

you can let go of all your pain and enter into an experience of total Joy.

I am writing to you from the perspective of Oneness. The idea that beneath all our perceptions, there is One Reality that is totally inclusive, Perfect and most importantly, AVAILABLE.

I am writing to you from the perspective of Vedanta, Shankara, Buddha, Christ, Lao-Tzu, and every other mind that has made the declaration that there is One Supreme Reality.

Some of these whole minds have called this One Reality God- which should terrify you, given what most people think about God- that He created a world that can include sickness, death, war, and Hitlers.

This is the Eternal Question- how can an all loving God allow me to

This is why even those who claim totally love God, must fear Himbecause they believe, that sooner or later, God will kill them.
"Why did Dad die?"

"Well dear, God decided that it was his time to go?" How absurd!

For one moment, can you let go of all your past ideas and see with me the total absurdity of the idea of an all loving God who kills his creations, his

Right now i am apparently sitting in a library in Omaha, Nebraska, writing an article for you to fead in Providence, RI, or wherever you are

But i need to ask- is this who I am?

Am I a body, limited to a certain time and space and place? Is that why I was created, to write a few articles in libraries as I age, get old and start to smell bad and eventually die?

Is that what God made me for?

This is what nearly every religious/spiritual system of thought believes, but refuses to look at. Examining the insanity of this way of thinking-I can see the appeal of Atheism.

So our choices are Atheism or God is out to get me? Isn't there an

Well, it's funny you should ask-I know of One!

I am about to give to you the most precious jewel in the Universe- do you want it? Do you want an end to suffering and pain? If you want that above all else, I promise you, it is yours:

You are not a body, you are Eternal Spirit, Perfect as God created you.

Look, I know you don't want to here that you are Perfect- but you are, but you have denied that perfection and hence, you are the cause of all your

I know you don't want to hear that either- but you are- or God is. Which is harder to believe?!

What do I mean by God? Total Love- 24 hrs a day, 7 days a week.

What are you? That which does it's best to keep itself from experiencing

Love, anytime. Think about it. More importantly- for one moment- let every idea you have go. Doing this is simply the process, of no longer telling Reality what it

but asking to be shown. What a funny idea- you telling Reality what it is! :)

My awakening began when someone loved me enough to tell me that I was Whole and Complete- that I needed nothing outside myself to experience

nis. My awakening is completing itself through my application of the ideas of A Course In Miracles. "

· I experience the ecstasy of God as often as I want, is it ok if I call it Kundalini? There are only two things left for me to do in this life- accept my Joy and offer it. What can I do for you?

Rev. Seth..c/o NWR

Well how is it? How are you- you perfect Son of God! I am in Nebraska-I don't know why! Talk to you soon, love, Seth===="Nothing Real can be threatened, nothing unreal exists." That means if you are feeling threatened or in any way vulnerable, that idea about yourself IS NOT REAL! You silly goose! You are Real. Your ideas about yourself are not. What can I do for you? Total dedication to the remembrance of the Singularity of a happy Reality. My

A Basic Visualisation

Thank you for making the time to learn about love and peace; our true nature... Please receive a nice deep breath... and gently exhale ... ahhh ... that's better ... Now imagine the earth governed by the only true law...the law of love. Imagine all the people filled with the nourishing vitality of Love. Imagine that they live out their lives in gentle cooperation and true community. Imagine everybody moving forward to a more simple life...there are positive local community parties celebrating love...food is grown locally... Bless all these people...and breathe ...let the vision move

and when the time is right gently come forward to the here and now...filled with peace and contentment. Now gently ask yourself "What is my part in this beautiful vision of what will be?" and secondly "What daily actions are needed

to quicken human evolution

- 1. Meditate ~ Simply sit up straight when you wake up and before resting. Focus on your breath...in...out...in...
- Hatha Yoga ~ ahhh...that exquisite feeling of Stttrrreecchhhiingggg...hmmm.... 20 min a day.
- 3. Play Positive Music ~ sing/play/dance to your favorite positive music...1/2 hour a day.
- Eat Healthy ~ lottsa live foods and healthy whole grains. Think greens...hmmm...yummy!
- 5. Karma Yoga Serve others and let it be a devotion to the One. How much will you give?

ve so you receive...

