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Advent 2006. Christmas season is approaching and we would like to take this time to wish you joy and happiness and share some Geneva news. The Christmas presents are ready, waiting to be distributed. We made jam this summer, with different fruits; we started off with apricots, followed by Mirabelle plum, figs, strawberries, pineapple and peaches. For the last fruit of the fall “quince” we made a group jam session, we were four friends and produced over 60 pots of Jelly and Jam on a sunny Sunday; needless to say that everyone enjoys getting a pot of jam, made with real fruit, brown cane sugar, stirred with lots of loving kindness and no artificial flavour and preservatives. We enjoyed a wonderful sunny and warm fall this year with temperatures way above the average; global warming has its effects on our glaciers too, they are melting faster than ever. Al Gore has produced a good film, however people seem to take no interest and keep driving huge 4x4 cars downtown. Old trees are chopped down; Geneva & all of Switzerland becomes just one large agglomeration. We have CHF 130 billions (€85 billions) of debt and we pay daily CHF 10 million of interest to the banks. We are about 7 millions and have over half a million of working poor. Tonight they play in the theatre: “waiting for the bird flue”. Did you know that the first public spaces to be closed in case of a pandemic are the cinemas and theatres?

Unemployment in Geneva is with 6, 8 %, the highest in Switzerland. I worked for a year; I am over 55, so I am entitled to a total of 520 indemnities. The Geneva Cantonal Office for Unemployment pushes all kind of pseudo courses of how to find new jobs, however the market is dry. In November they enrolled me together with 14 others into a course called “new dynamic of employment”, directed by two young professional coaches. The two women pushed very hard that we all book five sessions of individual coaching after the course, also paid by the unemployment insurance. They even organised a Christmas party for everyone who took this course in 2006, over 90 people. Only about 30 showed up, the turkey was overcooked; there was plenty of wine however the atmosphere did not loosen up: most people had nothing really to celebrate, or communicate. Around Unemployment a new industry is thriving, however nothing is done to stop this vicious circle and to eradicate the cause of unemployment. It is like a patient who is very ill, the doctor prescribes medicine but all he gets is a band aid from the nurse. Globalisation, war on terror, fanaticism and hate are the worst epidemics, they are the root cause of our suffering. Bush must swallow a toad to admit that his policy in Iraq needs to be changed.

We would like to share with you the letters we have sent to Isra a Palestinian woman prisoner in an Israeli prison, to encourage you to write too, to bring some light and hope into these dark places. Please let us know if you can send a letter or a postcard once a month and we will then send you the full name of the prisoner and the address of the prison. May you be blessed by all the angels to find your fundamental reason of your live and be protected from mass psychosis of fear! Let us end this letter with the words of the German author, Johann Wolfgang von Goethe, 1749-1832, "Things which matter most must never be at the mercy of things which matter least."

Yours Adriana

PS: for those of you who have access to Internet go to “google.com” and type: failure

Be Quiet. Have you ever wondered why libraries have special atmospheres? They are places where many congregate but where silence is the code. Quietness in an atmosphere means there is the presence of quiet minds, and quiet minds are not only relaxed, they can concentrate easily and create more freely. Imagine you are in the library of your mind, browsing the accumulated wisdom on the shelves of your life - listen to the silence, be aware of the stillness. Now you can really listen. Now you can really hear. Now you can really think. Now you can create. And behold, you are an artist. Did you not know that silence and creativity are lovers? When the soul goes deep into silence, easiness emerges. The deeper I go into silence, the greater will be my power of tolerance. It is in very deep, extreme silence that the soul becomes elevated. It is in deep, deep silence that God can come in front of the soul. When you open your eyes in the morning, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence throughout the whole day.

Be Content. Wherever I am is wherever I am meant to be, whatever I am doing is whatever I am meant to be doing and whatever everyone else is doing is exactly what they are meant to be doing - this is contentment. If you do want to change where you are, or what you are doing, the first thing is to be content with wherever you are and whatever you are doing right now! Paradoxically that's what attracts opportunities and invitations to be somewhere else! Why? Because you are a living magnet, and contentment is one of your most attractive qualities. And the law of attraction says that according to your dominant thoughts so you will attract the people and circumstances into your life. Being content right now attracts the best possible future. Life is a game of forgetting and remembering. You are losing the game when you forget who you are and what you are doing here; remember the false things of the past and what they did to you. You are winning the game when you remember your true identity of peace, remember God who is always peaceful and has unconditional love for you. Forget troubles of the past and move forward with the lessons learned. Observe what you remember during the day and what you forget during the day. Forget the past, it is gone. Don't worry about the future. You do not know it. Learn to live in the present and discover how full it is of peaceful moments.

