



# Vessels of Peace

Women Embodying Peace ...  
Inspired by the Sacred Feminine ...  
Serving Divinity, Humanity, Earth

VESSELS OF PEACE MONTHLY NEWSLETTER  
DECEMBER 2005 - ISSUE #22

## IN THIS ISSUE:

- **FROM LYNDA:** GETTING THE MESSAGE
- **GUEST ESSAY:** WOMEN'S ROLE IN EVOLVING THE GREATER PLAN
- **NEWS & EVENTS:** SPRING BOOK TOUR - CALL FOR LOCATIONS & HOSTS, CHOSINGPEACE EMAIL COURSE - STILL TIME TO SIGN UP, COMING IN 2006: 11 INTENTIONS BOOK COURSE, AFFIRMATION OF PEACE TELECONFERENCE CALLS, MEDITATION TEACHER TRAINING COURSE
- **LINK OF THE MONTH:** VENUS FOR A DAY
- **TENDING THE VESSEL:** SHARINGS & INSPIRATION
- **SUPPORT FOR THE JOURNEY:** VOP MENTORING SESSIONS - TWO OPENINGS IN JANUARY, GUIDED MEDITATION CDS AVAILABLE

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## NOTE FROM LYNDA: GETTING THE MESSAGE

As I write this, on December 10th, a wonderful book designer in Maine is designing the interior of my book, *The 11 Intentions: Invoking the Sacred Feminine as a Pathway to Inner Peace*. Within the next 10 days or so, I expect to have it ready for sending to the publisher. So while you won't be able to hold a copy in your hands before Christmas, I am confident you will be able to order copies by New Year's Day!

In anticipation of the book's arrival, I'd like to share with you an email I received recently. It's from a woman I got to know while doing some part-time work, locally, this summer and fall. When she learned about my "other" work (Vessels of Peace), she felt drawn to it - more due to the peace aspect than the Sacred Feminine aspect. She checked out the website and signed up for the email list. In a conversation one day, I offered to let her read a copy of the manuscript, and she eagerly accepted. I gave it to her on a Tuesday afternoon, saying there was no rush to get it back to me by a certain time. The very next morning, I received an email from her:

*"Dear Lynda,*

*I went home last night very tired and thought I'd read about 10 pages before I fell asleep. But the more I read, the more energy I had, and I read every word last night. I was bowled over. The Goddesses were sort of an uncomfortable concept for me until I saw them as symbols of the various components of the whole; then I was off and running.*

*To say I loved the book is an understatement... It opened things up for me - I see it as not replacing God with a Goddess, but tapping into the fullness of God (Divine) that man has cloaked over and diminished and codified and controlled, etc. ... I also feel like this has been my frustration - trying to find fulfillment and meaning in a space too small to provide it...*

*... I really want your book to be published ...This work is so important. The questions and helps at the end of each intention are amazing ... Thanks for letting me read this ..."*

When I read the email, I was so moved by her experience and the sharing of her heart that it brought tears to my eyes. And when I saw her later that day, she was radiant - positively bursting with enthusiasm! Among other things, she told me that the chronic pain she had been experiencing for several weeks was gone when she woke up. She felt it had a connection to the experience of reading *The 11 Intentions*. Again, she urged me: "You MUST publish this book!"

Before I gave the manuscript to this woman, I had been close to giving up on publishing it, due to financial constraints and other factors. I wondered if it would be better to let it go, to focus on other things - and was on the verge of deciding to do just that.

But when I read her email and talked with her about it, I knew she was right; I had to go forward. There are thousands upon thousands of women just like her, waiting for the message, the energy of this book to touch their hearts as it has so clearly touched hers.

So, my dear friend (who prefers to be anonymous), you wanted to know what you could do to help make this book happen. Well, you've already done it! The Divine Feminine worked through you to make sure I got the message ... and I'm deeply grateful to you both!

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Dear Vessels of Peace Women and Friends of VoP,

I offer my deep gratitude for another year of walking this journey with you. Thank you for your love, peace presencing, support, feedback, service ... With Divine Grace inspiring us, we are manifesting a Field of Peace that weaves through and embraces humanity and the earth. Loving blessings to you during this sacred season and in the New Year.