HOUSE BUILDER

EFORE my enlightenment, while I was still only an unenlightened Bodhisattva, I thought: In the case of material form, of feeling [of pleasure, pain or neither], of perception, of formations, of consciousness, what is the gratification, what is the danger, what is the escape? Then I thought: In the case of each the bodily pleasure and mental joy that arise in dependence on these five aggregates are the gratification; the fact that these things are all impermanent, painful, and subject to change is the danger; the disciplining and abandoning of desire and lust for them is the escape. -

"As long as I did not know by direct knowledge, as it actually is, that such was the gratification, such the danger, and such the escape, in the case of these five aggregates affected by clinging, so long did I make no claim to have discovered the enlightenment that is supreme in the world with its deities, its Maras and its divinities, in this generation with its monks and brahmans, with its princes and men. But as soon as I knew by direct knowledge, as it actually is, that such is the gratification, such the danger, and such the escape, in the case of these five aggregates affected by clinging, then I claimed to have discovered the enlightenment that is supreme in the world with its deities, its Maras and its divinities, in this generation with its monks and brahmans, with its princes and men."

Being myself subject to birth, aging, ailment, death, sort row, and defilement, seeing danger in what is subject to those things and seeking the unborn, unaging, unailing, deathless, sorrowless, undefiled supreme surcease of bondage, nirvana, I attained it. The knowledge and vision was in me: My deliverance is unassailable; this is my last birth; there is now no renewal of being."

"Seeking but not finding the House Builder, I traveled through the round of countless births; O painful is birth ever and again.

House Builder, you have now been seen; You shall not build the house again. Your rafters have been broken down;

Your ridge pole is shattered. My mind has attained the peace of nirvana And reached the end of every kind of craving.

adapted from the SAMYUTTA NIKAYA, MAJJHIMA NIKAYA translated by Nyanamoli Thera

Planetary Pledge of Allegiance

We are all good stewards of this Planet Earth. We vow to love and serve one another as we would ourselves. We vow to think of how every action affects our whole planetary family and ma-ke the best possible choice for the current population, our children and our children's children seven generations from now. We realise that every thought we think and every action we perform has Great Power so we only we only think and do actions of love, positivity and humility. This very moment is a tremendous gift given to us to use wisely therefore we choose here and now, to forever promote life, health and all that is sustainable. Ommmmm_

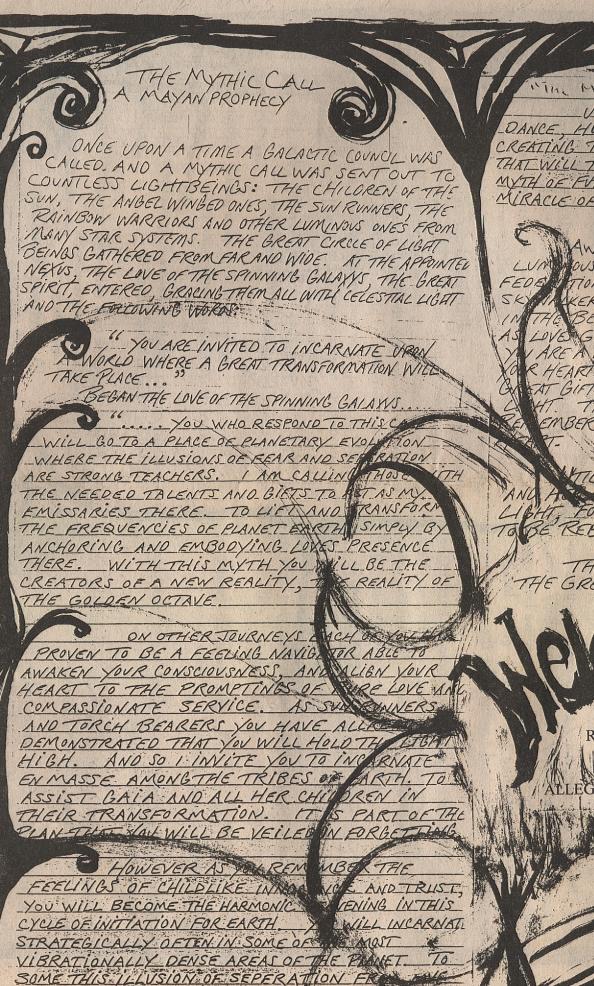
- 6. Memorize Scripture ~ Read from the bible, gita, koran, etc and memorize the passages. Daily.
- 7. Satsanga Strive to be with good healthy people. Sing, dance, laugh and serve others as a group.
- 8. Reduce your wants Lead a happy content life with less. Plain living and high thinking
- 9. Fast ~ Consume only water once a week (Sundays) Rest read & meditate. Observe silence.

