



Living Sustainably

A Kansas Odyssey with

DAVID YARROW

Earth Advocate – Food & Farm Activist
Inter-Dimensional Adventurer

www.dyarrow.org/Kansas

Talks, Tales, Workshops, Surveys

November 2011



Talk: **Sacred Space**

LEARN to READ the LAND

Understanding Earth's Spiritual Anatomy

Earth remembers everything in history, mystery and geology. Beyond five physical senses, our physiology is hard-wired to access inner senses of subtle energy and higher dimension. Our birthright is to awaken this spiritual awareness, recognize Inner Soul, initiate dialog with Higher Self. Fully awake, we can enter the Mind of Nature to explore the land's subtle energy anatomy, trace invisible energy webs connecting plant, nest, hive, beeline, path, spring, standing stone, earthwork—shaping the land itself.

Fri, Nov 4: Baldwin Sliding Scale Donation \$15 - \$30
7:00pm The Light Center
1542 Woodson Rd, Baldwin, KS 66006

Workshop: **Sacred Space**

AWAKEN YOUR INTUITION

Sixth Sense, Subtle Energy & Sacred Space

First learn your inner sense to locate living water flows under the ground. Then learn to use your extra sense to locate "ley lines", detect sacred space, trace auras, map energy anatomy, intuit emotions, communicate with nature, do energy healing. Access to inner awareness offers inner guidance to navigate the worlds around and within. We will study the land's subtle energy—a template to shape land, form topography, hydrology, inhabitation, define special places and sacred spaces. We will co-create a ceremony to honor Earth and all the community of living beings.

Sat, Nov 5: Baldwin Sliding Scale Donation \$60 - \$90
9:00am The Light Center
1542 Woodson Rd, Baldwin, KS 66006

Land Survey: **Sacred Space**

EXPLORE the MIND of NATURE

go within — grow without

Guided by newly awakened inner senses and intuition, we'll hike the land to dowse water flows and ley lines, study subtle energy anatomy, visit unexpected sacred spaces, listen to the land.

Sun, Nov 6: Baldwin Donation (not a formal class)
9:00am The Light Center
1542 Woodson Rd, Baldwin, KS 66006

Talk: **Sacred Space**

SACRED EARTH, SACRED GEOMETRY

Walk in any ancient forest to see that the Earth is a sacred place. Sacred geometry's secret is the 7th direction—inward, through heart to soul. Christian Trinity of Divinity lacks femininity and Mother Earth is awkward idea in industrial minds. Yet, millions read *The Davinci Code* to awaken to their Divine Feminine.

Sun, Nov 13: Manhattan Donation
10:45am Unitarian Universalist Fellowship Service
481 Zeandale Rd, Manhattan, KS 66502

Talk: **Water, Intuition & Spirit**

WATER: FIRST GIFT of THE MOTHER

Liquid Crystals in the Sacred Geometry of Life

Earth is blue, green and white due to water. Water arises from heavy metal density uncoiling into lighter elements and minerals, thus water "springs" from the Earth. Every body is a water body. Water is solution to the quest to turn geology into biology—stone into living cell. Water's gift to life is motion—ability to flow and change shape. Water's capacity to transmit, store and transform energy is ideal medium for life to flower. Photosynthesis by green plants spins water and CO2 into sugar—source of sweetness for biology. Today, water abuse and excess use is a cascade of crises, from climate change to pollution. Be a Water Angel: teach water gratitude and sustainable stewardship.

Mon, Nov 21: Manhattan Sliding Scale \$15 - \$30
7:00pm Unitarian Universalist Fellowship
481 Zeandale Rd, Manhattan, KS 66502

Talk: **Sacred Space**

TEMPLES of EARTH

Sacred Space on a Living Planet

On Earth, subtle energy and water form patterns with areas of focus that enhance our spiritual energy, and open our access to higher dimensions. Ancient people recognized these spiritual sites and altered them to enhance their spiritual value and usefulness. In today's accelerated changes, sacred sites ground us to support our transition to a new sustainable, earth-sensible cycle of civilization. Get connected to your Mother.

Thu, Nov 17: Manhattan Sliding Scale: \$15 - \$30
7:00pm Unitarian Universalist Fellowship
481 Zeandale Rd, Manhattan, KS 66502

Talk: **Sacred Space**

TEMPLES in the LAND

Re-uniting Heaven and Earth

A Temple is a place to unite Heaven and Earth. Heaven is not a far off sky world, but here and now. By fractal infolding, star patterns are imprinted onto the Earth, and thus, areas of our planet are connected to constellations. In earlier millennia, humans made temples in these places to transcend physical dimensions and access spiritual awareness. Secret societies protected this wisdom in centuries of war and darkness. Now, Earth asks awakening humans to gather at holy places for ceremony and celebration to honor the sources of life and to pray for peace.

Sat, Nov 19: Council Grove Sliding Scale: \$15 - \$30
4:00pm White Memorial Camp
1271 S. 1050 Road, Council Grove, KS 66846

Talk: **Food, Health & Healing**

FOOD IS OUR BEST MEDICINE

The Art & Science of Using Food for Healing

Food is the second gift of the Mother. Health is our natural and spiritual birthright, yet today, most civilized humans die unnatural deaths of degenerative disease. Traditional medicine in ancient China, India and Tibet agree a physician's first duty is to improve patients' diet. Industrial farming and food science degrade food biological quality, seduce with sensation, replace common sense with confusing chemistry. Food isn't just an energy source. Food becomes us—molecule by molecule, cell by cell, mouth by mouthful. To turn sickness to health is a precise practice of food selection, biological regeneration and ecological re-unification. We are the whorled, spun in spacetime, embodied in biology, implanted in ecology. Be a healer.

