

Earth Ocean Heavens



Earth Ocean Heavens

L. O. Graham

Poetry and photography

by

Linda Ohlson Graham

A mini guide book

to aid Humanity in entering "The New Age"

Earth Ocean Heavens



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This is a Vision that ***c o u l d*** lead Humanity to WORLD PEACE and a calming of our Earth's weather patterns.

by

Linda Ohlson Graham

On board VIKING 1978 :
To ALL the beings of ALL the Worlds of Creation ...
You have taught me to LOVE ...

And to *countless* friends and supporters ...
both Divine and Human ...
who have helped me with **this 'VISION'** ... ☆

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Viking

W. Russell Ohlson

The name [EARTH OCEAN HEAVENS](#) came to me like -a lightning bolt- out on the open ocean when I was sailing.
It really felt I would publish a book some day by that name.

☆ **Global PEACE and calmer weather patterns**
are →quite -the moons- to chant for ... (See p. 28-29) .
I feel my (and SGI's ☆ ☆) aim is VERY accurate:
it's just the distance I (☆ ☆we) need help with.

☆ ☆ Soka Gakkai International (www.sgi.org)



View from Above

To begin ... during the 70's ... I sailed approximately 12,000 miles (at average of 5 knots) around the Bahamas ... the Caribbean ... Central and South America ... even off the coast of the US to Cape Cod one spring ... from Martha's Vineyard to the Virgin Islands that fall.

My 1st few poems occurred when I lived aboard S.V. **VIKING**: appreciative poems to the gentleman I sailed with.

Written off the coast of Panama ... :

Joseph ... The Peace and calm I feel in my Heart ...
stem from the Love we know
You have been, you are, you always will be
a 'mate to my Soul'.

As the Captain and I were leaving Provincetown for Martha's Vineyard the fall of 1977 ... with upcoming plans to sail to the Virgin Islands ... I wrote:

August over ... autumn comes ...
I look forward to sailing with you
Joseph: I love you more each day.



Off the coast of Haiti ...

From 1984-1993 I lived within ... and from 1984-1996 * was co-director of The (J.M.W.) Turner Museum in Denver , CO.

* During this time , The Turner Museum was chosen -Best Place to Eat While Viewing Art- by a Denver weekly ... then subsequently: ... 'One of the 99 finest museums in America' by **Atlantic Monthly**.



The author with his wife Linda, co-director of The Turner Museum, and their daughter Isis, "future curator".

I regret the above image has poor resolution. It was scanned from a photo in a -Turner Museum- catalogue I helped Douglass to produce for 'our' (the TM's) exhibit: -Turner's Cosmic Optimism- .

A month after my former husband and I separated (1993) I had ... *what came to be called* **-minor brain surgery-** ... i.e.: 7 hour brain surgery with 5 neurosurgeons: A triangle was cut in my skull ... a colloidal cyst the size of a golf ball removed. Dr. Stuart Levy (30 at the time ... when he was 33 he became the resident head of neurology at Denver General) shared with me that there was a chance I may not live or come out of the surgery with my wits about me ... tho he also told me **IF** I lived: the possibility existed I could become a clearer sharper person. *Energetically* I attached myself to -clearer/ sharper-, and (**near**) **immediately after surgery** began to -Write- about the consciousness on our Planet ~lifting~ into a -quiet and peaceful NEW 'Age'- . 4-5 weeks later, describing -my brain surgery- as 'minor' ... evolved.

The experience is also described @

www.earthoceanheavens.com/seminars-workshops/.

Most likely more will be said about these events as time passes (in a 'sequel' to this 'chap book'). For now I just wanted to give a little background information.

Several poems had been written earlier in my Life.

One example: *while living in Denver*:

Sky edge ... mountain peaks ...

A sea of city lights illumines night time in the minds of men.

Awaken ... still news of joyous quiet ...

Fill full the day.

After my surgery , a -literal *flood* of writing and poetry- occurred: both verse ... and what I call 'one-liners'* ... : about the consciousness on the Planet *lifting* : about Heaven being right here ... right now.

Ex.: 'Notes from my Journal Immediately Following Minor Brain Surgery' within this volume: ... also visible as the 3rd - Writing piece- @ www.lindaohlsongraham.com/writings.php.

To date I have more than 200 packets (100 pages each) of day-timer pages: written in a variety of colored pens ... with numerous visuals that , at the time, felt like they could be templates for installation pieces of 'ART'. Also numerous full 'pages' ... both hand-written and entered in -Word- documents ... continue to be -Written-.

ThE Key April 2003

If someone had **thE key** to Peace on Earth ... and ...

-THE WAY- to calm the Earth's weather patterns ...

Would you listen?

Would you heed what they told you?

It's springtime ...

I'd like to plant 100 seeds in minds that bask in brilliance.

Destination: Peace on Earth

There could be someone
On the bow of our boat ...
Our boat is our Planet : Earth.
The landfall that is being pursued: Peace.

Planet Earth appears to be going thru **Hell**.
War ... destruction ... poverty ... starvation ...
only begins the list of horror.

Is it time to enter the next thousand year cycle ...
an *-Age-* foretold
with peace and light and beauty ...?

YES!

Beginnings

Beginnings from Creation
breathe peace and joy and balance.
They are what REAL-ity is made of.
Humanity chooses.

Breathing:
How conscious we are of our breath
in each moment ... as it enters and exits our body
determines our experience.
Letting go of thinking ... gently with very little effort
is an essential component.

We ... as a 'collective -race of people-'
could enter what's called 'Heaven'.

HERE ... NOW ...

We simply need to 'choose' it.

I believe the thought below is a **Formula for Global Peace...**
and **a way to calm our Earth's weather patterns**.

If we could individually or collectively ... with intention:
quiet our thinking Mind(s) ... for *just a few minutes* daily ... :
what *reflects back* would be more peaceful ... more calm ...
and more loving*.

(‘Echoed on p. 36)

* This thought formed when ... in 1993 ... I discovered the
works of the French philosopher Teilhard de Chardin ... who cre-
ated the word ‘noosphere’ ... to describe the layer of thought that
hovers above nature and acts as a universal consciousness: ... a
‘thinking envelope’ (known as the ‘One Mind’ or ‘collective con-
sciousness’) that collects our thoughts and reflects them back.

(Similar to what’s expressed on the dedication page:)

‘Global PEACE

and calmer weather patterns

are >quite -the moons- to chant for ... (See p. 28-29)

I believe the ~aim of my -Writing-/Poetry-~ :

much of which has ~flowed~ through me ...

is VERY accurate ...

It’s the distance I need help with.’

LG

A note about the style of -Writing- that I do ... : i.e.: some
words or letters are **emboldened** or *italicized* ... made LARRRR
RRRRRGER or smaller ... + ... occasionally ... words or letters
aRe CAPITOLIZED for emphasis or: for -A- ‘shift’ in innnnnnn
... tonAtion. I’ve been told it’s called -PERFECT Poetry-.

Also ... the name God came thru in much of the -Writing-. I
have begun to use the reference -Creator- recently.

(A portion of: my *original*:) **Chapter I**

Here ... Now ... It's our choice ...
How exactly Life unfolds ...
Our entire Planet >could REALize ...
We create the essence of our joy.

The sun shone pink
Sky blue
Reflect
The ocean calm.
A snowflake glistens and sharply softens what thought I see.
Now
Distance matters not.

Water rushing ... telling clouds ... of light and wonder .
Green and blue of earth and sky
Melding ... Harmonious ... Spiritual
Form and flow within
Each being ... stronger.

The night of day tells me I'm feeling more than words can say.
Stars reflecting cosmic wonder ...
In the intonation of our choice :
HELP !

Beauty is in all our surroundings ...
We are in Heaven if we so choose ...

Let Light spring forth from minds of men to show the world the
way ... Mindful of the gifts from God: (cont.)