Let Go. Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches if we are to know the exhilaration of soaring to the highest potential of our life. The branches we hold to are our inner attachments - our beliefs, ideas and memories. And then there are the outer attachments - people, possessions, positions and privileges are a few. But as long as we hold on to them we will live in fear (of letting go and loss) and we will never be free. And just watch these birds, by letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and they enjoy the view from each. Are you flying and soaring in your life, or are you stuck on one branch, cursing others as they fly past. Go on, try it ...let go!

Power On. Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. Take time to empower yourself today take in the vitamin of pure love and the minerals of truth and wisdom. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

Happiness is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment. Ignorance makes you believe that life functions haphazardly. Wisdom teaches you that everything that happens in this theatre of life has profound significance. What you see today is not the fruit of chance but a fruit from seeds planted in the past. Plant seeds of peace now and you will create a life of peace in the future. We have the right to choose whether we will spend our moments dealing with all those things that matter little or live each moment in joy and light, love and laughter. Life does not have to get in the way of living, unless we

choose to allow it to, and even then we are always free to choose again. Gentleness is not a lack of strength but a great power that doesn't force or disturb. Like An Angel. Acceptance gives me the experience of being like an angel: never judging, never criticising and never worrying. Teaching others is best done with love, once the heart has understood, the mind opens. No matter how bad people may seem, they possess at least one virtue. Be like the humming bird and pick out the sweetness of everyone's character. Hoping that you are in good health we send you love and care

Geneva, November 9, 2006. **"What a time for celebration!** The US has a new House of Representatives! Congresswoman Nancy Pelosi, hailing from one of the most anti-war districts in the country, is the new Speaker of the House. Most likely the Senate has also changed hands. **AND, best of all, Donald Rumsfeld is out.** The liars, manipulators, and warmongers are starting to lose their grip on this country. And much of this tidal wave of change is due to you and to all of us in the peace movement, **so let's take a moment to thank each other. We also want to thank the soldiers turned war resisters, the military families speaking out against the war, and the whistleblowers inside the government.** They inspire us with their courage and deep sense of patriotism. **We want to thank the Iraqi women** who took the risk of coming to the United States on our Listen to Iraqi Women speaking tour, travelling from city to city to tell their heart-wrenching stories of life in Iraq today and why they want our troops to leave. All these efforts have moved the American public from passively accepting this war to vigorously demanding a new policy. **Your persistence--our persistence--is starting to pay off." CODEPINK women for peace**

We have the right to choose whether we will spend our moments dealing with all those things that matter little or live each moment in joy and light, love and laughter. Life does not have to get in the way of living, unless we choose to allow it to, and even then we are always free to choose again. It is much easier to believe that it's snowing, than to experience the snow. If you just believe, you can stay inside, stay warm and avoid the cold. That's why people are led up the garden path by others beliefs. It's easier and warmer. And all this 'believing stuff' starts in kindergarten. In the context of your spiritual or personal growth, believe nothing, experiment and test everything, in the laboratory of your own experience. Only then will you be able to separate truth from falsehood, reality from illusion, and lead others with integrity. Challenge and check at least one belief everyday. And if it's found wanting, chuck it or change it. Challenge, check, then chuck or change, now that's a master at work.

Geneva, 26.10.2006. "But if thought corrupts language, language can also corrupt thought". - George Orwell. "The greatest weapon against stress is our ability to choose one thought over another." ~ William James, American philosopher and psychiatrist

Spiritual awareness (soul-consciousness) is cultivated through deliberate practice and only those who have understood the need for this kind of true, inner, self-respect will make the effort. Difficulties will arise to test your resolve for self- uplifting - physical illness, relationships, memories of the past, and so on. Yet with patience and introspection, you will come to see how these very tests are the means to strengthen your spiritual identity. Great souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts; such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone reach their potential. The best kind of friend is the kind, you can sit on a porch and swing with, never say a word, and then walk away, feeling like it was the best conversation you've ever had. When caught in the middle of a crisis, we tend to forget the important role our own perception plays. We imagine the worst and as we imagine, the worst starts happening all around us. What we don't realize is that dealing with the worst-case scenario is a personal choice we make. Problems should never be dealt with on the same level in which they occur, so whenever we judge an experience or a person as bad, whenever we insist on seeing any situation as stressful, we give it permission to bring stress into our lives -- we actually empower it. On the other hand, when we insist on seeing every person and every situation in our lives as a blessing, then we give the blessing permission to come forth. So you see, the truth of the matter is, there is never a need for stress when we can choose instead to bless.