Lynda

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## GUEST ESSAY

### WOMAN'S ROLE IN EVOLVING THE GREATER PLAN by Karen Latvala

I had the privilege of attending an "Evolutionary Women" retreat in Santa Barbara, Calif., recently, facilitated by two dynamic women, Bonnie Kelly and Lucky Sweeny, with inspirational sharing from Barbara Marx Hubbard (Conscious Evolution) and Rama Vernon (Women of Vision and Action). Ninety women of all ages spent the weekend connecting and sharing with each other about our emerging role as feminine co-creators in birthing the new "Universal Human."

While this retreat was packed full of stimulating ideas, I want to focus on just one question that we addressed: What do you see or know of a greater plan unfolding now?

As you might imagine, diverse perspectives emerged from this discussion. I offer some of them in hopes that they will stimulate your thoughts and lead to a deepening of your conscious involvement in what we as women and Vessels of Peace are here to do. You might make note of those that draw your interest.

What do you see or know of a greater plan unfolding now?

- Just having an "evolutionary women" retreat is one sign!
- The emergence of the Divine Feminine
- Concern for the environment and sustainable living

- More Indigo children (psychic and wise) being born
- More discomfort in our society is a sign that change is imminent
- Quantum leaps
- Self expansion
- Cosmic community
- Mystical path is speeding up
- Going beyond philosophy into embodying action
- Nurturing the physical body and the light body
- An emerging “peace room”
- Small communities within which to co-create
- More awareness of divine healing and healing centers
- Searching for ways we are holding the code of evolution
- Creating a platform for a new synergistic democracy emerging
- Taking responsibility for our lives
- Co-creating as a group through meditation, and seeing what emerges
- Awakening consciousness
- Yearning for connections
- Trusting ourselves
- Knowingness within ourselves
- Women coming forward to play a stronger role
- Evolving from power to love
- A realization that the universe is accessible
- Relaxing into manifestation
- Graceful transition to a new reality
- Connecting and acting in community
- Difference in who we are when we gather together

Did you find something that tugs at your consciousness? How can you, as a vessel embodying peace and the Divine Feminine, help us evolve as humans? There is no formula for how this needs to be done! We are each “feminine co-creators.” We access our inner knowing, trust it and move forward in community with others. These two questions will help you move into your work:

What is the gift you’re bringing forth?  
 What are you to do now, and what do you need to do it?

This is YOUR opportunity to look into the realm of unlimited possibilities, ask your Essential Self what it needs, and move forward to co-create. We need you!

*Karen Latvala is a Life Coach, an evolutionary woman and a member of the VoP Visioning Circle who values and honors her role as a Vessel of Peace. For further information on Conscious Evolution, please see the following websites [www.evolutionarywomen.org](http://www.evolutionarywomen.org), [www.evolve.org](http://www.evolve.org), [www.BarbaraMarxHubbard.com](http://www.BarbaraMarxHubbard.com)*

## NEWS & EVENTS - DECEMBER

### SPRING 2006 BOOK TOUR - CALL FOR LOCATIONS & HOSTS

Sometime in March, I will begin a cross-country trip/book tour with the intent to arrive in Harrisburg, Pa. around April 15th staying in the area through mid-May.

I am in the process now, of scheduling workshops, talks and/or book signings to offer along the

way and while there. If you are willing to 1) host an event, 2) make me aware of a bookstore, women's group or spiritual center in your area that would want to host an event, 3) host me as a guest in your home, or 4) any/all of the above, please email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net) or call me at 707-538-2070. So many of you have asked for this book; I'd love to come share it with you in person!

## **CHOOSING PEACE EMAIL COURSE - STILL TIME TO SIGN UP!**

You still have time to sign up for the Choosing Peace Email Class!

There will be 12 weekly lessons, beginning the week of January 9th and completing the week of March 27th. Because it is an email class, you can work with the lessons at your own pace. Each month focuses on a different aspect of choosing peace: January - choosing peaceful thinking, February - choosing peaceful words and speech, March - choosing peaceful actions. Each lesson concludes with an exercise or two to help you apply and integrate the main points of the lesson.

