

# Out & About with Lori Sunflower

"What would you like to share with the world?"



**Raven**  
Life's lessons thus far have taught me that the best thing I can give to the world is to stay within the integrity of what my heart knows. And what my heart knows is that I haven't a clue as to what the next person is going through that minute, that day or days past. And it is my responsibility to lead with peace, compassion, and love in my heart for all of us.



**Scott Carlson**  
Beauty...  
To See Beauty,  
To Feel Beauty,  
To Be Beauty,  
To Share Beauty!  
The Beauty Standing on a Boulder on top of a Cliff Overlooking Sacred Mt Blanca.  
The Beauty in Grandfather Pinyon Tree's Grace.  
The Beauty of a Crestonian's Child's Smile.  
The Beauty of the Stars & The Moonlight Reflecting off the Luminous White Snow.  
The Beauty of the Taiko Drum Vibrating its Divine Love.  
The Beauty of a Bountiful Celebratory Meal.  
The Beauty of the Stupas Brilliant Shining Light.  
The Beauty of the Chocolate Brown Magnificent & Galactic Sand Dunes.  
The Beauty of the Cyotee's Maiting Call.  
The Beauty of The ArchAngel Michael Painting in Crestone's Tiny Gallery.  
The Beauty of My Own Soul!  
BEAUTY!

**Michael Korba aka Muki**  
What I've been sharing with others and reminding myself for years is that, "We are all inter-connected whether you like it or not." "We are all inter-connected whether you realize it or not." If we live totally in our ego, we are challenged with the illusion of Separation.  
Through daily prayer and meditation, I remember a basic Truth that we all come from the same Source, the Eternal Light. All form in the 3-D Universe is created from Light and Sound and the essence of the I Am, beyond the ego, is Super-luminal Light. So instead of being enamored with the "movie" that we perceive as life, I am reminded of the "Light-bulb" that emanates the movie. When immersed in that Light, it brings real Peace and opens the door to Divine Love, Wisdom and Compassion for all beings. May we all experience Peace. A'ho

**Catherine Kinman-Kaiser**  
What I'd like to bring to the world... I'd like to extend an invitation for all of us to reflect on our personal power in this world by offering this question: Where are you investing your precious, earth-moving, catalyzing life force? Can you envision a world where we all consciously participate as co-creators? A world where:  
\* WE are all FREE from limiting, ego-driven narratives, scarcity-mentality, fear, and anger of unmet expectations.  
\* WE live in community with the shared knowing that universal energy is working FOR everyone.  
\* WE honor our deep connection to the earth and all sentient beings.  
\* WE treat everyone with HUMAN DIGNITY and RESPECT. So, we choose to embrace, as well as extend, compassion, kindness, and open-heartedness toward ourselves and for each other (especially when we don't always agree and even when we don't always 'like' one another).  
  
One day, I hope we will all feel liberated to:  
\* follow the synchronicities that guide us,  
\* invest our energy and make choices using deep wisdom, and;  
\* truly understand that abundance, peace, and equanimity are our providence.  
  
And finally, may each of us experience moments of pure JOY and, in the end, leave this lifetime with the deep, heartfelt knowing we led a passionate life aligned with our values and fully lived. ✨



**Steve Barbee**  
Live every day with gratitude.



**Tai Chi Bill Smith**  
As formless Beings of pure awareness we are currently in a co-creative experience with the Elemental intelligences of our planet Earth.  
Past all of our temporal conditioning, all of our "I-ing" and limited self-definition, there is a spark of divine truth to be known directly.  
Relax, and be gentle with yourself in this undoing.



**Tiffany Curtin**  
About Crestone:  
The last big snow in Crestone, I got stuck sliding into the side of the road facing the wrong way right by the kiosk. I might have been there for about 30 seconds before someone stopped to help. The first person to help was Cali, who tried to pushed me out. It did not work, but then 2 more guys stopped from Crestone maintenance. All 3 gentleman pushed me out, then I slid right back into the side of the road because it was a sheet of ice.  
A guy from the Mercantile stopped and tried to pull me out even though he was going to be late to work as a result. Again, he got me out, but I slid right back. He stayed hooked up to my car, and Cali hooked up to him. It took two of them to finally get me un-stuck.  
I am so grateful to the kind people of Crestone for saving me from the side of the road. I want to say thank you; that was amazing!



**William Portch**  
Get ready for hard times!



**D. Vargas (Returned Peace Corps Volunteer; Lesotho-1987 to 1991)**  
We are eight billion living on our home planet, Earth, so be at peace. This feeling of calmness begins with you. Whether you are living in a village, off the grid, in a magnificent city or in the countryside, we are all one with life. No more wars. Let go of anger. How can we kill our own brothers and sisters? Let peace of mind enfold you and have mercy for yourself and others.  
In your intimate circle of family and friends, simply love one another. Especially your enemies. Look into each other's eyes and say, I love you; please forgive me; I am sorry; and bathe in the gratitude of loving kindness. Peace and love are the true essence of human consciousness and these qualities are evolving. Rest assured and know all is well in the Universe.