Thu, Nov 10: Topeka Sliding Scale: \$15 - \$30
7:00pm Learning For Life Center
1709 SW Randolph Ave, Topeka, KS 66604

Tue, Nov 15: Manhattan Free, open to community
7:00pm Manhattan Public Library
629 Poyntz Ave, Manhattan, KS 66502

Short Talk: **Transition to Sustainable Food Systems**

EAT OUR WAY to a SUSTAINABLE FUTURE with Nutrient-Dense, Carbon-Negative Food

Food is the prime engine to drive every community economy. Go beyond organic panic to a new, higher quality standard. Farmers learning Biological Agriculture can grow food with high nutrient levels, more sugar, better flavor, optimum health, and longer storage. And sequester carbon in soil to grow foods that remove carbon from the air. Will you buy food that is "nutrient-dense" and "carbon-negative"? Join this new Green Revolution as we eat our way to health, wealth and climate stability.

Sun, Nov 13: Manhattan Free, open to community
12 noon UUFM Sustainable Foods Potluck
481 Zeandale Rd, Manhattan, KS 66502

Video: **Crop Circles**

STAR DREAMS: The Mystery of Crop Circles

Award-winning documentary looks deeply into one of our time's greatest mysteries. Every year, hundreds of elaborate designs are spun and woven in wheat and other grain fields by methods that baffle science. Veteran investigators believe these complex, beautiful patterns are communications from intelligent beings in higher dimension time. We will end with a meditation to invite more crop circles to appear in Kansas.

Short Story: **Crop Circles**

STAR TEMPLES & SYNCHRONICITY on a Sacred Planet

A personal crop circle tale illustrates the meaningful coincidence when purpose and destiny intersect to bend light and lighten gravity. Dairy farmer, science research aide and sweat lodge leader reveal that linear time is knit and braided by loops and links to weave the fabric of our lives. We are not the most intelligent life on Earth, and Heaven is right here and now.

Sat, Nov 5: Baldwin Donation
7:00pm The Light Center
1542 Woodson Rd, Baldwin, KS 66006

Mon, Nov 7: Topeka Sliding Scale: \$15 - \$30
7:00pm Unitarian Universalist Fellowship
4775 SW 21st St, Topeka, KS 66604

Sat, Nov 19: Council Grove Donation
7:00pm White Memorial Camp
1271 S. 1050 Road, Council Grove, KS 66846

Talk: **Food Production**

TRANSITION to BIOLOGICAL AGRICULTURE

How to Grow Nutrient-Dense, Carbon-Negative Food

Dirt is inert, but soil is a living tissue—an interactive, intelligent community of living organisms. In our electronic era, the notion food is only chemistry is obsolete. "Nutrient-Dense" is emerging as a new quality standard, guided by principles of Biological Agriculture. Thousands of farmers are upgrading their soil to full spectrum fertility, fully functional food webs, sequestering carbon to curb climate change. In a transition to green economy, farming must be solution—not major contributor—to our 21st Century challenges. Buy nutrient-dense, carbon-negative foods grown on local farms in fully fertile soils. Eat your way to a community economy in a sustainable future.

Thu, Nov 17: Manhattan Free, open to community
7:00pm Kansas State University: Willow Lake Student Farm
Throckmorton Hall 3039, 1737 Claflin Road, KSU

Talk: **Transition to Sustainable Food Systems**

CLOSING the FOOD CIRCLE

Feeding Communities in Climate Change & Peak Oil

The first service any community must deliver is food every day, and enough energy to cook it. Modern industrial food supply needs huge amounts of added energy for fertilizer, fuel, tillage, transport, pesticides, and is not sustainable. Feeding our communities in uncertain climate with high priced energy will challenge us to change and adapt, and calls for a cooperative spirit. It's time to go beyond organic to offer consumers the choice to buy nutrient-dense, carbon-negative food. Food is also social organization, thus the most important technology of our future is Community. Who will grow food to feed 21st Century communities? Where is the next generation of farmers? Learn about LIFE: locally integrated food & energy = Economics 101.

Wed, Nov 16: Manhattan Sliding Scale \$15 - \$30
7:00pm Unitarian Universalist Fellowship
481 Zeandale Rd, Manhattan, KS 66502

Fri, Nov 18: Manhattan Free, contact Dr. Janke by 11/17
1:30pm Kansas State University: Sustainable Agriculture Class
Throckmorton Hall 2414, 1737 Claflin Road, KSU

Tue, Nov 22: Topeka Sliding Scale \$15 - \$30
7:00pm Learning for Life Center, Sustainable Agriculture Group
1709 SW Randolph Ave, Topeka, KS 66604

Mon, Nov 28: Manhattan Fee TBA
Time TBA Meadowlark Hills Retirement Community

Private Consultation: **Sacred Space**

SACRED SITE SURVEYS

Most days, David is available to visit land areas to assess subtle energy anatomy, water resources and sacred spaces. Requests must include a simple questionnaire. To schedule a visit:

Baldwin: Nancy Lankston, 720-310-2222 nancy@heartofhealing.com
Topeka: LaVetta Rolfs, 785-633-9999 lavetta@learningforlifecenter.org
Manhattan: Pat Embers, 785-410-3627 embers1@cox.net
Council Grove: Sara Shaw, 620-767-5165 wmcucc@tctelco.net