Ready for 'THE' day.

The phenomena of LIGHT that lives in my heart is preparing to
shine brilliantly to the World ... *Thank you* for being a radiant facet
of that LIGHT.

The World and I , each in every cell of our bodies, continually will
be able to take on more and more.

Growing exponentially could become first nature . Aerobic exer-
cise will begin the process of our blood pulsing stronger ... our
hearts being fuller ... our minds being clearer.
Exponential ... : Math ... The constant raised to the power equal
to a given expression ...
i.e.: 2x2 4x4 16x16 256x256 etc. etc. etc.

All the Beings of all the Worlds are watching now
So desirous of our upliftment.
Praying to Mankind to hear the calls ...
They've been in a steady stream
Beaming to our heart's desires
Caressing what we say we want.
We could see the end continuum as clearly as they do ...
Rising in the bluest skies
Fully in our Heart for LOVE
Experiencing Peace

Mankind could consciously open our Hearts
And experience a feeling of 'Oneness' ...
The joy the rapture
Will be totally magnificent.

We all could join in one clear picture of where we are now and where we need to go* ... exactly what it's going to look like ... how it will feel smell taste sound ... and hold our image of it as clearly as we can as we bring *it into REALity.

Angels ... I ask my angels** to gently guide me on my way ...
To give me strength and support when needed ...
To remove obstacles from my Path before I reach them ...
To nourish me with love
Before I ask I give THANKS for **them being in my Life.

Be ever so conscious that the words we speak create our REALity.
If we eliminate 'not' 'never' 'but' and any negative word from our vocabulary, our REALity will immediately change.
Only affirm positives.

We could be aware of the energy centers above our heads ...
They have ALWAYS been there
Tho of late Mankind has had more focus on the physical.
Keep our spines aligned and a gentle concentration on balance ...
Allow the feeling of being lifted
(with feet firmly planted on the ground).
Ah-h-h ...

* * * * *

Composed at a Unity retreat ... Snow Mountain Ranch 1980
I am calm
I am still
I am one with God's will.

Written 9 months after my surgery:
Minor brain surgery and this triangle in my skull
have been the GREATEST of wondrous experience ...
Thank you Father for all that we have. **ABUNDANCE**



View from above # 2



There is such beauty -here-

As part of being one of the members of Gulf Gate Poets* in Sarasota, FL... many new poems were -Written- as 'home-work assignments'.

There are several poems written during *this time within this volume. A suggestion to -Write- a poem about one's mother ... a line about a child ... and a poem about someone who has had a large impact on One's life ... resulted in what follows:

My mother was an angel

My mother was an angel
With wings of grace and beauty ...
Tolerance and strength Gentleness
and kindness Wisdom and humor
'Care packages for years'
were some of her attributes.
She allowed me to be my own person ...
and didn't judge me ...
'I've taught you the difference between right and wrong ...
you have to make your own decisions.'
gave me freedom I took advantage of.
When I reflect on dynamics
of someone who supported me
loved me
gave me **GREATEST** joy ...
laughed with **so** hard I had to pull the car off the road ...
Even encouraged me to travel with a gentle man
who was Wild and Crazy
who I then sailed
thousands of miles with ...
I breathe with
DEEPEST
gratitude .

Isis my **love** ... You are **the brightest** of *brilliant facets* of the diamond of my life.

Douglass

Brilliant
Gentle
Fearless
Compassionate
Lover of Beauty
Lover of nature
Exquisite creator
Artistic contributor
Wall St. executive
Heir of royalty and aristocracy
Stepson of a world leader
Father divine ... :
My life
has been expanded
in ways I never dreamt of.

I was
housemate of JMW Turner
co-director of 'one of the 99 'finest museums in America'
co-producer of a classical concert series
with symphony and chamber orchestra musicians
a houseguest of the Duchess of Westminster
a European traveler ... I beheld the Mona Lisa.
My life
has been enriched
in ways I never dreamed of.

GRATITUDE
LOVE
ETHEREAL JOY
I honestly never anticipated.



Heaven # 11

**Notes taken during a Zen master's talk ...
interspersed with my own writing:**

© Linda Ohlson Graham September 11th, 1997

Zen
Life is here Life is now
Do it ...
Be it ...
Wisdom softening
In our presence ...
What is it we need to hold up to face the World?
Who am I expecting myself to be?
We are so blessed by the presence of presence.

Ah-h-h
Time to trust more ...
Sense of space ... which will allow clarity.

Make contact. Be OK with who we are.
Center ourselves. Make connection. Find the space
that has clarity and openness.
Reach a place of settled-ness and centeredness.
Remember to connect ... to open ...
Have a way to support ourselves to remember who we are.

Our capacity is to bring forth a sense of connectedness. Learn
how to make that contact ... Explore how to do that. Deepen our
sense of being ... Soften the face ... Open the Heart ... Learn to
trust ...
Start to see the face I bring to everything in the World.

Look at it ...
If it has anxiety ... depression ... if it has inadequacies
that need to be covered up ...

SEE ... who is this person?
These questions are like jewels that we have to savor.
Everything is an answer relating to how we relate to the World.

Sit on a spacecraft ... read poetry ...
Then try to bring that home to places of intensity
and potency and expression of my existence.
Buddhism suggests: Start off where it's easy ...
Notice the obvious mystery of being alive ...

Carry it forward ... Start to see: Remember 1) that we do it our
way 2) then we have to find a way.
Find out what touches our Heart ... Then: look at the teachings ...
They offer us a map.

Every spiritual discipline offers us compassion, patience, etc.
Spirituality transcends the tradition ... It goes underneath it.

Then ask the way to bring spirituality ... compassion ... etc.
into my Life.

When we see where we're separate ... that's our Path.
When we see our yearning: 'If only' ... etc.
The spiritual Path asks us to make this amazing turn around.

Look at : 'What is the source of this discomfort?'.
Find out what touches our Heart ... Then: look at the teachings ...
They offer us a map.

Every spiritual discipline offers us compassion, patience, etc.
Spirituality transcends the tradition ... It goes underneath it.

Then ask the way to bring spirituality ... compassion ... etc.
into my life.

When we see where we're separate ... that's our Path.
When we see our yearning: 'If only' ... etc.
The spiritual Path asks us to make this amazing turn around.
Look at : 'What is the source of this discomfort?'.

If we're angry, greedy, etc. ... It's a start to actually seeing.
Have compassion for ourselves.
In the Zen path we develop the capacity to notice 3 qualities:
1) Attention 2) Attention 3) Attention
Honesty facilitates attention ... humility contributes.
Be candidly honest with ourselves.

'The Dark Night of the Soul' ... What does that mean?
In Zen ... sit there ... be with it. Stay open to what's going on.
In the craft of meditation it's OK to experiment.
Ask: In what way does the breath facilitate this opening?
Allow the struggle to be turned into acceptance.

The World has not abandoned us ... it is also the source of our joy.
We have to experience it by ourselves to trust it completely ...

Allow myself to trust ! which has to be earned ! Discover that experience and deepen it right down into our bones.

Each person must find their Path and explore it for themselves ...
Have the blessing of meeting each such experience.
Let it be a clue.

What supports us ? What will guide us ? What will inspire us ?
Be willing to have a more honest radical perspective of our Lives.
Greet it with an open hand ...
Allow them to become our allies instead of our enemies.

Can you imagine what it must be like for a dying person
to REALize how there's no turning back ?
Can we be satisfied by the softness of the sheets ?

Keep our Hearts open ...
We will see there are teachers everywhere.
The World guides us.
The contact we're making with our experience is where we'll start
to see our authentic face.

We don't have one single face that faces the World or our Lives ...
The occasions when things drop away are real.

Turn towards our ordinariness ... Have honesty and acknowledge
these moments ... t's OK to put ourselves in situations where
there's growth.

