



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
FEBRUARY 2005 - ISSUE #12

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LET'S GATHER THE WOMEN FOR 24 HOURS OF WALKING WITH PEACE

Several days ago, while out walking the same route where I had the Walking with Peace vision, I had, not another vision, but an inspiration:

On March 8th, designated by the U.N. as International Women's Day and also coinciding with Gather the Women Week, what if Vessels of Peace women around the world each spent a period of time that day doing the Walking with Peace meditation? And what if we each committed to a minimum number of minutes such that the total of our collective time added up to 24 hours of Walking with Peace? And what if we dedicated those 24 hours of Walking with Peace and reciting the peace mantras to a collective intention, such as:

"Let the healing power of peace build and spread throughout humanity."

As I wrote the above paragraph just now, more "what ifs" began coming through:

What if this were so successful and inspiring that we committed to doing this at other times throughout the year, dedicating the 24 hours each time to this intention -- or other intentions that we are guided to offer? ... What if our *primary service* as Vessels of Peace women became to offer the Walking with Peace meditation wherever we are -- either individually or in collaboration with others - as the outward symbol of our embodying and radiating the Light of Peace in the world? ... What if this is how we hold the space as peace catalysts - simply by walking and praying these words of peace, every day, even if just from our front door out to the mailbox and back? ... And what if we did this with the understanding - no, the intuitive knowing - that not only did each step and each sacred word of peace add to the "field of

peace" for humanity, but that each step, each word, literally sent healing, uplifting vibration into the earth and the atmosphere around the earth and into all life on the earth? Each step, healing our earth, each mantra, purifying the air we all breathe, each breath in, affirming our connection to the world and each breath out affirming life and peace somewhere, in some way?

...

What if our Walking with Peace became so inspiring and transforming that more and more people joined us, each committing to Walk with Peace so many minutes a day or per week? ... What if the effect of this commitment, individually and collectively, were so powerful that tangible effects began to be reported? ... What if people or organizations started to call on those serving as Vessels of Peace to Walk with Peace on their behalf? ... What if this one thing, this Walking with Peace, is what we have been brought together to do as a community? Not the only thing each of us do to serve our world, of course - we each also have our own soul purpose to fulfill -- but the one thing we do *together*, as Vessels of Peace, to serve Divinity, humanity, earth?

So, here's my invitation: There are 1,440 minutes in a 24-hour day. If just 100 of us each committed to Walk with Peace for a minimum of 14 minutes and 24 seconds at some point during the day or evening of Tuesday, March 8th, that would give the world 24 hours of Walking with Peace. Are you willing to make this commitment in honor of Gather the Women week and International Women's Day? If so, please email me. All you need to say is

"Yes! I will Walk with Peace on March 8th for ___ minutes in (city/state/country)!"

I will compile a list of where Vessels of Peace women will be walking that day, and the times, and post it on the VoP website message board. The Gather the Women website has a page where groups can list what they are doing to observe the week (see link under *News & Events*, below). I will list our 24 hours of Walking with Peace on the GTW site, so that other women can join with us if they feel so called. Also, if you decide to organize some friends or a group to join with you, then let me know how many and how long you will be walking. I will keep a running tally and post updates of those on the VoP website message board as well.

I will send an update email in a week or so, letting you know what the response has been for doing this. Let me start the process now by sharing with you my own commitment for March 8th:

I, Lynda Terry, will Walk with Peace from 2 to 2:45 pm PST on March 8th in Santa Rosa, California!

I hope you will join me!

VOP NEWS AND EVENTS - FEBRUARY

LET'S SOUND FOR GLOBAL PEACE ON VALENTINE'S DAY!

February 14th is the 3rd Annual World Sound Healing Day, and we are invited to join with sound healers, meditators, peace catalysts and many others around the world to "send a sonic valentine to the Earth with an 'AH' sound filled with the intention of Peace and Love!" The global tone will begin at 8 PM Eastern Time and will last for at least five minutes. There also will be a special free one-hour live internet webcast before the toning starts. The webcast will feature sound healing pioneer Jonathan Goldman and other well-known sound healers as well as Dr. Masuru Emoto, who has been doing the work with water molecules as featured in the

film "What the Bleep." For more details, go to this website: www.healingsounds.com.

