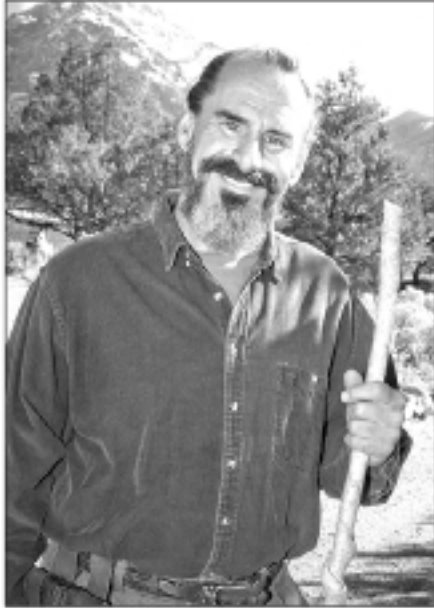


Out & About with Lori Sunflower

2020 in a Nutshell?

Michael Agape

In my experience, 2020 has been an amazing time of positive change and unification. I met people from all over the country and the commonality was they were being led by Spirit to get out of the cities and seek sanctuary in the high places.

Self-reliance, permaculture and such are at the forefront of the minds of those not stuck in front of their TVs being indoctrinated with fear porn and bipartisan divide and conquer rhetoric.

All in all, 2020 has brought in clarity of vision for me and like-minded peers as we serve our communities and bring our visions of unifying and co-creating a New Earth into the Light. I look forward to whatever occurs as Truth comes to those seeking. May peace be with

Today, we have abdicated our divine right, duty and responsibilities to our various media networks and/or political pundits. This has caused a fraction in our body politics, example identity politics and party politics. Remember, there organically exists in nature, as in politics, a polarity of opposites like yin yang. In politics, the polarity of opposites is wanting more government control in our lives versus wanting less government control in our lives. Both 2000, Bush vs Gore, and 2020, Trump vs Biden, concern the Article I Section #4 of the U.S. Constitution, which gives "times, places and manner of elections" to the individual State Legislators, not the governors, the judges, the election commissions,



and/or the media.

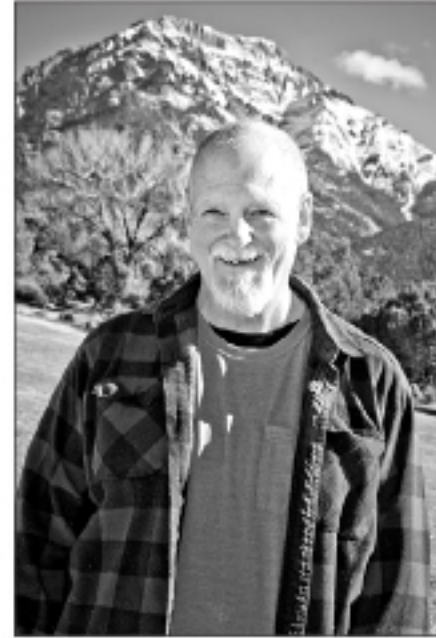
Deanna Elliott

The virus has created a global reset and much is coming from it—both good and bad, but one can't ignore it, for it is affecting all of humanity. We can choose to go into a negative reaction or make the best of it and allow ourselves to grow from the impact it has on us. Not always so easy to do for sure.

For me, I am finding I have more gratitude for simple things than I ever have. Like good food and shelter and most of all friends who foster the heart connection. And nature is so, so helpful to offset all the fear. The isolation is so, so hard on people as we humans have always been so very social, yet sometimes going within is a very important thing to do and we have not had the time or inclination to do that. Now we are forced to socialize and work on Zoom. What helps me so much with the isolation is my pets, for they want contact and do love with unconditionality, so I am appreciating them more than ever now.

The last time we had a pandemic, what came afterward was a renaissance. I do believe we will have another one once the virus is calming down. In all areas of life as well, for we humans are creators and when the time comes for our

withheld creativity to spring loose, I believe it will be sensational in all areas of life. I believe in the human ability to bounce back bigger, for we are now getting stretched to become bigger than we were before—like never before. I feel for those who are departing this world from the virus no doubt as well. What a time we are in!



Michael Alexander

It has been a wild and crazy year. Reactions to the COVID and election shenanigans are obvious but there is so much more, much of which runs just under the surface. I see much to be optimistic about. The Universe is in charge and the Light will win if it hasn't already. Trite? Hokey? So be it. The good swirls all around us.

2020 in a nutshell: Love and Hope.



Jennifer Eytcheson

It seems that 2020 has affected us all in a major way. But the thing is, we don't learn from the good times. We learn from suffering, and we came to this earth-school to learn. 2020 has given us countless opportunities to learn. Let's say it was a jam-packed course—and we passed it! So many good things have come out of 2020, too. For me personally, I started to do art during lockdown. I found a part of myself that wanted to be expressed, and I wouldn't have known that had things been "normal." I also started to dance. I found profound movement medicine from being forced to stay home. It was as if my passions were stirred and brought to the surface from going within.

As I was driving down the road today, I looked back to when I lived in cities like Los Angeles and Austin and I was so thankful for living in Crestone. Instead of traffic, I had to stop for some deer crossing the road. Instead of pollution, I looked up and saw pristine snowcapped mountains. Instead of sirens blasting all around me, I found silence, a stillness where I can attune with nature. Instead of people honking and cutting me off, I found every person on my way home waving at me. I love our community and I am ever so grateful to be here.



Tim Budrys

This is old man Tim, the Shoe Guru, comin' at you! So, this to me is like "Evolution 2020." Evolution is here and it is not comfortable, right? So, it's time to get your house in order. What do you fill your head with? Someone on a screen telling you it's us against them? Well, they're paid to convince you to become a more easily exploited consumer. We are innocent at birth and then saturated with advertisements in which the basis and point is toward external sources to temporarily feel better. But we can use that same psychology to program our own minds, love and accept ourselves as we are, programming ourselves using music, mantras, affirmations, movement, nature.

John Lennon said, "No one can harm you. Feel your own pain." The meaning of that for me is that the fear of examining our own guilt, shame, and regrets terrifies us more than anything. So, if you enter into this emotional distress and hang with it, it's like entering hyperspace. That's when our higher self can use it as a doorway into our heart, bringing true compassion, complete acceptance and loving kindness. It's that place of personal pain that we don't run from. You can give this to yourself right now. Invite your higher self into your life. "I invite my higher self into my life right now." Cultivate that space with gratitude and it will grow. Even the smallest positive movement is worth pursuing. This is what Evolution 2020 means to me.

If you have feedback or suggestions for future topics, please email peacelove@gmail.com. In addition to being the Staff Photographer for The Crestone Eagle since 2012, Lori Nagel is a freelance photographer, graphic designer & web designer. www.sunflowerstudios.us.com



us in these pivotal times of change.

Daniel Gray

2020 has been an interesting year in so many ways, and has definitely given me a lot to think about. As a free citizen, bestowed with liberty and freedom by our creator, you have a divine right, duty and responsibility to understand completely our Constitution, know about all of the political actors in your various local, state and national subdivisions, know all of the important issues, and actively engage those political actors regarding your political concerns.