HAS THERE BEEN A SHIFT ?

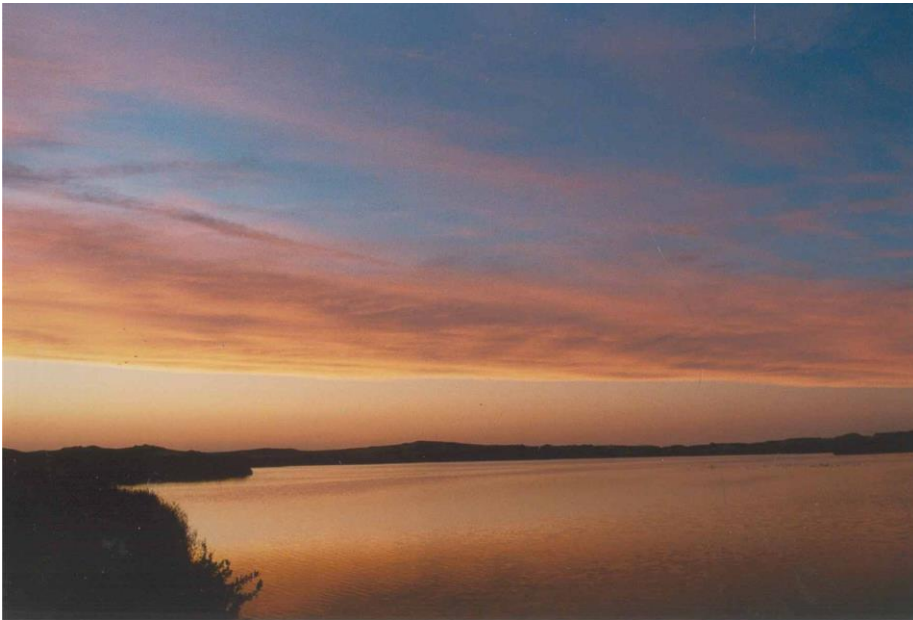
The above question was Written- at the end of the Zen Master's
talk. ... I then wrote:

It's time to settle in to transformation and accept our Divinity.
As we become quieter and calm our hearts and Minds ...
I feel THE Peace will come.

Heaven

Heaven is a breath away
It's this close: Look ... I'm
breathing. Consciousness can be
multiplied By Mankind watching
breathing. What a concept!
An even larger concept:
Breathe in thru the crown
(the top of one's head)
Out thru the navel.
Hence: **HEAVEN**. Could

it be that simple? ...



Heaven # 1

God's name is ART ...

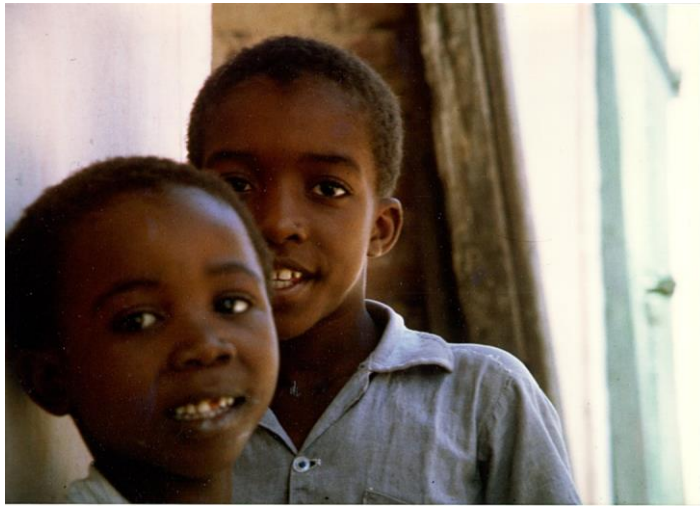
*I believe if an artist is truly inspired ...
and sets him/herself aside ...
The inspiration that comes thru is from a Higher Plane.*



Haitian Beauty

Smile lines are wings ...

*Angels are a separate order of being ...
tho I also believe they are ordinary people
who do extraordinary things ...
And that you can really see on a person's face the type of life they have
had ... If they have really deep lines etched around their eyes ... you can
tell that they've smiled and laughed a lot ...
and have given a lot of joy to the people in their lives ...
thus ... they have been 'angels'.*



Friends in Jacmel

Notes from my journal immediately following
[minor brain surgery](#) :

Visualize being on a spaceship walking into infinity ...

Energetic Truth is the deep Truth within us.

Let go of all things that want to die ...

Have an appetite for the -Death dance of the blood- .

Dark night of the Soul is a place of transformation.

Silence is a way to move towards essence.

Love is not something that we do ... it is like the breath.

Peace will come and with it many reflections of the Light.

To be deep is ultimate surrender.

Live in the confluency of Life.

The whole of Heaven can be contained in each one of us ... in every act we do.

The sweetness of the Kingdom of Heaven visits each one of us.

The function of a human being is to take things that are intrinsically beautiful and turn them into Heaven.

Immortality is that we become a memory in The Thought of God.

When one becomes closer to being a mystic ... one lives meaning behind and lives more in the moment.

A mystic lives in the interiority of Life.

We are each cells in God's body.

Worship illuminates destiny.

We are all facets of the diamond which is God ... each of us reflecting Light in our own way.

Swim and dance in the Beauty of Life.

Thank YOU for lifting the veil from the Earth's eyes.

Have curious inquisitiveness for Life.

Every time a cell becomes more awakened within us:
 God becomes fuller.

(The following line certainly embodies -optimism
 re: our 'collective future'-.)

Crisis can bring about an evolutionary leap.

Noosphere: (a word Teilhard de Chardin created ...) the thinking envelope that surrounds the Planet Earth.

Inseminate the noosphere with prayer.

Invite each cell of our bodies to become luminous with Light.

Human beings are holograms of the Universe.

Participate in our experience and experience our participation.

The nature of the Universe is the inter-connectedness of ALL.

We are creatures of the gleam of radiance.

Look to experience outrageous joy.

The friction of our entanglements with others produces growth.
Open our Hearts to see what precious things move out of it.

God doesn't give us the answers to prayer ...
He gives us the capacity to find the answers.

Air flows thru me ... Light flows thru me ... I am joy.

Return to the vitality of Life by listening.

I decided to live and drink the waters of Life.

There's an enormous inner revolution
that's going on in the Minds of men.

Commitment to other people
is an outgrowth of commitment to ourselves.

We have to let go of our limiting belief structures.

Life=joy=life=joy=life=joy=life=joy=life=joy=life.

Linn asked me 'What are these things growing from your shoulders ... Are they wings or sails?' My reply: 'Both'.

There's a lot of Light and attraction when we're focused in our Heart center.

When we're Light ... it's like being a magnet for the good.

Life's experience can be so rich ... It can give us orgasmic joy.

We can't afford the luxury of a negative thought.

There are laws of manifestation ... we in fact are co-creators and can more fully actualize our experience.

As we diverge from our Center ... we are heading towards Hell.

The place where we live in the fullness of Life is the place where we want to share everything in.

As I become more aware of my judgments ... the freer I become.
I want to maintain my ability to discern.

I am warm ... I am alive ... I am full of Life.

At some point I have to stop admiring my Life from a distance.

Move towards clarity of Love and Light.

There's an embryonic raw place
that needs to be nurtured and loved.

The Lights of minds evolving illuminate the goal ...
opening Hearts and Love to be discovered.

In the middle of the core of the pain of my being
is where the healing has to start.

Every chance we have ... be aligned ...
embraced with joy and Light.

The first place in making a change is being conscious.

Thank You Mother Earth
for allowing us to touch your Mother's spirit with the blood of
brothers and family everywhere.

The mountains are still oceans ... they have no shame.
Fully exposed ... weathered for years ... able to stand tall and
proud.

Accept the quiet ... Go into it and flow.