11 INTENTIONS TELECONFERENCE #2: HESTIA, DIVINE SANCTUARY
-- SUNDAY FEBRUARY 27th at 7 PM EST/4 PM PST

This series got off to a wonderful start on January 30th; we truly experienced Saraswati energy embracing and inspiring us into peace! The purpose of this teleconference circle series is to experience how invoking Sacred Feminine Presence enhances our capacity for peace embodiment. Each month we will focus on a different Intention as the "way in," invoking the energy of the particular personification represented and exploring the aspects of peace she embodies. For a beautiful share about January's teleconference call on Saraswati, see the *Tending the Vessel* section, below.

Call logistics: The call begins at 7 PM EST/4 PM PST and ends no later than 8:25 PM/5:25 PM. Total on call will be limited, so reserve your space by emailing me (lyndaht@sbcglobal.net) by Wednesday, February 23rd. List your time zone in the email. A couple of days before the call, you will receive a confirming email with the phone number to call and your participant ID code. You will need to enter this code on your touch-tone phone to access the call. There is no fee for these calls other than whatever your normal charges would be when you make a long-distance call.

GATHER THE WOMEN WEEK & INTERNATIONAL WOMEN'S DAY

As you already know from reading my opening letter, March 8th is International Women's Day. 2005 marks the third year that Gather the Women have helped coordinate and promote awareness of the many women's events planned around the world in observance of this day. To see a list of those events and find out more, click on this link to their website:

http://www.gatherthewomen.org/gtw/upcoming_events/women_international_day.htm

WALKING WITH PEACE UPDATE -- EFFECTS ON ANIMALS

Women are reporting that the Walking with Peace mantras have an effect on their pets. In the Manahprasada Meditation teleconference call last month, several women found that they had a similar experience of how their dogs reacted to hearing the peace mantras. For example, one woman told of how she wanted to do the walking meditation but needed to walk her two large dogs, who are quite active and hard to control. So she began saying the peace mantras out loud when they started acting up, and they immediately settled right down, walking along with her quite peacefully.

Another woman told of coming upon an aggressive dog while Walking with Peace. Something guided her to squat down so she was at the dog's level and say the mantras to him out loud. To her surprise, he calmed right down, becoming friendly and approachable. And two more women mentioned that, during the guided mediation part of the phone call, their pets came into their laps and licked their faces!

If you have a story about how the walking meditation and/or the peace mantras are affecting animals, children, etc., please email me at lyndaht@sbcglobal.net so I can include it in the next newsletter.

SPRING WALKING WITH PEACE TOUR UPDATE

Last month I reported the possibility of doing some Vessels of Peace/Walking with Peace events this spring on my way to/from Colorado. Here is an update. Tentative plans are forming for me to be in the following locations between mid-May and early June: Las Vegas, Nev., St. George, Utah, and Coaldale, Crestone and Boulder, Colo. Watch future newsletters for details and dates - and if you live anywhere along that route and would like to have me stop for a gathering or walk in your area, do contact me at lyndaht@sbcglobal.net

SHINING OUR LIGHT

Note: Each month, Shining Our Light will report on how one VoP woman is presenting peace -- through life pathways such as work, community service, relationships, creative expression, or spiritual practice. This is an opportunity to share your gifts with the Vessels of Peace community and a chance for all of us to get to know each other better! Please nominate yourself or another VoP woman for this feature by emailing me at lyndaht@sbcglobal.net

KAREN LATVALA -- EXTENDING PEACE BY EXTENDING OPPORTUNITY TO GUATEMALAN WOMEN

Karen Latvala wears two peacemaker "hats" -- one as a Vessel of Peace and the other as part of Circles of Ten: Women for World Peace. She also extends peace in another way, as a member of Friendship Bridge, a non-profit organization that provides micro-loans and other assistance to women in Southeast Asia and Central America. Karen helps raise micro-loan funds for indigenous Mayan women in Guatemala who have the desire, but lack the resources, to expand their home businesses such as weaving, bread making, basket weaving, selling groceries, etc.