There also will be an optional monthly teleconference call, where you will have the opportunity to share with other participants, ask questions and experience a guided meditation that helps to deepen your embodiment of the Choosing Peace teachings. Suggested donation for the class is \$60. To sign up and/or for more information, email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).

## **COMING IN 2006:**

### **THE 11 INTENTIONS BOOK COURSE**

Many of you have enjoyed participating in the 11 Intentions teleconference calls this year. For those of you who missed some or all of them, those calls will be offered again in 2005. For those of you who took part in many of these calls and are now ready to go even more deeply into working with the Intentions practice, there will be a teleclass course in 2006, using *The 11 Intentions* book. Course size will be limited to 11 women and will begin in February. If you are interested in taking part in this course, please email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).

### **AFFIRMATION OF PEACE TELECONFERENCE CALLS**

In 2005, we found exploring the 11 Intentions via monthly teleconference call to be a profoundly transformative way of experiencing this essential VoP practice. In 2006, we will bring this format to an exploration of another foundational VoP practice, The Affirmation of Peace. In a series of eight teleconference calls, we will work with and meditate on the Affirmation line by line. Like this year's 11 Intention calls, there will be no charge for these calls except your own long distance charges. Look for a schedule of call dates in the January 2006 newsletter.

### **VOP MEDITATION TEACHER TRAINING COURSE**

In 2004, while still living and teaching in Pennsylvania, I developed a six-month meditation teacher training course. I recently have been asked if I would make this training available to interested Vessels of Peace women - so am adapting the training for a teleconference call/email class format that will include a retreat (most likely in Crestone) at the end of the six months. This is a by-application program, and class size will be limited to 4 students. If you

have had a regular meditation practice for at least two years and feel called to this training, please contact me at 707-538-2070 for more information and to set up a phone interview.

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### LINK OF THE MONTH: VENUS FOR A DAY

And now, for a change of pace from what usually is featured in this section, check out the free online novel, *Venus for a Day*, by author, workshop facilitator and contemporary shaman, Robin Rice. The book is described as “a wild ride into love, beauty, and goddess lore ... [a story that] awakens the feminine soul and revives the weary heart.” When I emailed Robin that I was going to feature her in the newsletter, she wrote back that her first novel, *A Hundred Ways to Sunday*, was about making peace with your shadow self, and that *Venus for a Day* is about making peace with one’s body. “Peace begins at home - in the body you live in,” Robin says. “*Venus for a Day* ... is a healing for body issues just to read it.”

Many of us can relate to needing to make peace with how we view and feel about our bodies - and if we can enjoy a good winter’s read at the same time, that’s a double blessing, yes?

Both *Venus for a Day* and *A Hundred Ways to Sunday* are available totally free online through a read-online or printable Adobe file. To read the books and find out more about Robin’s work, go to her website at [www.bewhoyouare.com](http://www.bewhoyouare.com).

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### TENDING THE VESSEL

*Note: This space is for sharing experiences, thoughts, favorite quotes, etc. that support being a vessel of peace for ourselves and for others. Please send contributions and feedback to [info@vesselsofpeace.com](mailto:info@vesselsofpeace.com).*

### SHARINGS

A member of our Visioning Circle, from Connecticut, asked to share this experience and message with you:

*“One evening recently I was sitting preparing for meditation. I usually begin by centering myself and then “seeing” one by one each of the women in the Visioning Circle. I then remember all the women in Vessels of Peace, all the women I know, my guides, and all the women, men, children, and beings of the world. This night, as soon as I had gone around the Visioning Circle, I clearly saw/felt all the women of Vessels of Peace sitting in a circle around us. The Visioning Circle was so lovingly held and supported. I felt how we are completely encircled by the warmth and light of so many beautiful women. An incredible feeling of gratitude and humility welled up from inside me, and I couldn’t help but cry. I want to offer my deepest thanks to all the women of Vessels of Peace. The work of the Visioning Circle would not be possible without you. Sending you much love, Laurel”*

### INSPIRATION

*“...Keep doing what you believe in. Don’t stop because you cannot see the difference you are*

*making. Keep the faith that when you are kind, or see that justice is done, or make anyone in this world happier or any place on Earth more beautiful, that you are contributing to peace.”*