The mesa in my Heart is on another Planet.

Experience the energy in my mind moving like a quiet sea.

The quickening is ever so gentle.

Ah-h-h the clouds ... Beauty and blue ... surrounding every aspect
of being.

Ugly in nature is impossible ... my Heart tells me so.
I see no darkness even in a storm or in an eruption of the Earth.

As Mankind calms his 'nature' ... Mother will be pleased.

Nature is an open book to Enlightenment ...
Our process is to learn and read it.

Ugly only makes us REALize :
seeds for growth and change are planted in the future.

Every chance we have ... be aligned ...
embraced with joy and Light.

Being twisted can give things new strength ... new growth.

Food to nourish the Heart and Mind comes from within.

In stating anything come from a place of neutrality without focus
on the outcome ... constantly be ever present ... Lift at all times ...
Be LIGHT.

When we say -but- we negate everything we've said to that point.

As we diverge from our center we are heading towards Hell.

The place where we live in the fullness of life is the place where
we want to share everything in.

The first step in making a change is being conscious.

As I become more aware of my judgments ... the freer I become.

I want to maintain my ability to discern.

It's OK to allow our emotions to surface ...

Thank them.

(cont.)



Beech Forest - 2

Love them before they pass on.
Allow them and their energy to move on. ...

Move beyond anything you've ever dreamed that you could do.

Let go of attachment to anyone anything any situation any outcome ... Centered in the Heart is PEACE ...
Let it be my one goal.

Be ever so conscious that the words we speak create our REALity
... If we eliminate 'not' 'never' 'but' and any negative word from our vocabulary, our REALity will immediately change .
Only affirm positives.

Come the quickening ...
Find your Home here.
We LOVE what YOU are offering.
You and I are One.

I am newborn naked energy ... ready to move more fully into
THE Light.

When we say -No- ... then God says -Go to HELL.- .

Wisdom in the World is known as -Practice- -Practice- -Practice-.

If we come into situations believing ... expecting
the Highest level ...
that's what we'll receive in return.

Often a High state of co-operation is getting out of the way.

Present our thoughts totally in a loving consciousness ...
Do for others without any thought of ourselves.

Live off LOVE ... It sustains.

This sweet poem was found within my -Notes-:)

Impressions of Douglas and Isis ...

loving ... flowing
growing with me
the energy that is within

Forms ... soft impressions
Gentleness is their place for me ...
Heartfelt LOVE and laughter
Complete with LOVE and laughter
Growing in harmony
Blessing me
Blessing.

The below photo of Douglass, my former husband, was taken when we were both in Stockholm Sweden for our daughter: Isis' University of Stockholm Grad School graduation. ... Isis' photo is her staff photo for Mantaray Film in Stockholm where she is an Associate Producer.



Also from my - Notes from my journal IMMEDIATELY following brain surgery - ... tho found at a later date:
The Path can be arduous and labrynthic ... tho we must find refuge in a materialistic vacuous World.



An image of the 25' 7 circuit medieval labyrinth I asked permission to build at Unity Church of Boulder, CO in 2009. Several people helped at various stages.

.....

There are numerous ~links~ available to see videos that share my -Writings- -Poetry- : <http://vimeo.com/eoheavens>* This *same video segmented:) www.youtube.com/user/eoheavens1/videos.

It was a JOY to be invited to share -Writings- -Poetry- at a Marsh Harbor: Abacos Bahamas Cultural Center's Grand Opening: www.youtube.com/watch?v=jR0YLpf2y2M ... and during

<http://www.provincetown.org/2012/05/co-a-poetry-t ea/> ... (What I shared is viewable from min. 16 1/2 to min. 23.)

Dick Smothers and I were guests on: http://steve.podomatic.com/entry/2006-05-18T14_43_06-07_00

Jan. 2006 WSLR Sarasota: The Surreal News invited me to be it's guest.

Steve, the talk show's host, called me the week before our planned recording date because Dick Smothers was to do a fundraiser the following weekend for WSLR and needed to be on that week's show. Steve invited me to be in on the recording.

Some of the comments Dick Smothers made re: what I shared while we were 'on air' (lower [link](#) previous page)

"You're amazing."

"What you do and what you can do is beautiful."

"I love it. You've got it."

"I'm so lucky she's here. She's such a wise person."

"I really admire the talent."

"You're a teacher and I love teachers at the Highest level."

"How do we maintain our Humanity like you have?"

Re: my poetry: "Do another one. Will you do one?"

"That's beautiful. You are so beautiful so positive ... so deep and positive."

"Your voice must be so beautiful on the radio also."

"From your poetry and your speech, you are so beautiful. Your positive is beautiful."

Also said: "I'm in awe of the talent in this room. You and your poetry and your insights"

My -acknowledgement page- mentions Nam Myoho Renge Kyo and Nichirin Buddhism. ...

When I was in Haiti ... I discovered I could buy vegetables for ½ of what they cost in Port-au-Prince at a mountain market in Kenscoff. I ventured up the mountainside twice a week (Datsun pick-ups with several people and chickens and ducks and baskets to Petionville ... then Peugeot station-wagons with a similar # of passengers and cargo). Sometimes we'd drive thru the clouds.

While at the market, I met an American couple who soon became friends with both the Captain and myself. We would go for dinner and spend the night in the mountains ... they'd come for dinner and spend the night on the boat.

One day Steve said: 'I could teach you and Joseph to meditate and chant.' ... We accepted. Steve taught us -mediation with a mantra- and -Nam Myoho Renge Kyo- as an aid to help to attract/create things/events /and so on ... in One's Life.

Our departure was postponed because we had made such good friends. We finally raised the anchor ... with plans to anchor -2- nights off the n. coast of Haiti's southern peninsula ... then : cross the Caribbean to Panama. The 2nd morning there was NO wind. (We never used to power anywhere ... we would sit becalmed: and did for -3- days in the Gulf Stream ... traveling from Miami to Cape Cod one spring.) Because we had the intention of crossing the Caribbean to Panama ... Joseph started the engine. It clanged, banged, spit oil out the back and died.

Joseph wanted to go back to Port-au-Prince to get the engine fixed, tho I said 'Weren't sailboats made before engines Joseph? We don't need the engine to get to Panama ... and Steve taught us to chant ... Why don't we chant for the wind?'

We did start to chant 'Nam myoho rengo kyo'. Within a few minutes ... the rigging began to move. We opened our eyes and Joseph said: 'Oh: the wind is from the wrong direction.' ... and it died.

I responded 'We weren't chanting for the wind from a certain direction Joseph ... we were just chanting for the wind. Let's finish the chant.' We began to chant again. The wind came up ... this time from the right direction. We departed Haiti: 5 days of downwind sailing to the Panama Canal Zone. We had twin headsails up. There were sparkles on the water. The two fishing lines I had off the stern caught fish regularly. ...

20 years later when I moved back to Cape Cod ... after being involved with Tibetan Buddhism in Boulder, CO. I sought out a Buddhist group.

I arrived one evening at the home of Provincetown artist Haynes Ownby for a Buddhist meeting. Haynes said: 'Well ... the way we practice our Buddhism is by chanting -Nam Myoho Renge Kyo-.'



Haitian Beauty



At the market - 1

(and a portion of: my *original*:) **Chapter 2**

The Earth is flying now ...
Time span meaning has new dimension
Space before us beckons ...
Higher REALms are ours.
'READY' 'JUMP' (my parachuting command ... 1978)

My Life has to become more disciplined ... The Earth is spiraling
into a new extension of it's REALity.

Please allow me to be a synthesis for divinely ordered LOVE and
Mankind.

Be a truly gentle soul with LOVE and affection for ALL ...
Allowing strength to be incorporated throughout.
Affirm regularly : 'I am continually becoming more disciplined ...'
Believe it to the core.