"It is not a 'hand out' program, but a 'hand up,'" says Karen. "With a \$125 loan (a huge amount in Guatemala) the women can buy more supplies to enlarge their businesses, thus earning a little money to feed and clothe their families. Each borrower is accountable for paying back her loan gradually within six months. She is supported by a group of four other borrowers and a loan officer who coordinates the money for all the borrowing groups in the village."

In January, Karen and six other women traveled to Guatemala for a close-up look at the lives of some of the Mayan women. They visited several villages, attended meetings with the "borrowers" and visited a few of their homes. The women proudly told about their businesses and expressed gratitude for the loans that allow them to sell more and thus provide more for their families. They also expressed appreciation for the educational modules that Friendship Bridge offers them on topics such as family planning, medicinal herbs and self-esteem.

Karen says she found much to appreciate, in turn, about the women: how their large close-knit families (8-10 kids is not uncommon) provide a wonderful support system as they live and work together in their humble concrete block homes ... how hard they work just to survive, and yet how pleasant, gentle and contented the people seem with their simple, yet physically demanding lives. "People appear to live in the moment, focusing on and enjoying the job at hand," she observed.

Writing in her weekly email newsletter, *Fresh Perspectives*, Karen reports that the experience in Guatemala brought forth fresh perspectives about her own life. "I am most appreciative of my freedom of choice with abundant opportunities, my family and the communities I belong to, my leisure time, my time for personal growth, my value for living from the heart, my ability to travel and to share my experiences with others. Those are what bring me joy."

More about Karen and contact info: From a beautiful spot in rural Colorado, Karen coaches people, by phone, to explore their life journey, helping them define the path from where they are to where they really want to be. Her volunteer work includes conducting peace circles for Circles of Ten: Women for World Peace www.peacecircles.net and working with Friendship Bridge www.friendshipbridge.org to empower Mayan women to start their own businesses in Guatemala. She can be reached at 719-942-4758 or CoachKarenL@mindspring.com.

TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

Note: This space is for sharing experiences, thoughts, favorite quotes, etc. that support being a vessel of peace for ourselves and others. Please send your contributions and feedback to lyndaterry@vesselsofpeace.com

EMAIL SHARINGS:

Laurel, from Conn., offers this wonderful sharing of her experience during the 11 Intentions Teleconference Call on Saraswati:

"I can't thank you enough for offering last night's call on Saraswati. It was very insightful and very moving. What follows is a recounting of my meditation.

As we went into the meditation the energy flowing through my body became stronger and stronger. It welled up and flowed over onto itself, over and over. Saraswati appeared - first in the distance. I did not see her form so much as a color, as of veils moving. She was a pale, sea foam green. A golden bowl appeared. It was glowing and inside was a many-petaled white lotus. The lotus opened and a small orange ember was within. It became a flame. From out of the flame came a phoenix very quickly. I thought, "I am renewing myself" ,, , Saraswati sprinkled golden rain drops on the bowl. A white dove flew forth. Saraswati continued to move in front of me ... and around me. She handed me the bowl but it was already inside me - she was inside me. The flame rose up and became a purple amethyst movement into my throat. Saraswati's face became visible - she was smiling. I was so filled with joy and gratitude ... laughing and crying - I apologized for being away from my creativity for so long. Saraswati kissed my face ...

*When we first began the discussion, you had asked ...what inspires us into peace? What had come to me was "my body." This answer had come almost immediately, and while I thought it a little odd and vague, I let it be. I felt that [the meaning] would come to me later. After the meditation, the answer did become much clearer. I feel much stronger now in my knowing that my primary way of being peace and bringing peace is through my movement work as a eurythmist -- and for me this comes about through a listening to the inner space of my body and through the relationship this listening co-creates with the space around me and with other people I am moving with. And just in case I didn't get it, this morning I was reading a chapter in Richard Moss's book *The Second Miracle*. I hadn't read five minutes when I came to where he speaks of "body as consciousness." I see that this is what my body strives to evolve to - a sort of entire body listening/feeling/knowing."*

And here are more of the sharings about the Walking with Peace vision email:

"I read [your email] this morning and got chills ... I can sense the resistance, yet the breath that brought you back to the present moment and what was real. Thanks so much for sharing

this. I like to take walks but have been resisting that lately ... this has inspired me."

