

Sustainable Grower News
October 5, 2007

Dear Fellow Growers,

Grieving for green that's gone now? Well, here are some enjoyable ways to nurture yourself and the Earth as your soils rest.

Today's announcements:

- 1. Talking to Nature- the Class**
- 2. Unplug Day**
- 3. Kroger rejects GMO milk**
- 4. Holistic Pet Care Book**
- 5. Consciousness & Environment**

1. "Talking to Nature" Class

Yes, the August class was postponed; now here's an opportunity to take the 90 minute version at the Bioneers Conference, Oct 19-21.

Regarding Bioneers (Biological Pioneers): If you are feeling discouraged about Mother Earth's condition, don't miss this inspiring conference! www.sustainak.org

2. Unplug Day

UNPLUG 2007: Give Mother Earth a Rest!

Saturday, October 13th *PASS ON THE WORD!!!*

The "**Unplug America**" campaign was introduced by Indigenous Peoples in 1992 in response to the 500 year anniversary of the arrival of Columbus to the Americas. October 13, 1992 was designated as a starting point to look forward to the next 500 years and work to make a sustainable and just world, starting by giving Mother Earth a rest!

Unplug Day is an invitation to all people to show our love and respect for Mother Earth by challenging unhealthy patterns of consumption and the continued production of poisons that destroy our environment. October 13th is a day to unplug - turn off the TV and radio, shut off the taps, and leave the fossil-fuel burning vehicle at home! Instead, take a walk with friends and family, tell stories, do something artistic, and say a prayer for Mother Earth and our communities. It's only one day but also a first step in reducing our carbon footprint, exploring consumer choices and ways of life that are more healthy and sustainable, and acting for future generations!

Visit: www.ipetitions.com/petition/unplug_day/

To let us know what you plan to do for **Unplug Day!**

For more information, contact:

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3. Kroger Rejects GMO Milk

[Kroger Rejects GMO Milk: The Tipping Point?](#)

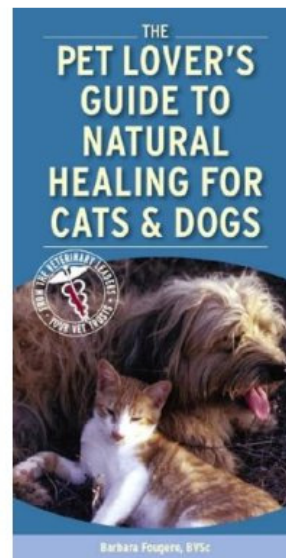
From [ENN: Environmental News Network](#)

4. New Holistic Pet Care Book:

The Pet Lover's Guide to Natural Healing for Cats and Dog

By Barbara Fougere, BVSc
Saunders/Elsevier, 2006 \$21.95

Arranged by maladies with remedies in several healing traditions: homeopathy, acupuncture, diet, herbs, TTouch, tinctures, supplements, chiropractic, prevention.



5. Consciousness & Environment

“I think—and I’m certainly not the first person to say this—that we’ve entered a new stage of our human evolution, a time when the development of our psychic capacity is essential to our survival. Without a new and stronger kind of psychic attunement, without a deeper sense of spiritual connectedness to the whole, and without a much larger sense of self than we as a species have ever attained, our planet could easily die from out-of-control aggression, territoriality, and greed.

“So it’s no coincidence that we find ourselves in a time of great interest in psychic phenomena, of widespread longing for connection to our spiritual core. More and more people are looking for ways to join with the mysterious, the wider perspective, the divine, the world of spirit. Cultivating our psychic ability through the open heart is a universal and direct way to do this, one that transcends the boundaries of specific religious, philosophies, and nationalities.”

From Belleruth Naparstek in Your Sixty Sense, Activating your Psychic Potential
1997 HarperCollins Publishers p7.

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Light, laughter, and thanks for all your good works!