Under the Surface - n. coast of Panama



Birds of Paradise

Color and LIGHT sensation and vibration passion and longing

Continue to repeat 'Ah-h-h bon' with a Haitian Creole intonation
... i.e.: Don't worry ... Be happy.

Gratitude in abundance pressed down heaping to overflowing
could the norm.

Move thru time and space with fluidity and grace.

Mankind's Main Central Vertical Flow could become balanced ...
Our breath could become harmonious with the Cosmos'.

(Composed during 1994:)

I am a gentle soul with depth beyond my toes and height far reaching into the Cosmos ... Earth Ocean Heavens has asked me to be it's vehicle for expression into the minds of Men ... The financial debt I have is asking to be left in the past ... I ask the Universe to help me in this task.

NOTE: Part of my 1995 Christmas message said : 'An angel appeared in my Path and my brain surgery and related debt is paid. I feel so much lighter now ... The World is so much brighter now.'

.....

FAITH and TRUST *tattooed inside my forehead* ... so that when I look out that's the first thing I see : FAITH and TRUST.



Cuna Hammock



Women of the World

We love texture and color in our lives ...
The fabric of existence is a finely woven cloth .



LG - 2011 Sailing adventure



Meemya and Child

Cuna Indians



Woman with Soap Beans

San Blas Islands ... Panama

Has the time arrived when Humanity is able to digest
the phenomenal REALity
of just *how simple* it could be to shift the Earth's vibration?

Shifting erratic Global weather patterns are trying to make us RE-
ALize ... *seeds for growth and change* are planted in the future.

Because we've diverged from our Center ...
we are heading towards Hell.

What I believe >could be
'A Formula for WORLD PEACE' -follows-* ...
and is said another way on the -Home page- of
www.lindaohsongraham.com.

* Please hold the thought with me that Peace on Earth
and calmer weather patterns can easily happen ...
in a moment or two of silence
in ENOUGH of thE -collective Mind-.
(Also noted on the last page ...)

(And what -I believe- could be THE way
to -END- Global Warming:)

As Mankind calms his 'nature' ... Mother will be pleased.

i.e.: If we could intentionally quiet ourselves (even for a few
minutes daily by *-enough-* people) ... the 'thought/energy field'
around Earth would be quieted. If that 'quiet' is -reflected back-:
... it feels Global (extending out to Creation-wide) peace **could** be
actualized ... and our Earth's atmosphere/weather patterns *could*
be calmed. :

It was a ~gift to my Life~ that I *earned* airfare to so. England ...
return flight from Stockholm ... during the fall of 2010 ...

Just below: My Life feels *blessed* to have walked in this
Avebury, England ... 'Flower of Life' Crop Circle.



~Visual of a TRULY Spiritual experience~

It was and is a **J O Y**
to have walked in the above -**Flower of Life**- Crop Circle w/ An-
toinette Dyson/Kremer of [Ave bur y L ife B & B](#) ...

to have spent a day touring -Crop Circle areas- in so. England
w/ [Char les Ma llet t](#) of [S ile nt C ir c le](#) during the fall of
2010 ...

and to have been in contact w/ Mark Fussell of
www.cropcircleconnect.org/interface2005.htm ...



Stonehenge Fall 2010



White horse near Avebury, England



One of the ~Avebury Stones~

The Earth is Flying Now

The Earth is flying now.
Time span meaning has new dimension.
Space before us beckons.
Higher REALms are ours.

READY ... JUMP. (my parachuting command 1978)

-ooo- Sweet Cape Cod ... You have been -Home in my Heart- since the 60's.

Beginning w/ my arrival in Provincetown April 1, 1967 ... there has been and is something *soooo* uplifting ... nurturing and fulfilling about the 'beauty and light' ... and the 'natural beauty presence' that -live- here ... *and* ... the 'spontaneous imagery' that appears here.



Reed sculpture - Moors - Provincetown: Roy Staab

My Life felt enriched ... the 'sailor' within me smiled ... when I was asked to join a friend on his boat for 2014's Great Provincetown Schooner Regatta and Yacht Race.



Sailing regatta -7

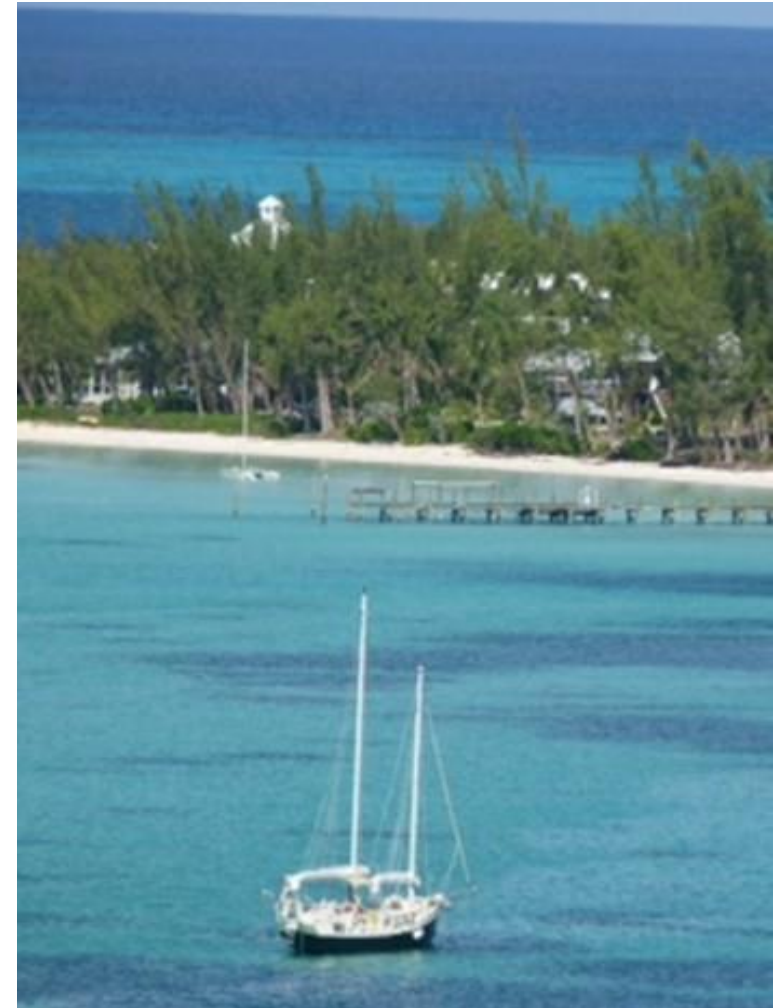
After returning from my trip to Europe ... in 2011 ... a span of time was spent in Wellfleet. The experience described on the next few pages shares about a -perrrfect for me- experience that evolved. ...

I had seen Jim and Michelle rowing into town from their sailboat anchored in Provincetown harbor* and had the thought: 'This couple is doing what I did in my 20's.'. The three of us crossed paths on Commercial St., talked about our separate sailing experiences for an hour. Jim and Michelle invited me to sail with them. Jim gave me a card w/ two email addresses and said to get in touch before they left in a day or two if I wanted to join them. An hour later ... I ran into Jim and Michelle at the back door of the Provincetown Library. They then invited me to visit *SV Pilger in the harbor. While on the boat they said I could also meet them in NYC within the week. Later that day dear friend Dorothy offered me storage space.

A poetic line that capsulizes the message of my -Poetry- and -Writing-** (lower next page) *literally* ~flowed thru me~ during the 1st of -3- offshore sails heading -south-: onboard their 42' steel hulled junk rigged schooner* Oct. 2011 - New Year's Day 2012: from New York City to the Abacos Bahamas.