~ and finally ~

10. Cultivate Divine Love ~ By consciously thinking loving thoughts about your self and ALL others. Create loving letters & pictures. Om...often...







MAY CREATE FEELINGS OF HOPFIESSNESS NESS OF

EMBRACING YOUR HUMANESS, YOUR LOVE W

TRANSFORM THE DEPTHS OF QUALITY AND YO

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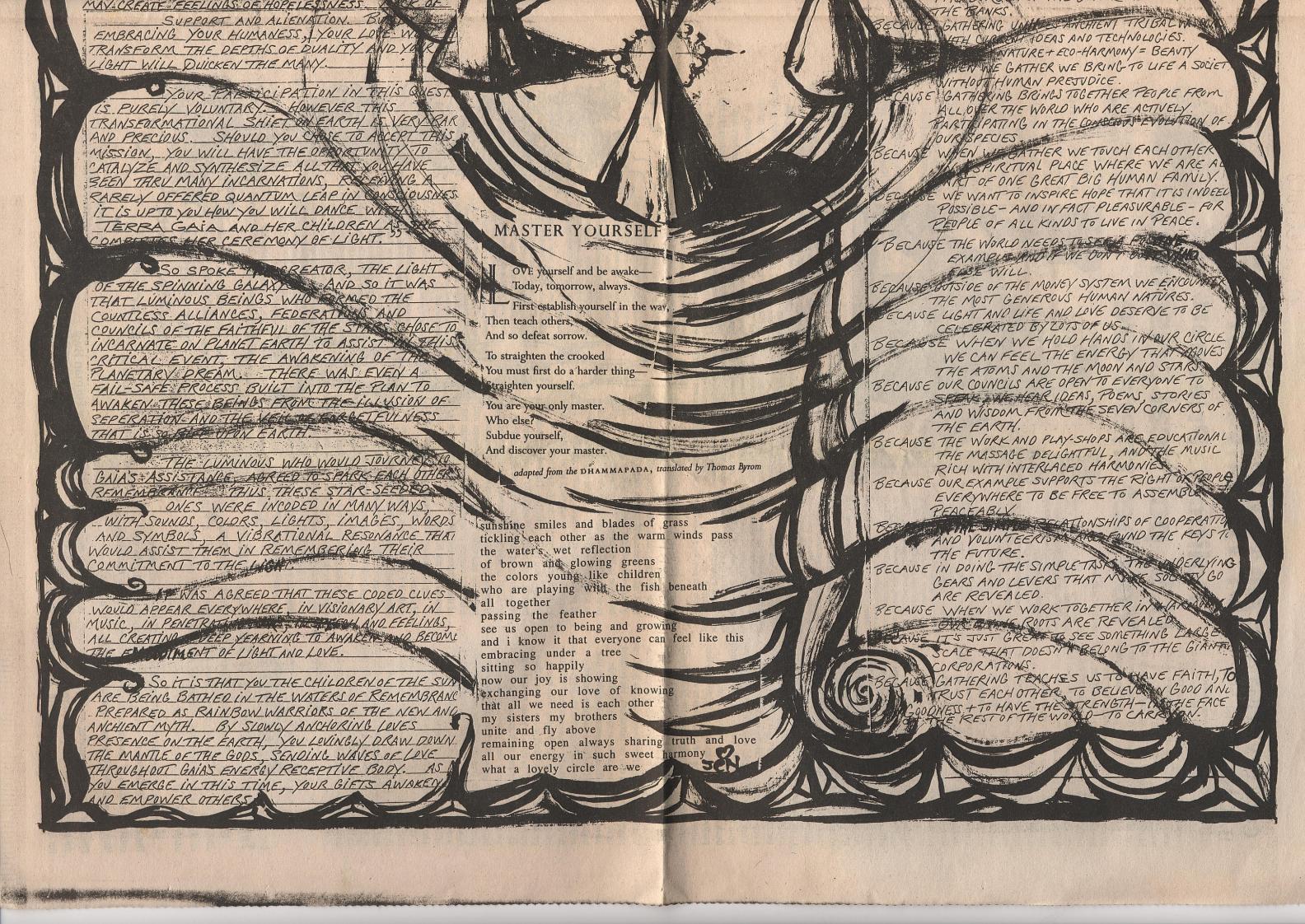
SUPPORT AND ALIENATION. BUT

