



Greetings!

*What's possible?  
It all depends on what you believe.*



Do you believe that we can have a world that is sustainable,  
works for all living beings including the Earth?

Do you believe we can have a world based on mutual  
respect and caring?

Do you believe you can and do make a difference?

Do you believe in possibilities?

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*Thought Sparks: On Hope, Democracy and Courage  
in these dark times, with Frances Moore Lappe'*

No matter how you answer those questions  
above I believe you will find insight,  
wisdom and strength in this [Thought Sparks  
Video Series](#) by author, visionary and  
champion of democracy, Frances Moore  
Lappe'. Each of these short, punchy videos  
ignite energy, enthusiasm and action. That's  
what a spark does. That's what she does  
with her very present presence. She has a great ability to



**Good news, insights  
and action  
for positive change**

~ ~ ~

**PERSIST  
INSIST  
PROTECT  
DEFEND  
DEMAND  
DEFY  
DISRUPT  
GUIDE  
CREATE**

~ ~ ~

"Imagine"  
John Lennon

*Justice is what love  
looks like in public.*  
Cornel West

~ ~ ~

*Because I always have a  
choice, I choose love.*  
Deepak Chopra

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*Come, Come, whoever  
you are.  
Ours is not a caravan of  
despair. --Rumi*

connect with her audience through the screen, which I find remarkable. I guarantee an energy boost!

### Here are some excerpts that stand out for me:

*It is simply not possible to know what's possible. So guess what? I'm free to go for the world I want. I don't have to have certainty or even high probability. All I have to have is a sense of possibility. (Hope Part I)*

*It isn't the magnitude of the challenge that crushes the human spirit; it's feeling useless, futile to make change happen. To make change we have to believe three things: 1) the challenge is essential. 2) belief that something is possible. 3) we can make a difference. . . We can all be heroes. (Hope Part III)*

*Democracy is not an option among others. It is the only pathway enabling us to create the world virtually all of us want; a world of human thriving in which dignity is the core. (Democracy Part 1)*

Watch for her next series on Courage: [Small Planet Institute](#).

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### *When Climate Change was a Nonpartisan Issue*

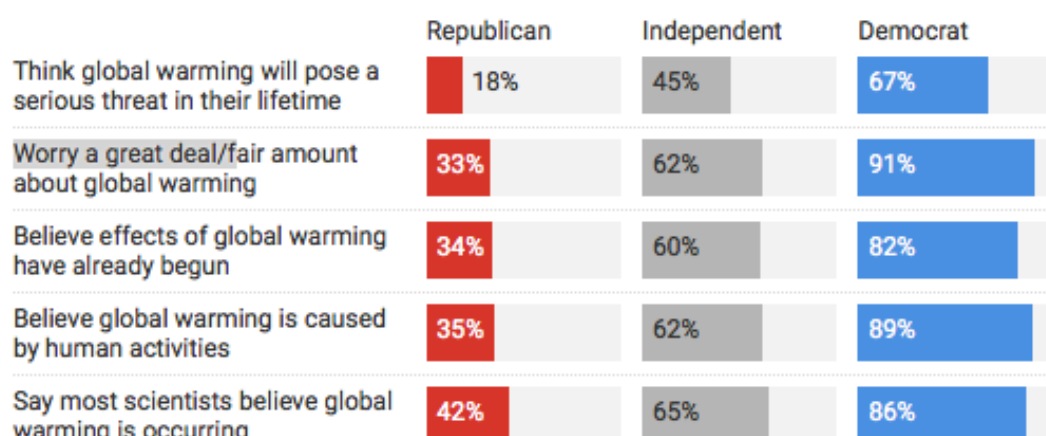


[This article](#) talks about how public opinion has been polarized along party lines. "The current political stalemate is no accident. Rather, it is the result of a well-financed and sustained campaign by vested

interests to develop and promulgate misinformation about climate science." Robert Brulle

### How partisan global warming has become

A 2018 poll showed that views of global warming vary greatly according to political party



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*Every single person on this earth has the power to change the world.*  
Emma Thompson  
Actress and Activist

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*When the people lead, the leaders follow.*  
Gandhi

~ ~ ~

### FOR THE LOVE OF EARTH



Print by Mayumi Oda

### [For the Love of Earth](#)

David Korten

A new way to look at how we might heal and regenerate our Earth. Great article.