Photo by Michelle Lambton

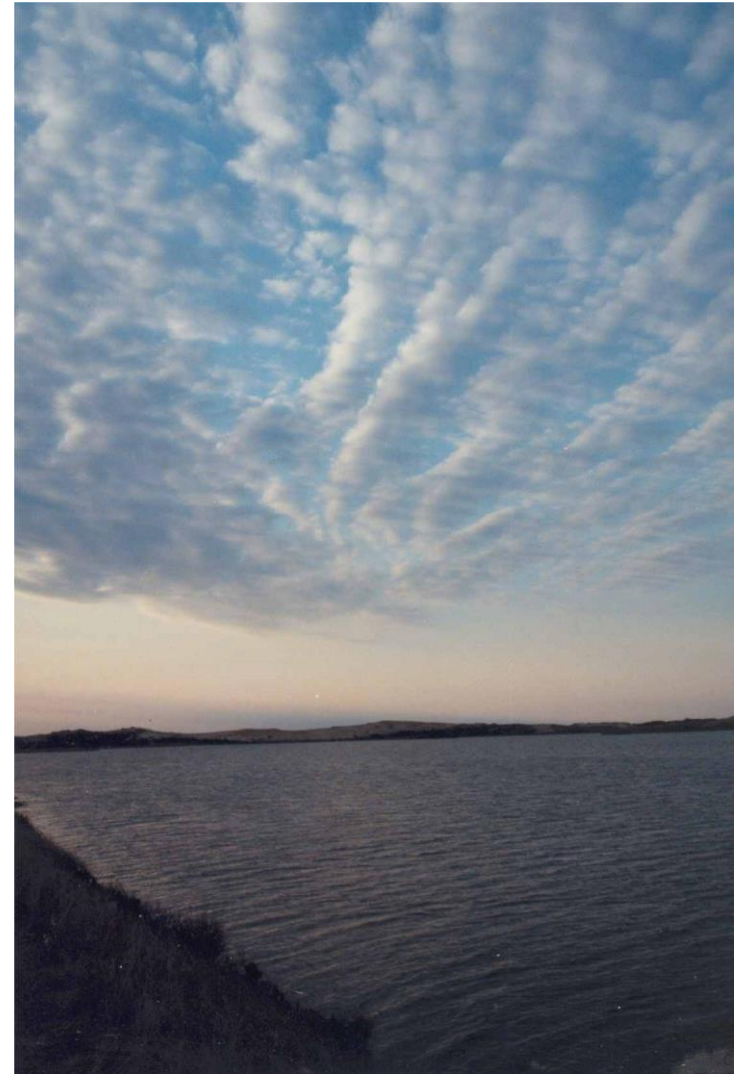


SV Pilger ... arrival: Hope Town Abacos Bahamas

Written on board SV Pilger ... as she was beautifully cutting thru the waters off the coast of NJ during the fall of 2011:

** The qualitative Mindfulness WE ... collectively:
as a -race- of people are able to experience ...
could -*in FACT*- propel us into ...
an **AGE of LIGHT and BEAUTY.**

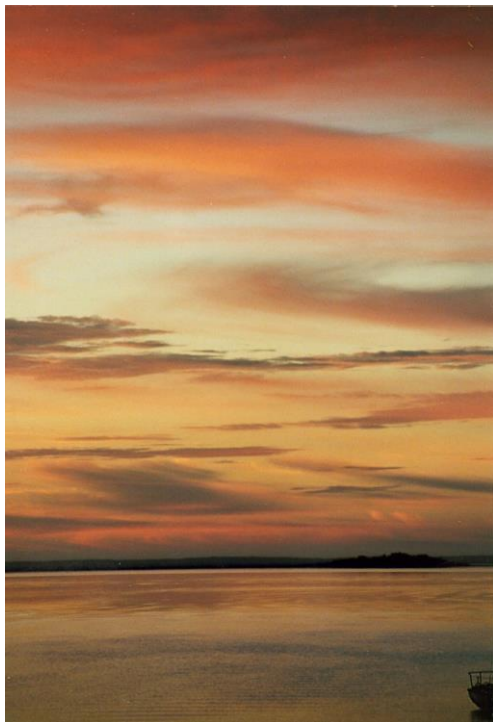
*Several photos on the following pages
are part of my © [EARTH OCEAN HEAVENS](#)
-Heaven- series and -Paradise- series ...
+ there's a photo of Long Point light ...
and Provincetown sky and town views.*



Paradise - 1



Long Point Light



Heaven - 9



Paradise - 8



Provincetown sky — 3



Heaven - 2



Heaven - 19



Paradise - 4



Provincetown sky - 1



Heaven - 4



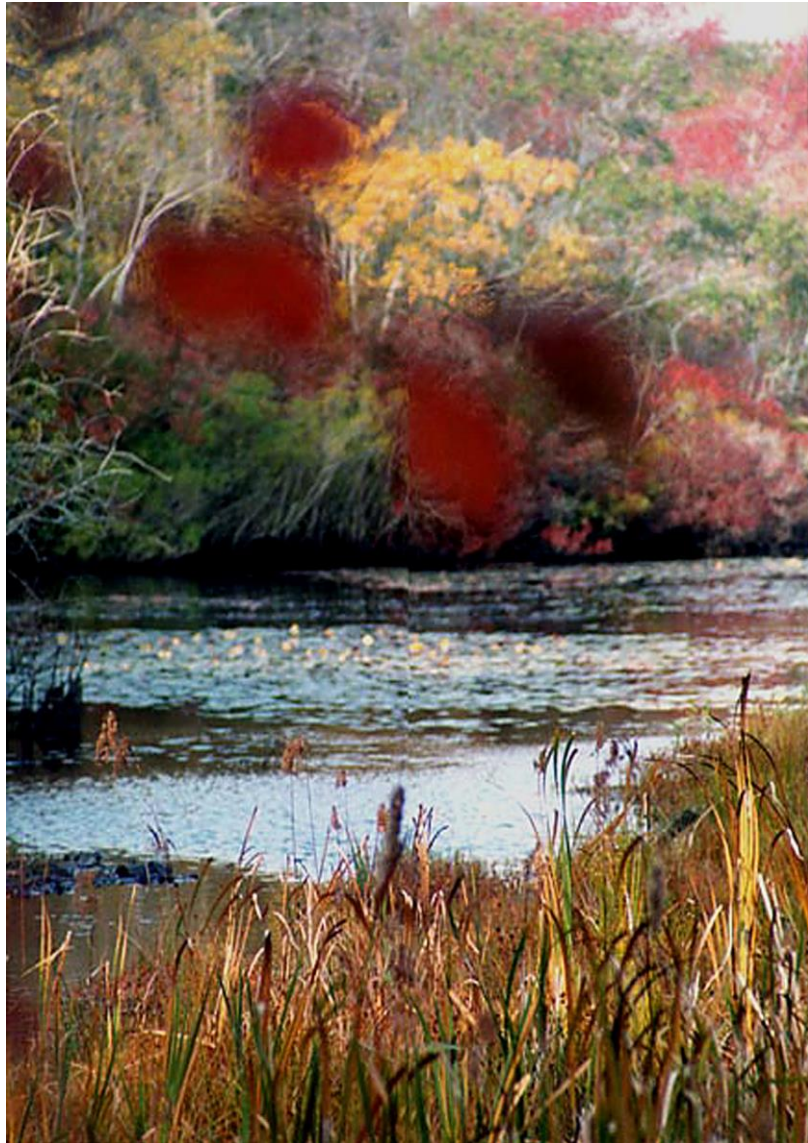
Provincetown view —2



Easter sunrise — 2015



Thoreau walk — Fall — 2015



Dear to my Heart: Beech Forest

In Northeastern University's 'Sacred Space' ...

How sweet is silence ... having 'quiet' mind .

Thomas Moore : [Care of the Soul](#)

Odessey ... we try to make our way thru Life ... trying to find a place to call home.

Gnostic tales tell of the *life pulse* of the Soul.