iting mythic Call continued UTILISING THE TOOLS OF LAVEHTER, SONG DANCE, HUMOUR, JOY, TRUST AND LOVE, YOU ARE CREATING THE ROWEREVL SURGE OF TRANSFORMATION THAT WILL TRANSFORM THE LIMITATIONS OF THE OLD MYTH OF FUTILITY AND SEPERATION BIRTHING THE MIRACLE OF UNITY AND PEACE ON EARTH. AWAKEN RAINBOW ARRIORS, SUN RUNNER.
LUM HOUS BEINGS FROM THE ALACTIC ALLIANCES,
FEDER TIONS AND COUNCILS, WENT ANCHIENT
SKY MAKERS, NEWLY FORME IM IS MOMENT: STAN THE BEAUTY AND POWER OF TRUE IDENTITY LOVE GIFT TO GAIA. ARE A DIVINE CHILODE THE SUN GO TO WHER R HEART DRAWS VOUTOS TO SHARE YOUR GH AT GIFTS SURRINDER TO THE MAGIC A HT. THE MURACE WILL BE MUNICITED EMBER WESTAL NO DANCE HERE FOR HE TILL NOUR BIFTS ON DEHALF OF G AND ASCENDING WILL ASCEND IN ROBES OF FORMING A LYMINOUS LIGHT BODY OF LOW TO BE REBORN AMONG THE STARS. THE MYTHIC CALL HASS HAS BEEN SOUNDED. THE GREAT QUEST HAS BEGUN RAINBOW GATHERING OF THE TRIBES FOR WORLD PEACE & HEALING \\ \| JUNE 28 - JULY 10, 1999 /\\

WE ARE UTTERLY CAPABLE OF SEEKING AN FINDING THE PURE NATURAL EXPERIENCE WITHOUT SUBJECTING OURSELVES TO ALLTHIS TROVEL SO WHY DO WE PUT THIS ON OUR SHOULDERS AND G ON? WHY DO WE DO IT? I MEAN: WHY GATHER! BECAUSE WE LOVE EACH OTHER WE REALLY BECAUSE WE ARE CREATING SOMETHING NEW AND BEATHEUL. DON'T BELIEV. THERE'S NOTHING NEW WINDER THE SUN. THIS IS AS NEW AS ANYTHING OW BE IN THE LONG-TERM DEVELOPMENT OF HUMAN CULTURE. SCAUSE WE HOUD THE VISION OF A PEACEFUL ID IN OUR INWER EYES - IN OUR HEARTS - AND WE WALL IT REALIN THIS OUTSIDE WORLD. BACKSE IT IS ATHRILL TO EXPERIENCE A COOP. ERATIVE SOCIETY. JECONSENT IS OUR GREAT PLEASURE TO LIVE -EVEN BRIEFLY - TOGETHER IN A STATE OF EXPANDED PREEDOM. AUSE ONLY WHE INETAKE PERSONAL RESPON SIBILITY REDS OF EACH OTHER-WATER GOOD SECURITY, FUEL, HEAL ING, CHILLICARE AND RECYCLING - DO WE TAKE OF WRE RESPONSIBILITY FOR DECHILDREN NEED SOMETHING GENTLE NO LOVING TO LONK FORWARD TO. MUCH AS POSSIBLE BOUT HUMAN COOPERA-USE WE ARE FED POITH WAR ECONOMY +
ECONOMIC PLOTATION + POLITICAL OVER
ORDING TOWN NANT TO TRY SOMETHING BECAUSE UNDER ALL THE CATHERING WRAPPING TAPER, THE GATHERING RESENTS A VERY SERIOUS EXAMPLE OF FUNETIONAL CULTURE E CATHERING TEACHES THOUSANDS OF PEOPLE, EVEN TENS OF THOUSANDS, RESPECT FOR THE EARTH, THE WATER, THE PLANTS+ THE ANIMALS. AUGHTER, MUSIC, CELEBRATION AND EJOICING IN LIFE ARE NEEDED IN THIS WORDS IN GREAT MEASURE BECAUSE INFOUR CECESIAMIONS WE THE A HOSANNA AUSE WHEN WE WORK TOGETHER VOLUNT RILY WI SUMMATE THE WAY OUT FROM U THE BURDON OF THE GOVERNMENTS AND

HTH CURE OF FOEAS AND TECHNOLOGIES.

