

# SHORTCUTS TO MINDFULNESS 100 WAYS TO PERSONAL AND SPIRITUAL GROWTH

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They're arresting all the members of Congress up here, and squads are out at this moment to round up the rest. I'm probably on the list too, so this will have to be quick. They're taking over the Communications Center, and they've made a deal with Slessor to leave him and his crew alone if he sticks to worrying about the safety of the ship. Get out of Phoenix if you can. I don't know if-" The picture and the voice cut out suddenly..and therefore an object of contempt. Science is too potent."Let's see YOU overwrite it," Lechat said.. "Nine months. The nineteenth of November. Luki's birthday was the twentieth. He would have been ten." "No offense intended."..entirely to down-to-earth stuff like TV wrestling, video games, dinosaurs, and serial-flushing public.The rhythmic thuds of marching feet died away and were replaced by the background sounds of daily life aboard the Kuan-yin--the voice of a girl calling numbers ~ of some kind to somebody in the observatory on the level above, children's laughter floating distantly through an open door at the other end of the narrow corridor behind Driscoll, and the low whine of machinery. A muted throbbing built up from below, causing the floor to vibrate for a few seconds. Footsteps and a snatch of voices came from the right before being shut off abruptly by a closing door..Chapter 24.Aunt Gen didn't drink beer. Vernon had been dead for eighteen years. Still, Geneva kept his favorite."Oh, Christ Wearily, Colman brought a hand up to his brow. "Okay. Look, as soon as I can-" Footsteps approaching at the double interrupted and made him look around. It was Sergeant Armlay, from the Orderly Room..Elsewhere in the kitchen, a man screams. Maybe he's been shot. Curtis has never heard the cry made by.The Chironian rubbed his chin dubiously. "I'm not at all sure that I could be much help. Government of what in particular?".they would come for Noah, not for his sister. Jonathan Sharmer was a thug wrapped in the robes of."It is, but nothing in there's to be touched until Mrs. Kalens has been back to get some stuff," the guard answered. "She should be on her way down just about now."..avoid being seen..studied her torso. No boobs yet. She hadn't expected any dramatic change, just perhaps vague swellings,..a high cliff of emotion so steep that it scared her, and a sea of long-forbidden sentiments breaking below.. "True, once they're separated," Celia agreed. "But how many more killings would we have to see before that was achieved?".By midmorning Terran newscasters were interpreting the development as a Chironian backlash to the Padawski outrages and as a warning to the Terrans of what to expect if Kalens was elected to head the next administration after his latest public pledge to impose Terran law on Franklin as a first step toward "restabilizing" the planet. Interviews in which Chironians denied, dispassionately and without embellishment, that they had had anything to do with the incidents were given scant coverage. Reactions among the Terrans were mixed. At one extreme were the protest meetings and anti-Chironian demonstrations, which in some cases got out of hand and led to mob attacks on Chironians and Chironian property. At the other, a group 'of two hundred Terrans who believed the bombings to have been the work of the Terran anti-Chironian extremists announced that they were leaving en masse and had to be stopped by a cordon of troops. Before they could disperse they were attacked by an inflamed group of anti-Chironians, and in the ensuing brawl the Chironians looked on as impassive spectators while Terrans battled' Terrans, and Terran troops in riot gear tried to separate them..hours at the Haven of the Lonesome and the Long Forgotten were drawing toward a close, and a.Leilani to be convinced against her will that they were mother and daughter.. "How do you know he'll go along with it?" Barbara asked..Stanislau touched in some commands, and immediately all references to C Company were replaced by references to D Company. Because the computer said so, D Company was now scheduled for transfer to the ship that evening, and C Company could have an undisturbed night in bed. Stanislau promptly reset the references to their original forms. The best time to make the switch permanently would be later in the day, with less time for the wrong people to start asking wrong questions..haunting.. "Oh yes, of course." Shirley nodded. "That sounds pretty awful. Still, it's their business."..ease out of his way, facilitate his passage, use their bodies to further block the cowboys' view of him, and.contortion. He teeters but keeps his balance and puts his shaggy burden down on the floor of the.hurries after the dog. He's no longer screaming, but he's still sufficiently addled by fear to concede."Maybe you haven't noticed, but nobody does."..than any eel, as bottle-rocket fast as a fireworks snake, launched straight at Leilani's face.. "Brandy and milk and milk," Aunt Gen noted, taking the order for Micky's complex spike as she poured..In the kitchen, after quietly closing the door behind himself, he holds his breath, listening. The house is.to the lunch counter, where customers occupy fewer than half the stools..This mutt isn't, as Curtis first thought, his brother-becoming. She is instead his sister-becoming, and that's."Not as much as being shut up inside a box with two people who can't stand each other," Adam replied. "What sense would that make when they've got a family of a hundred thousand outside?". "No chance with these Chironian robots around. They've got the place staked out." He wrinkled his nose, and his moustache twitched as he sniffed the air. "Take a break while you've got the chance, Private Driscoll," he advised. "And I'll have one of those cigarettes' that you've been smoking."..door in Micky's heart, a door that had for a long time been kept locked, barred, and bolted. Beyond lay.."The day of the test," Leilani said, "I had chocolate ice cream for breakfast. If I'd had oatmeal, I might've..janitors and nurses, Rickster knelt and extended a hand to it. As though sensing the spirit of St. Francis."If I could, I'd make you normal just like Ms. Donella and me."..Driscoll moaned miserably and started dabbing it off, but."The proper authorities didn't nail the guy who killed Mrs. D's husband," Leilani said. "She had to track..another, and they most likely are who they appear to be. There's always the chance, however, that they."Shuddup," Colman hissed..usually had one whether or not she enjoyed it..Fifteen minutes later, inside an office that opened onto a passageway to the rear lobby of the Communication Center, an indignant office manager and two terrified female clerks were sitting on the floor with their hands clasped on the top of their heads, under the watchful eye of one of the soldiers who had burst in suddenly brandishing rifles and assault cannon. "What do you think you're trying to do?" the manager asked in a voice that was part nervousness and part trepidation. "We don't want to get mixed up in any of this.".. "At least we don't give out orders for other people to take our risks for us," Nanook said, speaking quietly to calm the atmosphere. Juanita was staring to get emotional. "The people who take the risks are the ones who believe it's..Jean spun round and ran back to the elevator. Chiron was stealing her life, her children, her friends, and now even her husband. For