Buddha was born 25/ 26,000 years ago ... Until age 29 he did not know sickness , old age , death . At age 29 he encountered them.

There's a point in each of our Lives where we move from our 'palatial Eden' out into 'the World'.

Suffering has been used as a start to the Path.

There's a time when one is confronted with things as they are and one holds one's vision ...

ie: 'Responding to the whispers before they become shouts'.

When LARGE things happen ... ie: Sept. 11 ... we need time to absorb the shock. Self nurture ... Settle in the self . Be not too ambitious to move away from shock.

1st Noble Truth re: suffering ... Honor it ... spend time with it .

Buddha studied under a tree and absorbed the teachings

We need to take information in (when we sit under a tree) and absorb it.

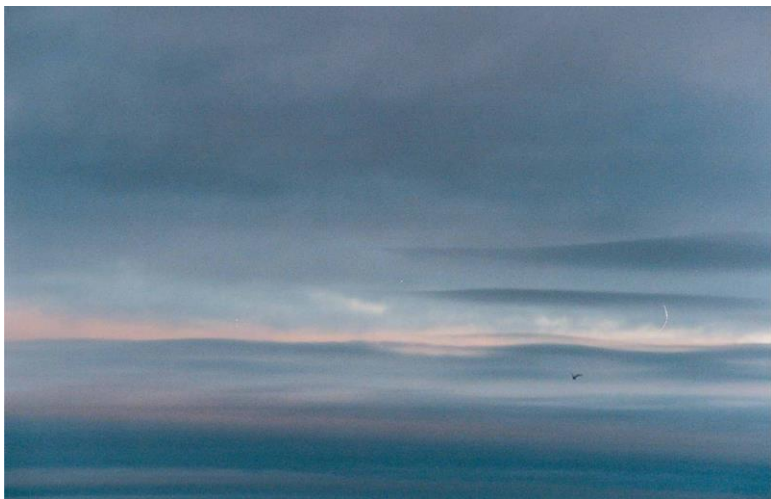
In the tradition of Zen teachings ... We need to osmotically absorb.

The Great way is not difficult if there's no picking and choosing .

Dharma is the way things are.

Be present enough not to deny REALity as it is.

REALity is our teacher ... Events are our teacher.



Heaven— 5

Acknowledgements

Isis Marina ... for the *phenomenal JOY* I have experienced because you *have always been* ... and *are* such a ~LOVELY~ daughter ...+ ... LOVE to Alexander ...

Joseph (d.) ... *Thank you for sharing laughter, joy, sailing, the wind on my face on vast oceans ... and 'peoples of the World' with me.*

Douglass

TY for your *absolutely brilliant magnificence* in my life ...

Russell (d.): Having you for a brother was, by far, one of -the richest experiences- I've had thus far.

Yes: You were a 'Dennis the menace' brother ... tho we also had **SO** much fun together ...+

- 1) you saved my Life by presenting me with the option of working for you starting 13 days after '~minor~ brain surgery' ... *and*
- 2) **you** were the *strongest person* -I have **ever** witnessed- facing a critical health challenge.

Fredi Shiff Levin (d.) ... [Sally Aderton](#) ... Carol Panagiotopoulos ... [James Bean](#) : TY for the *gift* of insight

(Prince) John Belicki III of [www.jabcreations.com](#) : tytytyty!
Dennis Rhodes ... Dee Morehouse ... **Joseph Dobzinsky** ... + recently: **Rebecca Levin** (*TY! to Creation's edges*) and Matt Clark

June Gordon

TY -sooo much- ! for *the loveliest* encouragement and support

Fayette and Silvia ... Judith and John ... Deb♥ and Warren
Dorothy and Elaine ... Kent and Chris ... Paul and Debra ...
Gwen ... NLAPW women ... TY for your ~dear~ friendships

Thank You ... :

Maryjane who -took me in- when Douglass and I separated:
MaryJo and Mike who were at the hospital the day of my surgery:
and to **ALL those** who shared friendship and/or sent -gifts and healing thoughts- before and after my brain surgery: **TYTYTY** :
the 'sparkling LIGHT' I felt was -1- of **THE BRIGHTEST**
'facets' of the diamond off my healing: TY **John** ... **Sally** ...
Martina ... Star and Julio ... Ed and Marcia ... Trish ... Jim ... Jill
Larry and Joan ... Jack ... Susan ... Maryann ... **Becky** ... the
Denver/Boulder **Urantia** community + ... their -Women's Corps-
+ ... **THANK YOU with ALL of my Heart:**

Dr. Stewart Levy and your team of -4- additional neurosurgeons

Jadene Felina Stevens (d.) for inviting me to become a member of
Cape Cod's -Salt Winds Poets- and CC poet Joe Gouveia (d.) for
calling me 'Cape Cod's version of Allan Ginsberg'

Kristin and Barbara ... CD2♥ ... Congressman Jared Polis
Campaign to Establish a US Department of Peace

There is profound gratitude in my **heart** for each Spiritual Path
that has enriched my Life: Christianity ... Unity: **Jack Groverland:**
for the **TRUTH/wisdom** you share(d) ... A Course in Miracles ...
The Urantia Book ... Meditation with a mantra ... Nam myohorenge kyo ♥
Anthroposophy (*ty so much Leslie*)
Tibetan ... Zen .. and ♥ Nichiren Daishonin Buddhism.

TY ... tytyty

The Earth **literally** *moved under my feet* when I read a *closing** Douglass shared in a letter to me (2001) ... with -well thought thru suggestions- re: how to promote my photography:
*Undersigned is really pleased to know about your growing repute. Now a prayer: ... May your genius translate into some tangible support from the Global village ... which undoubtedly benefits from your stellar presence. Walk in the Light. ... Douglass'.

My **beautiful** daughter Isis Marina sent this email message:
My mom is a brilliantly talented poet and photographer. She has traveled the world by sailboat and is an adventurer at heart. When I was 9 she underwent brain surgery, something that opened her to another plane of experiencing and seeing the world around us that only deepened her already spiritual and mythical nature. She is truly a visionary dedicated to her vision of world peace.

The book below is a manifestation of who she is.
(To note: ^ ^ referred to the email's attachment.)

Cape Cod artist: Haynes Ownby d. said of my art: 'It's goooooood It's really goooooood.'

Dear friend June Gordon said to me: 'Nothing daunts you. ... Keep on the trajectory.'

6-18-14 These are two of the lovely comments I received re: being 'the Feature' @ a -Napi's Writer's Voice Café- in Provincetown:
1) 'Your sharing was enthralling ... capturing.' *Anonymous*
2) 'Our 1st ever Provincetown Writer's gathering was delightful, as was Linda. I was captivated by her intensity; her deep voice and the passion in her poetry around a life-spanning story. Loved how she gracefully wove her inspirations between each new set of verses. Left me wanting to know more about her.'

Ilene Mitnick [Roux](#) Provincetown

It gives me pride to be a member in both Arts and Letters of the National League of American Pen Women. It was a ~joy~ to have been -Art Chair- as well as elected Vice President of the Denver branch for the few months before moving back to Cape Cod in the spring of 2010, and to have been -Events Chair- of the [Cape Cod branch](#) when I returned.

Also, it's an -honor- to share that in 1992, 93, and 95 my name was listed in Who's Who in the West. In 1995 my name was listed in Who's Who in America ... in 1999: listed in Who's Who in the World. Then, a few years later, my name was included in Who's Who in American Women 2006-2007, Who's Who in American Women 2007, Who's Who in American Women 2008-09, Who's Who in American Women 2010-2011, Who's Who in the East 2014, and Who in America 2015 A recent notification shared that my name and a mini bio have been included in Who's Who in America 2016.

In addition ... from Mar. 2008 to Mar. 2010 ... it was also an **honor** to be Colorado District 2 co-ordinator of the Campaign to Establish a US Department of Peace. In Oct. of 2009 .. Barbara Rivera named me -**CO Department of Peace Poet Laureate**- (re: my **and Creator's** -[Writings](#) and [Poetry](#)-).