WATURE + ECO-HARMONY = BEAUTY



COPS GIVE PIGS A STOP THE EXECUTION OF BAD NAME by Spyle STOP THE EXECUTION OF

In New York City this past year, police

ficers shot a Haitian man 41 times as he was opening his front door with keys that could've resembled a gun. They shot a black boy as he walked down the street carrying a "3 Musketeers" candy bar in a silvery package that could've resembled a gun . A woman went to the police to get an order of protection against an ex-boyfriend who was stalking her. He happened to be a suspended police officer who By John Catalinotto had a history of violent behavior yet she didn't get the order. A few weeks later he mowed her down at a pay phone and then turned the gun on field of human rights. Almost 2 million himself. . An officer raped a man with a nightstick he mistakenly thought the man had bumped into him. Or maybe the cop was in a bad mood that night and looking for someone to paigned against the government. No one is take his aggression out on. I could go on and on. Some of these cases are becoming vindicated as time goes on but unfortunately, that is a rarity. Good people waste away in jails while the real criminals walk the streets, protected behind a badge. That is scary. I'm sure most of us have heard of police brutality. As a little girl I knew that my father had gone to jail defending himself against an officer. We've been harassed by police and seen his membership in the Black Panther Party our friends beaten down, even perhaps killed. And there isn't much that is done about this. It's getting worse. Police officers have the right to strip you of yours. If you're lucky, maybe they won't. But this is supposed to be a democracy, not a lottery.

evaluations, more rules and investigations on themselves. The job can drive you crazy. Being a cop isn't easy. Especially in cities like New York and Los Angeles where every day you put your life on the line as you're out there, a sitting duck in a blue uniform. A cop's domestic partner can never sleep well at night while the other is out walking the beat. This is all commendable and I appreciate the police force for the services they do provide. But unfortunately, the cases of abuse are not at all isolated incidents, but an everyday occurrence. Walking with a girlfriend one night in NYC, we stopped to ask a cop for directions. He pointed us to a police car parked at the curb. Inside were 5 young officers, crammed together like high school boys in Dad's car on a Saturday night. They were laughing with us, giggling and flirting. They thought we were cute. Now just imagine it's later in the evening with less people around. They decide we're more than cute (or maybe less than), jump us and rape us. They're equipped with guns, badges, and if we ever did dare to seek justice, would we be believed? Two girls, one with green hair and piercings, over five upstanding police officers? And that's the point. It wouldn't matter if they were upstanding or not. The fact that they were officers would be proof enough.

Cops need more training, mental health

The bottom line is this. Cops are people too. They are not above filth and temptation. Just because someone has a badge does not make them right. We need, as a society, to look at this, and not take for granted these men who are daily risking their bodies and minds. Treat them as the human beings they are, capable of anything. For they are human and they are not above the law.

· by John ->

If you are an Artist... become part of MUMIA 911.

THE NATIONAL DAY OF ART TO STOP THE EXECUTION

to be held on 9.11.99 in galleries, theatres, concert halls, EVERYWHERE! Write to Mumia in prison: Mumia Abu-Jamal, #AM 8335, SCI Greene Join Edward Asner, Robbie Conal, Danny Hoch, Medusa, Tom Morello & 1040 E. Roy Furman Hwy., Waynesburg, PA 15370-8090 Zack de la Rocha from Rage Against the Machine, Ozomatli and many other artists in signing this Call:

"...Mumia 911-- Emergency! On September 11, 1999, we will stomp the earth, lift our voices, write, sing, act and paint the walls. We will create a culture of resistance to stop the killing of Mumia Abu-Jamal. Mumia is you. Mumia is me. Mumia is all of us. Join us now!"

Plans for art shows, concerts, readings, film showings, plays & much more are beginning now. Make your ART count towards saving the life of Mumia. For more info: Call 1-888-456-5056 email: MUMIA911@hotmail.com

Political Prisoners

U.S. political prisoners? You bet there are INTERNATIONAL CONCERNED FAMILY AND FRIENDS OF

Apologists for U.S. capitalism constantly boast of its accomplishments in the eople may be in prison, but none is a political prisoner, they claim.

They mean that no people are in prison simply because they spoke or wrote or camin jail for "sedition." People are no longer jailed for "conspiring to overthrow the gov-

But that's only because the capitalist state uses other methods for eliminating those who effectively resist its rule. Its charges are seldom openly political; they are aimed at discrediting and isolating organizers.

Thus Mumia Abu-Jamal, a crusading African American journalist, is charged not with sedition but with murdering a cop. Nevertheless, the prosecution brought up as a motive during sentencing

Native leader Leonard Peltier is charged not with leading a liberation struggle for Indigenous rights, but with the murder of an FBI agent. The agent had been part of a group that invaded the Pine Ridge reservation and opened fire at American Indian Movement activists. No one could even show that Peltier fired a shot. But he was there leading the struggle, so that was enough to convict him.

