

To: Kerry Cassidy
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Nov. 19th 2015

Dear Kerry;

Hard to think 'Happy Holidays' when there is this much negative drama going on in the world. Between Russian jets exploding over Egypt, and the nightmare events in Paris - and the unfolding reality concerning those events and others, one hardly wants to listen to the 'news' any more. It is hoped this finds you well, and warm and safe from the slightly bizarre weather going on across the continent. Always a good cover for other events. Europe and the Middle East are offering near perfect flying weather at the moment, with my son Jason and much of the rest of the French and Russian Air Forces now flying together to hit targets all over Syria and Iraq.

None of our family was hurt in the Friday attacks, although all of the French and German sides of the families were at the Football game that was almost bombed. Could have been very bad, and has caused much consideration of security on many fronts. My ex' has used this as an excuse to push France into something like marshal law, and hit back hard at those who French Intel' has considered threats for some time. You can only imagine the events going on currently just outside the public media cameras. And everything I've ever told you about my ex' is being proven brutally true; the lady is more than a little crazy, and has taken the threat to her country and children very seriously.

Big meetings in Turkey over the weekend were interesting - if a bit confused. Obama continues to be the big weak puppet. Putin is a much more interesting person, if a bit more dangerous as well. Seeing the French and Russian jets flying together in the night has been nothing less than spectacular, and the pilots seem to be working very well together (at least they have not tried to shoot each other down).

Although we've been locked down for weeks, it is our current understanding that 'visiting' should be open again this weekend, and with some luck we should be okay for such gatherings through Christmas, if that meets with your timing. I realize that you have to be very busy this time of year, so I shall not expect such events, but one can always hope.

With all the negative stuff going on, I thought I would mention a bit of positive thinking on one of our favorite subjects - sort of my version of a Holiday message. I might mention that the Raptors now celebrate 'Yule', although they do not celebrate it as a 'religious' date (they think Christmas is silly, since Christ wasn't born in December.)

It always interested me the way Raptor spirituality often seemed strangely alike some of the mystic humans teachings. Senator Mock-ga often cited or paraphrased St. Augustine's proclamation "What we are looking for is what we are looking with," a truth that eluded all who looked outside of themselves in quest of knowing their inner self or their connection with a greater universal power. This was likewise the understanding of a former Dalai Lama who customarily answered another's question "Who am I?" with the further question "Who is it that asks?" The source of the question "Who am I?" being the bearer of its own answer.

Raptors understood that the quest to know one's ultimate identity was realized by consulting the "I" of one's innermost beholding, which may be thought of as the "Wizard Within". This inner sorcerer's special magic leaves today's life undistracted by the should-bes, the could-bes, and the if-onlys that cloud over one's perceptions. So-called "good old days," childish ways, the other once-weres are as absent from the Wizard's view as are apprehensions about tomorrow. Oblivious to all such distractions, Raptors with their "Wizard Within" reside in the near and how of present instants only, which is the time and place where life is most abundant.

Mary Baker Eddy said, "You are neither behind the point of perfection, nor are you advancing toward it. You are at the point of perfection and from there you must understand yourself."

As Mock-ga would laugh; "If you desire to know the secret of overflowing with the moment, you must consult the 'Wizard Within'. Fortunately, the Wizard inhabits your own domain and may be found within the very being who bears your name."

Of course, life may seem to bring dark times of adversity to all of us at one point or another. Occasionally, we all experience periods of confusion, fear, and pain. These difficult periods come and, whether sooner or later, they pass. We are changed by our experiences of them, and eventually new challenges arrive to offer us further opportunities to grow. Life continues on in this way in an ongoing reflection of our evolving consciousness.

Raptors teach that as we grow through our challenges, the new ones that occur seem less daunting. We feel more capable of meeting them. To the Raptors, this response was evidence that a sense of connection with the wholeness and perfection of their species-spirit is deepening. When times of darkness come and we are momentarily unable to sense the truth of our wholeness and perfection, species-spirit is still within, still present in, as, and through us, now and always. Because it is the eternal reality of life, both our center and our circumference, we never can be separate or apart from it. The greater the comprehension of this relationship of connection we have with the greater whole, the more of its light expresses in, as, and through us.

For Raptors, life is an ongoing experience of expansion. What you are today and what you have today are perfect for right now, and are opening you to the yet greater that you

are to be and to have tomorrow. Always, more is coming to you. Whatever you need now and tomorrow is already established for you. In health, vitality, peace, harmony in relationships, and in all other areas of living, increased good is there for you to accept and experience. You always have a greater, more abundant life to live, to bring forth. The ancient Raptor saying - "All one has to do is keep running forward," is locked into this train of thought. For the Raptor, this is the center of the realization that the universe holds nothing back from you. Know in your strong heart that the very essence of nature's power and love is within you and your ability to give to the universe. You are always being given all of the good there is, which you experience as you allow it to flow through you. To enlarge your idea of the bounty of the universe, see, feel, sense, and touch it. Lift up in your mind (remember, that to the Raptor the greatest gift in the universe is the sentient mind) gratitude and acceptance to the universe for the gift that is your ability to recognize grandeur and self, and watch the bounty pour forth to you out of its unlimited stores of good. All Raptors are to be joyous and grateful (one reason they always seem to be happy and the ultimate "party animals"). They are taught from birth to feel the blessing of nature's love that they embody and express.

In what sounds to humans to be a religious message, thinkers like Mock-ga recite the old mantra: "Let the overflowing life within you come forth freely and fully in, through, and as you. You always have more life to live, more good to accept and receive, and more love to give - even in death, if you have lived well."