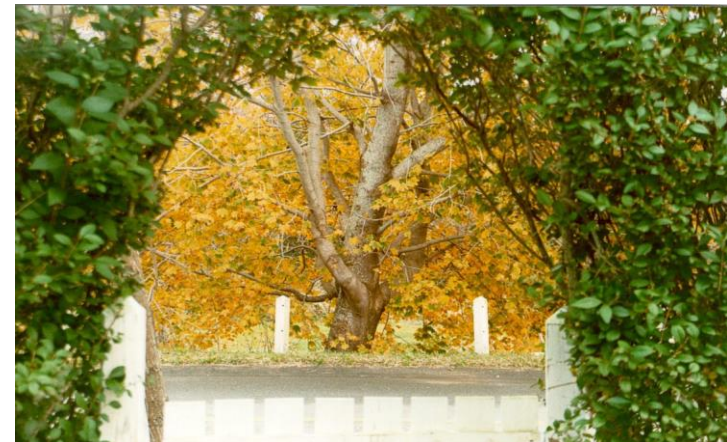




Photo by Nancy Smith

Most of the photos in this volume are mine: © LG ... dba : © [EARTH OCEAN HEAVENS Productions](#)

The photo of SV Viking: p. 3 was taken by my brother Russell, the photo of three shipmates is by Michelle Lambton, (echo:) the above photo of me is by Nancy Smith , the photo of me on the back cover is by Sky Power ... and the labyrinth photo on p. 18 ... was sent by a friend in Boulder, CO recently.

In addition to

-San Blas Islands, Panama- ...

-Haiti- ...

and -sailing/boat photos- ...

Cape Cod -Natural beauty presence- and -Sky photos- ... : there are images taken in so. England during the fall of 2010 ... and in Stockholm Sweden during the fall of 2013.

One version of my -bio-:

Leading Humanity to new levels of awareness is the powerful dynamic that inspires [Linda Ohlson Graham](#)'s photography, [Writings](#), and [poetry](#).

She feels an intimate connection to the cosmos ... because she spent *thousands of miles* with the night sky in view: 4 hours on ... 4 hours off ... sailing in the wind rooted her more deeply in her intention to be a catalyst (*perhaps* **THE** catalyst ...) to **WORLD PEACE** and a -calming- of our Earth's weather patterns.

During the years a dear friend and Linda spent together ... they sailed **literally** *thousands of miles* around the Bahamas ... the Caribbean ... as well as Central and South America ... even offshore up to Cape Cod one spring and in the fall from there to the Virgin Islands.

While sailing the name © **EARTH OCEAN HEAVENS** came to Linda and she really felt she would publish a book some day by that name. At that time and while living in Denver, co-directing and living within The (JMW) Turner Museum in Denver with her former husband Douglass, she started writing poetry. After a near-death experience when Linda underwent (key word:) [minor brain surgery](#) ... she began to write pages and pages about the consciousness on our planet lifting ... about **Heaven in the here and now...** with *simple* suggestions to Humanity about **HOW** Peace on Earth **CAN BE ACHIEVED** ... and **HOW** the chaotic weather patterns our Earth is experiencing **CAN bE calmed**.

It has been >**t r u l y** >*fascinating* for Linda to have this experience unfold. Her photography is described as '**visuals of Light and Beauty in places and in people**'. She's trying to create images that touch people very deeply within ... that might give them a still point ... or elicit a feeling they've never felt before.

Provincetown ARTS (within it's annual 2000/2001 edition) ... in an article titled '**The Earth, Ocean, and Heavens of Linda Ohlson Graham**' stated: 'She expresses a profound interpretation of life as a magical, spiritual journey and inspires us to stop, take in the view, and savor a deep cleansing breath.'



Heaven # 14

My 'Heart statement'* composed during an Insight III Training* @ Ghost Ranch in Abique, NM Nov. 1994:

Several times, while -our Heart statements were being composed- ... *the 'attendees' shared with each other what they had composed thus far. One person used the phrase:

'I am an angel.':

It struck a chord within me: hence: ... what follows evolved:

* I am Linda

I am an angel ... successfully creative ...

Loving living life fully and clearly ...

Totally committed to the REALization of LIGHT on the Planet.

Everyone who would like to ...
is invited to share this **VISION** for PEACE~

globally ...

^ ^ ^

along with my web addresses:

www.lindaohlsongraham.com

www.earthoceanheavens.com

www.youtube.com/user/eoheavens1/videos

<http://vimeo.com/eoheavens>

Thank you ... ty ty

LG

I Have a Vision

May

my

'I have a vision for Humanity that could lead to **WORLD PEACE**
and **calmer weather patterns**'*

be heard thE same way

'I have a dream'

was.

* May billions

be touched

by these words.

Please.

Several cherished quotes by
others:

Very little is needed to make a happy
life;
it is all within yourself, in your way of
thinking.

Marcus Aurelius

Turn up your Light
...
for even if you don't know where you're going
...
It will be brighter when you get
there.

Lazaris

*My dear friend Judith shared this with me years
ago:*
Loving people live in a loving World ... hostile people live in a
hostile
World. Everyone you meet is your
mirror.

Ken Keyes

You must be the change you wish to see in the
World.

Mahatma Ghandi

Match the frequency of the reality you
want, and you cannot help but get that
reality.
Albert Einstein – deep thinker

The following quote was discovered after my surgery.
Daily, I was doing (what I felt was:) 'stream of consciousness'
writing.*

Ex.: 3rd -Writing piece- down

@

www.lindaohlsongraham.com/writings.ph

p.

*It felt, and continues to feel that the -Writing- I have
done,
and has been -Written- thru me ... could become widely
recognized.*

* Concerning all acts of initiative (and creation), there is one elementary Truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. This above quote by *WH Murray* ends w/ a couplet by *Goethe*

Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it.

Thank you so much for being .

I believe each human is a jewel in the overall scheme of life .

*We have the CHOICE of looking out at...
and / or creating Heaven or Hell ...
in any given moment ... at any given time.*

Please hold the thought with me ...

that Peace on Earth

and calmer weather patterns

CAN >easily happen ...

in a ~moment or two of Silence~ ...

in ENOUGH of the -collective Mind-.

I love you ... Linda Ohlson Graham



Beauty and LIGHT ... Spring 2015

January 8, 1999 From the article:

-Reflections of *light*

from Linda Ohlson Graham-

The Cape Codder:

"I am excited about my recent shows because I've been able to put pieces of art together that portray what I have been writing.

This writing conveys comforting profound thoughts about bringing peace to people ... and Humanity's evolvement into a quieter ...



Sky Power

more peaceful age."

From the article in Provincetown ARTS 2000:

The Earth Ocean and Heavens of Linda Ohlson Graham

'She expresses a profound interpretation of life as a magical, spiritual journey and inspires us to stop, take in the view, and savor a deep cleansing breath.'

Fellow NLAPW member [Christie Palmer Lowrance](#) ... wrote
[A Provincetown artist: Linda Ohlson Graham](#). (Excerpts:)

- ✓ Her stunning photographs of sprawling, near shapeless coastal landscapes depict the glorious union of earth, sea and sky, a theme that has become the core of her writing as well as her photography.
- ✓ Out of the majesty of her photographic images and the personal urgency of her prose writing has come a purpose, a mission: global peace.
- ✓ One of her favorite personal writings is '*Please hold the thought with me* that PEACE on Earth and calmer weather patterns **CAN easily happen**: in *-a moment or two of Silence-* in **enough** of the collective Mind'.

© *Earth Ocean Heavens Productions*

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www.earthoceanheavens.com

<http://vimeo.com/eoheavens>

www.youtube.com/user/eoheavens1/videos