These relatively well-known political prisoners-and a handful of others-have managed to win worldwide attention to their cases. Besides being people who have suffered a great injustice, they have become symbols of the struggle for justice and freedom. But they are only the tip of a

In March last year, the Jericho '98 or-

system did not hesitate.

especially in the case of a dead cop. A racially

Mumia's past radical political affiliation, also,

chose to overlook the shody and sentence a

unbalanced jury, dosed with propaganda about



ganization held a demonstration in Washington focusing attention on 150 political prisoners in the United States.

COINTELPRO !

Many were imprisoned in the late 1960s and early 1970s through the FBI's Counterintelligence Program-COINTELPRO. The government used it to attempt to break up militant organizations, especially in the Black, Latino and Native communities.

which at the mile

Any movement of the oppressed that practiced self-defense against repression was fair game. Other targets of COIN-TELPRO were the movement against the U.S. war in Southeast Asia and the movement for Puerto Rican independence.

The government used agents provoca- www.calyx.com/~refuse teur-informers and professional troublemakers—and manufactured evidence to R&R! has supported Mumia create turmoil and distrust. Some leaders for many years as part its were framed on the evidence of paid in- mission to defeat the

ers—Herman Ferguson, Safiya Bukhari agenda: "To the racists and Geronimo ji Jaga (Pratt)—were and women haters, to themselves victims of such frame-ups. Ji Jaga recently won his freedom when it the gay bashers and was proven that a key witness against him welfare slashers, to the during his trial was a government in-former and this was kept from the jury prison builders and After ji Jaga spent 27 years in jail, the state executioners, we say

pressed evidence showing he was 400 miles away from the scene of the murder for which he served time.

A Jericho '98 news release made the following point; "During the period from May 1967 through December 1969 alone, no fewer than 768 arrests were made of members of the Black Panther Party under COINTELPRO under the directive of 'disrupting' these organizations through arrests and imprisonment. Geronimo [ji Jaga] Pratt was but one of

Last year's protest called attention to many others held behind bars for their fight against U.S. racism and imperialism. This includes the MOVE 9, Sundiata Acoli, Carlos Torres, Carmen Valentin, Silvia Baraldini, Ramsey Muniz and many more,

Beyond these 150 are also the "politicized prisoners." These are the many thousands of prisoners who may have originally been arrested—and often enough framed for "common crimes," but who have become political activists and thinkers while

Class oppression

Harvey Earvin, a leader of Panthers United for Revolutionary Education and prisoner on death row in Texas, writes of this category of political prisoner in the publication, The Caged Panther.

As the prison population continues to grow, putting the United States ahead of any other industrialized country in the proportion of the population it incarcerates, it ecomes glaringly evident that racism and/or poverty are responsible in the vast majority of cases. In the broadest sense, vir-tually all 1.8 million are prisoners of a system of class and racist oppression.

potentially innocent man to death. Donate money to Mumia's legal defense. Make checks payable to: 'Black United Fund/MAJ" and mail to: Black United Fund, 2227 N. Broad Street, Philadelphia, PA 19132-4502.

Support Russell!! Write him at:

Russell Maroon Shoats AF 3855 SCI Greene 1040 East Roy Furman Hwy Waynesburg, PA 15370-8090

Yet Another unjustly jail

> **Revolution Center** Free Russell Maroon Shoats PO 517 New Paltz, NY 12561

email: mumia@aol.com www.mumia.org ICFFMAJ coordinates the campaign for Mumia nationally. Call here to schedule Pam Africa, Ramona Africa and other speakers, and find out about national plans. REFUSE & RESIST!

MUMIA ABU-JAMAL

Fax: 215-476-7551

Philadelphia, PA 19143

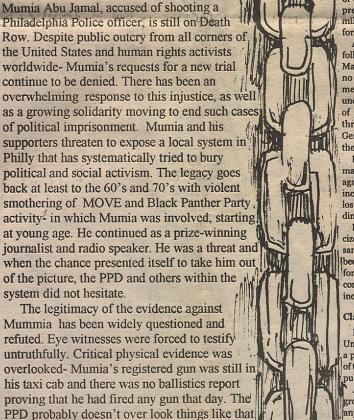
P.O. Box 19709.

215-476-8812

305 Madison Ave. #1166 New York City, NY 10165 212-713-5657

email:refuse@calyx.com

Some of the key Jericho '98 organiz- whole reactionary political of California finally admitted it had sup- the future is not yours."



