflections of reflections continue without end.

It also follows that by looking at only one pearl, you can see all of them.

2. Many smart people with lots of money were working behind the scenes preparing for the collapse of the global growth economy and the huge pollution of the industrial-based society. It wasn't that this was kept a secret; it just wasn't making headline news. The internet was kept alive by ingenious forethought. Thank you, nerds of the world!