For those with a big heart, even something impossible becomes possible. If you cannot take it any more, now is the time to turn toward higher powers which can take anything. Though it rarely seems like it at the time, arriving at that place in any situation where we simply can't take it any longer is really a very blessed place to be. Faced by a wall of our own construct action, we've finally run out of options, and now can do nothing but shake our fists at the heavens and declare with typical -Scarlett O'hara passion, "As God as my witness, I will not take this any more!" Of course, at the time, this seems anything but a blessing, but that is only because we cannot see what is going on behind the scenes. We do not hear the universal sigh of relief that follows our long awaited decision to relinquish control; we do not recognize the new born determination rising up from within to squash all vestiges of complacency; we do not see the angels rushing to our side to help make all things right; and we do not feel the footfall of our Inner Being as a dance of celebration takes place within our soul. But that's what happenings behind the scenes. While we declare we will not take it any longer the entire universe is conspiring to see that we don't have to. Basically our cry of "I can't take it any more" is nothing more than the willingness of our little self to tell our Big Self, "I'm done. Please take over now." And with joy and thanksgiving, Big Self does.

Geneva, 20.10.2006. [Create Continuously. Every day is an opportunity to be creative - the canvas is your mind, the brushes and colours are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today - it matters. "We have every reason to look forward into the future with hope and excitement. Fear nothing and no one. Work honestly. Be good, be happy. And remember that each of you is unique, your soul your own, irreplaceable, and individual in the miracle of your mortal frame." Pearl S. Buck](#)

[There was once a wise woman travelling in the mountains who found a precious stone in a stream. The next day she met another traveller who was hungry, and she opened her bag to share her food. The hungry traveller saw the precious stone and asked if she might give it to him. She did so without hesitation. The traveller left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But only a few days later he came back to return the stone to the woman who had given it to him. "I've been thinking," he said, "I know how valuable the stone is, but I'm giving it back in the hope that you can give me something even more precious. I want you to give me what you have within you that enabled you to give me the stone."](#)

["To stand in silence when they should be protesting makes cowards out of men" - Abraham Lincoln](#) ["When I despair, I remember that all through history, the ways of truth and love have always won. There have been tyrants and murderers and, for a time, they can seem invincible, but in the end they always fall. Think of it...always." -Mahatma Ghandi](#)

LONDON, Oct 11 (Reuters) - American and Iraqi public health experts have calculated that about 655,000 Iraqis have died as a result of the March 2003 U.S.-led invasion and subsequent violence, far above previous estimates. Researchers used household interviews rather than body counts to estimate how many more Iraqis had died because of the war than used to die annually in peacetime. "We estimate that as a consequence of the coalition invasion of March 18, 2003, about 655,000 Iraqis have died above the number that would be expected in a non-conflict situation," said Gilbert Burnham of the Johns Hopkins Bloomberg School of Public Health in the United States. Most Iraqis want U.S. Troops out within a year, they say U.S. presence is provoking more conflict than it is preventing. A new WPO poll of the Iraqi public finds that seven in ten Iraqis want U.S.-led forces to commit to withdraw within a year. An over whelming majority believes that the U.S. military presence in Iraq is provoking more conflict than it is preventing and there is growing confidence in the Iraqi army. If the United

States made a commitment to withdraw, a majority believes that this would strengthen the Iraqi government. Support for attacks on U.S.-led forces has grown to a majority position—now six in ten. Support appears to be related to a widespread perception, held by all ethnic groups, that the U.S. government plans to have permanent military bases in Iraq.

Defining terrorism: Before terrorism can be renounced it must first be defined. My dictionary suggests that it is "the systematic use of terror, especially as a means of coercion. "The term terrorism was first used in 1795 to refer to Robespierre's famous "reign of terror" in post-revolutionary France. Thus the word originally meant actions undertaken by the state to terrorize its own citizenry. That is still the case 200 years later. We live in a time when ruling elites, foreseeing a peak in global petroleum production, together with a consequent economic crash and resource wars, must be developing various strategies for controlling an unwieldy populace. All evidence suggests that the wealthy and powerful will go to any lengths to survive and prosper - even as the rest of humanity suffers and starves - by financing an awesome military machine to put down uprisings at home or abroad. The alternative to this grim prospect would be some sort of transparent, cooperative, international plan to conserve and share existing fuel stocks while making the transition to a post-petroleum regime as painlessly as possible. Between the two paths lies all the difference in the world. This is not a moment to keep fearfully silent. Rather, it is a time to sound the alarm. Those who value democracy, freedom, peace, and justice must insist that the US define terrorism to include state terror; that it renounce terror in foreign and domestic policy; that constitutional rights be restored and protected; and that the cloak of government secrecy be lifted. We must at the same time defend non violent social action in all its forms, from union organizing to environmental activism. Finally, and perhaps most importantly, we must press for full disclosure to the world's people of the imminence and consequences of petroleum depletion, and demand a global cooperative approach to future resource allocation. Give thanks and love to water, we all need clean water to live.