Part of their belief rests in their conviction that everything alive is interconnected. This goes far beyond the idea that we are all made of the same 'star dust', or that 'you are what you eat'. The base truth is that from every scientific point of view the Raptors have come to see that all life is interconnected, no matter where it may originate in the universe...starting with the fact that we are all created from the same star dust. From there, every Raptor is reminded that they owe their joy of life to the natural chain, that forms and binds those connections that allow a sentient mind to recognize the glory of the universe.

"Every breath you breathe should remind you of your eternal alliance with all Life on Earth," every visiting Raptor is reminded. "Compassion is the keen awareness of the interdependence of all things."

They go on to teach that each breath we take exemplifies our connections with eternity, as evidenced in the circulation of Earth's atmosphere. Astronomer Harlow Shapley calculated that each breath contains thirty quintrillion atoms of argon, a heavy gas whose atoms remain close to Earth's surface and cannot dissipate into outer space. Accordingly, the argon atoms in your last breath are diffused throughout your neighborhood in a few hours, throughout the country in a week, and throughout the planet in a month,

as the atoms that comprise it, and it is at the same time as new as is its current local embodiment of the cosmos's atomic inventory. Yet, in terms of its contextual form, your nose is also chrono-biologically as old as is your body, which persistently and consistently retains its form both ongoingly and ongrowingly, even as its transient atomic substance is forever passing through.

Since each of us is thereby a walking whole-universe catalog that continuously reissues itself in successive editions, we may accurately proclaim that it takes an entire cosmos to birth and raise a child. This is each sentient creatures worldly testimony to the spiritual principle that we are never without a witness - no matter if we are a Raptor, Human, Manta, or whatever.

We are all cut from the same cloth, yet the colors and textures of each of us are unique. We each have a family from which we came, and a certain species and ethnic heritage, as well as special patterns and preferences discovered along the way, which in our own style we sing, dance, and otherwise portray to the world. Everbybody's particular celebration of life is everybody else's to enjoy, draw from, and add to, if we just open our minds and hearts long enough to recognize that truth before our fears and selfish desires close the doors.

As Mock-ga says: "Oneness does not demand uniformity."

Another ancient Raptor saying says; "In nature nothing, be it leaf or snowflake, is identical to anything else, but simultaneously expresses as part of a similar, harmonious reality of tree or cloud - an irreplaceable individual thing like no other that feeds the entire system. Oneness and individuality: with practice, we can perceive both at once, which is the way we come to deserve our dream."

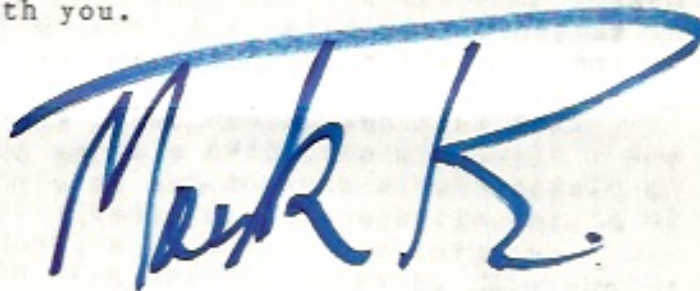
Its getting late, and that would seem to be a good place to bring this to an end for now. Do forgive my use of carbon paper but I've run out of ribbons so this is the only way I have for the moment to continue 'legible' communications. I hope all is well there with you.

Sincerely;

Mark Richards

[Redacted]

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so that wherever you are on Earth a year from now, a day's breathing will include at least fifteen of that breath's argon atoms.

Shapley noted, "The first little gasp of every baby born on Earth a year ago contained argon atoms that you have since breathed, [and] you have also contributed a bit to the last gasp of the perishing." Each breath taken today contains 400,000 argon atoms that Gandhi - or Buddha, or Jesus, or Hitler - breathed in his lifetime.

As Shapley put it, each human breath samples "the snorts, sighs, bellows, shrieks, cheers, and spoken prayers of the prehistoric and historic past." And it likewise contributes to our collective future. Our constant connection with our earthly habitat is such that, with each breath, we visit its entire past and participate in its entire future.

For billions of years, trillions of events took place on Earth in just such a way that the being that you are can now demonstrate your own unique existence. Some of these precipitating events were large ones, like the accumulation of Earth's atmosphere. Most were small, however, like the chain of matings that networked their way forward from the origin of life through billions of linkages, from microbial to macrobiotic, to be expressing just now as you.

As the human philosopher Alan Watts notes, "Flowers blossom, trees branch, Earth peoples. Like a blade of grass, you came out of this world, as well as into it." Your soul came into this world to inhabit a sheltering body that, quite literally, came out of the world. Your existence is accordingly the current fruit of billions of life forms that successfully expressed themselves until here and now; the universe is furthering its emergence through and as your being.

It is likewise for the universe as a whole, which was already encoded in its originating Big Bang's potentials. Physicist David Bohm and others have hypothesized that the entire universe is wholly encoded at each point within itself, so that the cosmos is an all-encompassing hologram, the at-onement of which is fully embodied in every one of its parts - including every Raptor and every human.

Alan Watts said; "A living body is not a fixed thing but a flowing event, like a flame or a whirlpool: the shape is stable, for the substance is a stream of energy going in at one end and out the other." He went on to say; "We are particular and temporarily identifiable wiggles in a stream that enters us in the form of light, heat, air, water, milk, bread, fruit, beer, beef Stroganoff, caviar, and pate de fois gras. It goes out as gas and excrement - and also as semen, babies, talk, politics, commerce, war, poetry, and music. And philosophy."

During its lifetime, each Raptor or human body replaces its entire atomic inventory several times. Accordingly, the question all Raptor children love to ask is, "How old is your nose?" has at least three accurate answers: In terms of its content, your nose is simultaneously at least as old