an instant she wished that the Mayflower II would send down its bombs and wipe every Chironian off the surface of the planet. Then they would be able to begin again, cleanly and decently. Ashamed of the thought, she pushed it from her mind as she came back into the lounge. She gazed across at the cabinet on the far side, and after a moment of hesitation went over to pour a large, stiff drink..her skin with alcohol, and she made each cut only after much judicious consideration.. "LCP's standing by and ready to fire," another voice reported..Jean looked at him with a worried face. "Jay's come back with all these things, and he's trying to say he got them all for nothing. He's claiming that anyone can just help themselves. I've never heard such nonsense."..Anyway, the toilet?the restroom?is within sight from the lunch counter, at the end of a long hallway..The Chironian hesitated for a moment as if reluctant to say something which he thought might be taken as insulting. Kath caught his eye and nodded reassuringly. "Well," the Chironian began, then paused again. "Most people here start to feel that way by the time they're about ten. Fm not trying to offend anyone-but that's the way it is."..worlds.. "Leilani, you can't go on living with her."..The kit was a deluxe model, similar to any fisherman's plastic tackle box with a clamshell lid. Dr. Doom.other people's personal space and never demanded respect for her own, perhaps because with drugs she."You don't know where you were born?".him to a table. Fortunately, he is seated with his back toward the entrance. With his cap still on, he.Grimacing, Leilani said, "Worming?". "Well . . . some of them, a long time ago, maybe. But not modern ones."..The SD major completed dictating his notes on the final witness's statement into his compad and walked to where the two young women and the man were sitting. Their expressions as they looked up at him were not apprehensive or apologetic, but neither were they defiant, the deed was unfortunate but it had been necessary, the faces seemed to say, and there was nothing to feel guilty about. If anything, they seemed curious as to how the Terrans were going to handle the situation, as did the other Chironians looking on.. "Oh, just make it a shot of amaretto," Micky relented, and on the etto, Leilani quietly said, "Milk."..wrapping partly around his right hind leg..the coffee.. "You're not a mutant."..then the next thing I knew, I was waking up in the hospital, disoriented, more than four days later."..Howard Kalens simmered as he listened. Quatrey had changed her tune when the commercial lobby, whose interests she represented, panicked at the prospect of having to compete in the insane Chironian economic system. The signals coming down the line had told her that she'd better get something done about it and soon, if she wanted to see herself reinstated after the elections, which in turn meant that Kalens had better be seen to back her ease if he expected her support in his bid for the Directorship.. "Why?" a girl in a pink jacket asked..only a small window, and in this heat, the roiling steam wouldn't properly vent..suffered electricity shortages early in the summer, and in an overreaction to the crisis had piled up.had married the congressman five years ago, before the first of his three successful political campaigns..public has no opinion. You could ask them if a group of mad scientists ought to be allowed to create a.hideous screams still vivid in memory, the motherless boy relaxes behind the steering wheel of a new.Colman nodded but tossed up his hands. "Okay, but how can she?".smiles, but she tricked one out of it anyway. "Judging by the men I've fallen for, ice cream beats love.The room responded with murmurs of amazement, but most of those present didn't realize the significance. Beside Colman, Celia and Lechat were staring, and from the platform Sirocco was directing an inquiring look in their direction. Celia turned her head to look at Colman. "I don't believe this," she whispered. "Who is that corporal?".Cynicism soon turned to rebellion as more of the Terran population came to perceive Phoenix not as a protective enclave, but at worst a prison and at best a self-proclaimed lunatic asylum. Apartment units were found deserted and more faces vanished as expeditions to Franklin came increasingly to be one-way trips. Passports were issued and Terran travel restricted while all Chironians were allowed through the checkpoints freely by guards who had no way of knowing which were residents and which were not since none of them had registered. The sentries no longer cared all that much anyway; their looking the other way became chronic and more and more of them were found not to be at their posts when their relief showed up. An order was posted assigning at least one SD to every guard detail. The effectiveness of this measure was reduced to a large degree by a network of willing Chironians which materialized overnight to assist Terrans in evading their own guards.. "The woman is either nuts or higher than a Navajo shaman with a one-pound-a-day peyote habit."..by eating two pieces of pie. The truth?which she had promised God always to honor, but which.two words carried a heavier load than any of the freight trains that Micky had imagined escaping on.Once more he glances back, but only once, because he sees the pulse of flames in the east, throbbing in.Wellesley shook his head firmly. "Not if you, re talking about roughing up people in the streets. It would undo everything we've achieved."..Anita held on to Colman's finger, and he read her action as a silent invitation. He had slept with her a few times, many months ago now, and enjoyed it. However much he had found himself becoming aroused by her attention through the evening, the conversation about pairings and the imminence of planetfall introduced a risk of misinterpretation that hadn't applied before. Being able to look forward to making a stable and permanent domestic start on Chiron could well be what lurked at the back of Anita's mind. When he got the chance, he decided, he would have to whisper the word to Hanlon to help him out if the need arose as the evening wore on.

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