- Maggie, South Carolina

"Thank you sooooo much for sharing this with me. I "stand" with you in this vision and support your "efforts." Peace has also been on my mind for quite some time so what you wrote about rings very true with me. I will begin using that mantra as of this day!"

- Deb, Pennsylvania

"I am by the seaside with my family and yesterday as I was walking the meditation came to me. ... No surprises ... there are no secrets in Heaven ... WE ARE ONE!"

- Maria, Argentina

"Thank you for sharing your gorgeous experience and vision! I'm sitting here with ... my 2-year old baby girl on my lap, who's nursed herself into peaceful sleep, reading your incredible e-mail. While I read it, I too was moved to tears, chills, and an overwhelming feeling of truth. I could sense you with your 'they,' the spirits who walk and live with and through you. My God, what an inspiration and permission to allow the love that surrounds us always to come through and be embraced. Thank you, thank you. ...I would gladly walk with peace with you anytime. I look forward to practicing the walking meditation on my own ..."

- Susan, Virginia

" ... I have been doing the Meditation every day since you have given it. ... last night we were coming home in a snow storm that was preceded by an icy rain, leaving a slick sheet of ice on the road. It was a treacherous ride home, one in which we had a very close call. We called for protection and then Barbara asked me to do the peace [mantrasa]. It soothed the strain of the ordinarily 1/2 hour ride that became a VERY LONG RIDE. So, in the midst of chaos, the peace chant has a wonderful effect."

- Nancy, Pennsylvania

"I have just returned home to Lethbridge, Alberta from Vancouver, where I spent the holidays with my family. In my mailbox aws the email you sent out on December 30th with the Walking Peace meditation that had been forwarded from a contact of mine. I am not sure what has happened with me, but wanted to share my reaction. As I read the words describing your walk, I visualized the souls gathering behind you, walking as one with you. I felt a surge of energy gathering at the tips of my toes, and it swept throughout my entire body. I was immediately in a state of peace and felt pulled into the procession of peace walkers following you ... This is very powerful!!! ... I have always believed that with every step we walk on this Earth, we leave behind an imprint of that moment. What a beautiful way to add beauty and loving consciousness to the world by simply saying this mantra as one walks! I am on my way out the door to take my dog for a run in the coulees and will spread this mantra through my soles to Mother Earth. All those who walk behind will feel this energy, whether they are conscious of it or not. You have indeed started something very beautiful."

- Valerie, Canada

INSPIRATION

"One little person, giving all of her time to peace, makes news. Many people, giving some of their time, can make history."

- Peace Pilgrim

"You have the capacity to unify humanity, bringing brothers and sisters together, loving all with deep, deep love ... you must go and find the great peace, which is hidden in your heart ... This peace, this truth is for you. It's your nature. It's your essence. You are so strong; you are so beautiful, just so powerful. You can create a whole society of peace, if you choose it, a society of love, a humanity of love."

- Chalanda Sai Ma

PEACE LINK - A VISIT WITH THE DEVINE MOTHER

This month, I offer a Divine Feminine link that is beautiful, evocative, and peaceful. It's from a new website someone recently sent my way -- The Goddess Network (www.thegoddessnetwork.net) -- and is for their lovely flash movie, "A Visit with the Divine Mother." Click on the *long!* link below and when the page with the lotus comes up, click on the "A Visit with the Divine Mother" link.

http://www.thegoddessnetwork.net/child.asp?area_2=pages/embracespirit/avisitwiththedivinemothersmother&area_5=pages/embracespirit/avisitwiththedivinemothersmother_links&area_1=pages/embracespirit/avisitwiththedivinemothersmother_center&area_6=pages/child_footer&area_3=0&area_4=0

PURCHASE VOP GUIDED MEDITATION CD!

Only four left! The Vessels of Peace Guided Meditation CD 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, email me at lyndaterry@vesselsofpeace.com or call 707-538-2070. Cost: \$15 + shipping.

My guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available from me and also, at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. To purchase directly from me, see contact information above. For the Inner-Connection, call them at 717-774-4874 to order by mail. CD: \$15 + shipping.

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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