An Article by Warren..

The following are a few things which represent complete fields of relevant knowledge given any continuous shmutzy by nearly any of you. Nearly everything that causes an animal, human or body of water to shrivel up and die to any rate greater than the rate it was originally given- (The exception: 'cooking fire and puddles') - nearly every one of these sorts of formations SHOULD be dismantled for good. Way too many to list are the institutions who fall over themselves with praise for exactly those kinds of continuous malcontributions. Many indeedily do boast both privatly and more often now to their consumers,- awfully strange and horrific things. Were you ever to hear any of the private ones you would most certainly shrink! Yes, I hear you freaking say, "But I am a person who works for a Capitaly Focused Industry, and I'm certain I could not overlook such so alarming as you suggest!" Well.. if so, then (I am most certain) that you are way too very [milktoast,dip, sucker, artificial ewe, goner, etc.] to expect any comradly candid display from THEM!. Because These Things; Which They Most Certainly Do Say- are sooo grizzly and immistakably beelzibubbish, no brain but the blacked out one could ever forget! Perhaps a lack of particular evidence allows you to sleep, unawares that the supposed is a claim and the claim is true.. Perhaps the frog sees its gadfly and zip- enough of this! Well heres my simple illustration, (Leave your grain of salt at home.)

Say you were in the kitchen and a peck of frazzled bicycle messengers arrive with a whole shit-load of

obviously very dated, weather and handworn parcels. Not only that - but while signing you notice a string of names preceding yours and looking up, notice that not only are the messengers and the pen and the 'sign for it clipboard' gone, but that as far as you can tell every package has been opened, scores of paper cuts along the way! And whats in all the haggar'd and ghostly packages - but documents, photos, and sighs of the poisoned -that show of your corporately brotherwise behaviors? It just so happens that YOU 'own' this fantastic mammoth of miles of privelage, yarns of influence over the 'stupid fucking neighbors', and to boot a factory dedicated to pumpin out nightmares by its own steam alone! Well it just so happens that these are prerequisite features for the following attitudes. (Couple these atrocious paranoid delusions with a fiftieth-floor vista, and the following will never be heard:)

"[the influence of the single shmo amounts to everything less of a chance to really influence; I am free to make single shmos of every living thing (!); goddamned if only pets could carry wallets and learn to make 'personal choices for [your] contemporary livelyhood!]" Thats the chuckle written in the cheek of the man who has a pass to every where were not permited to go. And when the corpses arrive, wash up or be observed; eyes carved out; awakened, blind; organs sold; (and it was not rage but quiet certainty along with HE who finally wrought the skull, and threw the child electric into the ditch;(into the field)! Do you at the temple of our door, closed again.. the

child?- do you spit? are you fed up with everyone else and their fucking mouths to feed'? Or do you say yes, think yes, I can do! Did something or someone say or think it for you? In you? And if so would you kiss those carved out eyes? Don't be a part of that portion -the artificial ewery; come to living love (define your motives carried by your heart for all these thousands of years!! Cancel these motives unlike your hearts'; motives to hurt; motives to hide with violent subtle rejections; motives to not feed! -These truly make you cowardly when [it is] produced to you a cup, cool water, and a thirsty soul! Make yourself quiet and discover all your sense organs and then use them, through direct action and do not try to live to be anything. (because you are already dead, and have been so, and done been, somanyfold already. Anyways, the point of this is what? That if it kills us it is very very bad. And more importantly that nearly everywhere made accessable to humans- a murder, a strangulation, a gentle mist is going on. Far more imortantly than that is the slacking abundance of about a hundred million people to pick up a stick, a brick or a cup and to start ambling good! Well no kidding to you, but what about you; the cancellous punk-rocker, 'stuck' in the sub-burbs, mighting your only revolutionary or loving moments into forcing out your turds or finding something to come-and-fuck-youself with? What about you; the chosen one without a clue, without vision, but with five tools to communicate with, fifty friends to while away the dynasty with, and who knows how many more nights guaranteed: unstarved, unbeaten, unraped and unbound, to ecstaticly leap from? How bout you who picks up



Fighting oppression and education.

· ARA· Anti-Racist Action

P.O. box 80239 Mpls.Mn 55408 Hotline 612-649-4586



Gonna party like its !999? Armageddon got you down?

Nobody knows what's coming or when its coming-but most everybody seems to agree that its inevitable that something 's got to give. Whether you're into the bible, Hopi prophecy, Mayan prophecy, or science- whateversomething's coming....