This is my second letter to you, I hope it is in no way offending to anyone and that you will receive it. It's amazing how much can be said in a few short sentences, isn't it? I enclose my address, in case you should you not have received the first one. Wishing you peace of mind.

Geneva, 16.10.06 Dearest,

It is a great pleasure for us to share these few lines with you. We are writing to you from Geneva Switzerland, famous for all the International organisations, like Red Cross, the Geneva conventions, UN, World health and many more. Many people are coming from around the world to live here, to the land of milk and honey, of mountains and lakes, banks, watches, cheese and chocolates and free speech. We fought very hard for the freedom and peace we enjoy and need to keep fighting as nothing is ever for granted. The climate is harsh, it gets very cold in the winter with much snow in the mountains and icy storms coming down to the cities, it gets hot in summer for about one month. Now the climate changes are becoming more and more evident, the glaciers are melting; parts of the country are getting enormous floods and sliding of the mountains. The heat in summer gets more and more suffocating, and the cold in winter seems to be never ending. Nobody is looking forward to the long winter months. However many are not aware that it is us who are creating too much pollution and that we need to change our lifestyles if we want to survive.

Nevertheless we are fortunate that we can live here, even though live has become very expensive and good paid jobs scarce. The unemployment rate of Geneva is the highest of the country and many of us struggle every day to keep our heads above the water, to be able to pay our bills, rents, insurances and living costs. However compared to many others on this planet who have to survive with a dollar or less per day, we have still more than enough and we can work for peace, prosperity, justice and welfare for all. Live has become much harder and more stressful for everyone around the planet ever since 9/11 and the following war on terror with it's escalation of violence, destruction and suffering.

We pray that you will be able to return soon to your family and beloved ones, as prison is not a good place to be. My friends have asked me to edit the letters to you, as they know that I have some time, that I enjoy writing and that I have a lot of stories to tell from all my travels. So following this first letter we will send you some of my travel notes, from my trip to the UK, to Australia and India. We hope that the censure will not find anything offending in our letter and that you will receive it in good health. We would like to bring peace and happiness to whoever is reading this letter but of course especially to you. You must know that we care for you and that we will do whatever we can to help you go through this difficult period of your life. Let me share with you some positive thoughts which I have received over the Internet. We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. Just for today, believe in yourself. Believe in your greatness, your goodness, your worth. Know that you are capable and deserving. Go ahead and believe in yourself even if you think you're the only person on the planet who does.

Embrace this thought for today. And then tomorrow, and for the coming week, and the coming month, and the coming year, remind yourself of it all over again. You are worthy. You are deserving; you are so very, very valuable "It is said an Eastern monarch once charged his wise men to invent him a sentence to be ever in view, and which should be true and appropriate in all times and situations. They presented him the words: '*And this, too, shall pass away.*' How much it expresses! How chastening in the hour of pride! How consoling it feels in the depths of affliction!" ~Abraham Lincoln

Whatever is happening in your life at this moment, whether it is good or bad, a triumph or a tragedy -- whatever it is -- it soon will pass. When we realize how fleeting each precious moment is, we begin to appreciate them more, accepting the gift or the lesson each brings to us. If it is good we can embrace it fully, knowing it will all too soon be gone. If it is displeasing, we can breathe easy, content that in a moment this, too, shall pass away. We did not come here to race through our moments, but to live our way through them, gloriously. To make good use of what you have and to let go of what you do not use is to live in a contented way. We make a living by what we get, but we make a life by what we give.

We spend most of your life running after things, doing things. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed. Learning to "be" is learning to be at peace. It is our most fundamental nature. The new way of seeing the world of people and events must begin with a new way of seeing ourselves. The outer world is a reproduction of our inner world. Realize this! How many troubled people do you know who have not given the slightest attention to this vital fact? Now you know why people remain in their blurred lives. How should you see yourself? As someone capable of self-enriching, self change.

We place ourselves firmly on the pathway to change the moment we realize it is only our own false belief in our limitations that limits us. When we accept that life lies before us, limitless and infinite in its potential, the old barricades crumble and the path to our best becomes clear and well-defined. It is then we accept the truth that as our inner world changes, so does the outer world around us follow suit. May your day be filled with love and light; we are looking forward to hear from you soon.

Yours with love and light

Adriana