[Climate Change or System Change?](#)  
by Local Futures

UPLIFTING STORIES & INNOVATIONS



*"It is very hard to see us fixing the climate until we fix our democracy."*



I've purposely left this article in from the last issue because I think it's key to our making the world a place where all life can thrive. The words are from Dr. James Hansen, former NASA climate scientist, who, thirty years ago, gave predictions that are largely on target for the climate crisis we face today. [Here is the article.](#) We could insert any other problem for climate change-poverty, environmental pollution, economic injustice, perpetual war. All movements are connected with true democracy at the core. As Frances Moore Lappe' says, "Democracy is the movement of movements."



*Joining with others to achieve the great possibility of America is as much fun as you can have with your clothes on.* Jim Hightower

Just recently employees, consumers, community and political leaders joined together to convince Jeff Bezos to raise the minimum wage for U.S. Amazon workers to \$15 per hour. [Here's the story.](#)

*"Hope is the thing that makes us try,*



**An Air-filerting Bus**

**The Bluestar Bus has been launched in the UK to mitigate air pollution. [Read more.](#)**



**FAVORITE RESOURCES**  
[350.Org](#)

[Climate Reality Project](#)

[The Small Planet Institute](#)

[Local Futures](#)

[Network of Spiritual Progressives](#)

[Project Heaven on Earth](#)

[Yes! magazine](#)

[The Optimist Daily](#)

[The Shift Network,](#)  
[Catalyst e-zine](#)



[VirginiaMudd.com](#)  
[Desert Rose Press](#)



**Get turned onto the Democracy Movement**

Here are two outstanding books to inform, inspire and guide us:

*Daring Democracy* by Frances Moore Lappe and Adam Eichen, and  
*Breaking Big Money's Grip on America* by



that makes us human, that makes us consciously evolve. It is what sustains long-term vision, something many of us too easily relinquish in the face of opposition.

**Hope is about staying in the fight."**

This [article from YES! magazine](#) talks about changing the story we tell ourselves; from being powerless to being powerful, proactive and effective. As we know it's much easier to believe there's nothing we can do. . . and as the author says, "We struggle to recognize and take responsibility for our own power."

## WISDOM FOR OUR TIMES



*Democracy is not something that happens, you know, just at election time, and it's not something that happens just with one event. It's an ongoing building process. But it also ought to be a part of our culture, a part of our lives.*

Jim Hightower



*Never ever depend on governments or institutions to solve any major problems. All social change comes from the passion of individuals.*

Margaret Mead

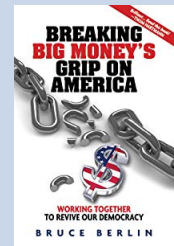


*The job of a citizen is to keep his/her mouth open.*

Gunter Grass

**The Butterfly Effect: Here's How We Make a Difference**

Bruce Berlin.



**Nov. 6th**

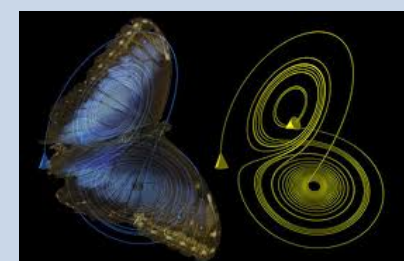


This is our chance, our job as citizens, one thing we can do to make a difference.



Read [my monthly column](#) so I can tell you a little more of what I mean about possibilities, how it all depends on what you believe, and about the Butterfly Effect I can tell you that seeing this [short video by Rabbi](#)

[Brian](#) (Religion Outside the Box) on the Butterfly Effect has dramatically improved my inner attitude and how I go about my daily life.







*Wishing you a month of making ripples  
Virginia / Gibi*

## Pass it on

If this newsletter speaks to you it may speak to others as well. So please pass it on so lots of us can join the growing Democracy Movement and address the pressing issues of our time.