A Comet? A magnetic shift? Another Ice Age? A New Messiah? A Spiritual Evolution? Or just Y2K....

Could this be the showdown? The Judgement Day? Or just a scam to rip off consumers and justify bogus government spending and empower federal agencies (ie. FEMA) to install Marshall Law (suspending Constitutional rights and local law and juristiction: Using whatever means necessary to maintain the "United States of

America" in a "National Crisis". Existing laws provide the feds that kind of power in a national

Y2K probably won't be all that, anyway- Just another anti-climactic New years with everyone holding their breath to see if the power goes off. Then the heat (late December is wicked cold around here) then no water or food supply. In my neighborhood that would ugly-right away. This is true of all densely populated urban areas.

There are some preparations that can be made between now and 2000. But really, either you're ready or you're not. There's already tons of people out in the woods with stockpiles of gur and supplies. On the brighter side there's tons of sustainable gardens and farms all over the worldeveryone should have one. Most of us are going to buy some extra groceries and rely on faithwhether it be in a higher power or Uncle Sam. A lot of people can't be bothered and many are excited for a little break in the monotony. It is about time something happened to curb the human epidemic-does that sound harsh?

Even if nothing happens maybe this is a chance for all of us Babylonians to get a clue. We need to live in a sustainable way-depending less on institutions and the consumer beast. Maybe it will be fun-hone your skills dumpster divers, scavengers, survivors, and urban gardeners. Survivors will survive- imagine the first post-Armageddon Rainbow Gathering...

whatever to read? Some Things That Spyce Has TO SAY Drugs, drugs and more drugs! Mind altering, life threatening substances An article by John pervading our society. How can we help our young people to not let their experimentation turn their lives into the downward spiral of drug addiction.

We, ve grown up in a society where being "fucked up" is supposedly cool.

Alot of our parents (myself being 25), if they weren't into " partying ", had at least tried something at one time or another. I guess for me it was different. Don't get me wrong. For the first two months after i first tried acid, i must have tripped almost every other day. And i,ve tried almost everything once. BUt i grew up with a mother who altho she was a full fledged hippy, she never took a hit off a joint or got drunk once in her life. So luckily, i was able to see how to be really fucken cool without drugs at all and how everything can get pretty stupid if you can't do it in moderation but instead let it run your life.

It's great to get high and have fun but having a drug habit is no fun at all. It gives you more problems than it's worth and doesn't solve anything. You'd think that we'd have learned something from our predecessors. How many people have to die in our neighborhoods, in our families, in our arms, before we, the youth of this society, decide that we don't want to give up our lives this way. I just don't want to see so many beautiful, creative people killing themselves and the lives surrounding them with drug use.

One night a few years back, when more people (even that I knew) were starting to do dope, my friend and i were going home to get silly on a bottle of wine and a joint. We saw an acquaintancewho tho she may have been 15 or 16, looked easily 12. We invited her to come hang out with us. She declined the invitation saying proudly that she didn't drink or smoke. I thought that commendable, but she wasn't done. She bowed her head demurely and with the friends same look of pride pointed to her arms and told us that the only thing she did made her wear long sleeves. Where is she today? Clean, i hope. But some people never get clean and anyone who does has a hell of a time doing it.

I have a close friend who held this girl's head one night as she cried, puked, you respond and shot up. He told me how sad he felt for her. A year later he had a drug habit of his own. Now 5 yrs later he's been jumping back and forth from addict to clean like a ping pong ball. Where is he now? Clean, i hope. All i can do is hope. Hope and pray that the people

who have will find the strength to stop. Activism is an ill-used word. Activism refers to the act of doing something, of getting things done, of being involved. I am a musician, a writer, an actor, a very creative and involved person who loves to "get things done". But because of the political stigma attached to the word activist, I have never considered myself to be one of those. However, a big part of life is learning to accept ourselves and our strengths and weaknesses. Not all of us are political people and that's ok. We can all make a difference in the world in monumental ways. Let's liberate the use of the term activism and include anyone who takes a stand for what they believe in, whatever platform they might be standing on. By breaking down our stereotypes (even the ones we may at times find useful), we are that much closer to a united and harmonious world.



As a firm lover of Swyne and the house thereof, I most definitely need to call to attention that pigs are beautiful, intelligent creatures that have been criticized way too long. I would rather have a pig than a dog anyday. LONG LIVE THE ETERNAL SWYNE!!

Bring back

the honor

of the pig!

When your

say to you

Right on!

with:

Pigiman!