- Jean Shinoda Bolen ([www.jeanshodabolen.com](http://www.jeanshodabolen.com))

*“Unless all of us take the responsibility for our own inner peace, the wars will continue. We cannot wait any longer for someone else to change. We cannot wait for someone else to forgive us so that we can then forgive them. We cannot wait for someone else to say they are sorry. Peace cannot be postponed.”*

- Gangaji ([www.gangaji.org](http://www.gangaji.org))

*“There is a new language that women are finding, to articulate the feminine wisdom that has been hidden within us for centuries. It will take time for this language to reveal itself. Without this language, which is a form of consciousness in women, the earth cannot be healed by the energy of oneness. Women have a very real contribution to make now. This new language does not fit in the masculine structures of the world, that also exist within our own psyche, but it arises from within the new feminine, and is itself a manifestation of working with the masculine in a new way.”*

- Anne Scott ([www.dreamweather.org](http://www.dreamweather.org))

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### SUPPORT FOR THE JOURNEY:

#### VOP SPIRITUAL MENTORING SESSIONS: TWO OPENINGS FOR JANUARY

If you long for more support in your spiritual journey, individual mentoring sessions can be very helpful. As someone who has traveled the path from seeking to embodying peace, and now lives and serves from the abiding peace of the heart, I am here to walk with you as a guide and mentor.

I will have two openings beginning in January. Each mentoring session, which lasts up to 90 minutes, begins with a brief centering process and concludes with an intuitively guided meditation that is unique to you and where you are in your journey. Sessions can be in person, if you live in the Northern California area, or by phone. I also can do small group tele-sessions, if you have a VoP circle (or want to form one), and your circle would like to work with me for a period of time.

Some testimonials from people whom I have mentored in both small group and individual sessions:

*“In her gentle, loving way, Lynda invites you to enter the world of your soul by opening up hers. She is clear on her connection to divine energy and this is felt in a powerful, yet unassuming manner. She is well versed in meditation practices and principles and lives her beliefs fully... She shared much with me... the impact on my life has been extremely beneficial...”* - Rose, Pennsylvania

*“I have been blessed to have been with Lynda in times of personal turmoil, in class and privately... Lynda creates a space of peace and love in which one may begin the journey of transformation.”*  
- Homer, Pennsylvania

*“Lynda’s honesty, compassion and deep listening are a healing force to all those she serves...”*  
- Serena, California

If your heart feels called to work with me in this way, please email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net) or call me at 707-538-2070, and we will explore the possibilities together.

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### GUIDED MEDITATION AVAILABLE

Quite unexpectedly, a supply of the The Vessels of Peace Guided Meditation CDs has manifested! This CD, recorded in 2003, is a wonderful way to do peace embodiment practice, to connect with the energy of the Sacred Feminine, and to connect with the collective energy of Vessels of Peace women everywhere! To order your copy, call 707-538-2070 or email [lyndaterry@vesselsofpeace.com](mailto:lyndaterry@vesselsofpeace.com) Cost: \$15 + shipping.

Also, Lynda's guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available. For credit card orders, contact The Inner-Connection Bookstore, New Cumberland, Pa., 717-774-4874. To purchase by check or money order, call 707-538-2070 or email [info@vesselsofpeace.com](mailto:info@vesselsofpeace.com) Cost: \$15 + shipping.

**SPECIAL HOLIDAY OFFER: PURCHASE THE VESSELS OF PEACE GUIDED MEDITATION CD BY JANUARY 1, 2006, AND RECEIVE THE BREATH MEDITATION CD FREE!**

### SUBSCRIBE/UNSUBSCRIBE TO VESSELS OF PEACE NEWSLETTER

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### FOR MORE INFORMATION ABOUT VESSELS OF PEACE

Vessels of Peace is an international circle of women committed to presencing peace in all areas of their lives. For more information, go to [www.vesselsofpeace.com](http://www.vesselsofpeace.com). Vessels of Peace is an international circle of women inspired by the Sacred Feminine and committed to serving Divinity, Humanity, Earth by presencing peace in their lives and in the world. For more information, go to [www.vesselsofpeace.com](http://www.vesselsofpeace.com).