



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
JUNE 2005 - ISSUE #16

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## WALKING WITH PEACE AND IN BEAUTY: REFLECTIONS ON MY TRIP

My recently completed VoP mini-tour and "vision quest" in the Southwest was AMAZING. Even though traveling alone, I felt all of your thoughts, prayers and blessings with me - thank you!

Many of you have expressed interest in hearing more about my journey. Below, under "News & Events," I cover the VoP mini-tour stops, and here, in this space, my time in Southern Utah. Then either in the July issue or via a separate email, I will share more about the week on retreat in Crestone, Colorado. It really deserves separate treatment because that experience has such ramifications for Vessels of Peace. More on that next month ... Now about the Utah leg of the trip.

Every woman sometime in her life should have the chance to travel alone through this part of the country -- not only to experience the like-nowhere-else beauty of the region, but also to discover what she REALLY is about, to see and hear what the natural world wants her to know about herself that no human being can tell her.

When my husband hugged me goodbye the day I left, he said, only half joking, "I know you're not coming back," -- and he was right. The woman who left on May 14th is not the woman who returned on June 2nd. It's hard to articulate what's changed, but one thing has to do with what you could call earth consciousness. I walked on the ground of a sacred and mighty earth as never before, and the earth now walks mightily and with sacredness in me. The indigenous peoples speak of walking in beauty, and I see the many parallels it has to walking with peace. Both require a facing of fears, an embracing of mystery, a reverence for the natural world and a willingness to walk not just for ourselves, but on behalf of all beings - those no longer here, those here now, and those to come.

I had real vision quest moments in Southern Utah, where I explored the haunting grandeur of Zion and Bryce Canyon national parks, the other-worldly Escalante Grand Staircase area, and the at times spectacularly beautiful and at times achingly austere vistas along Highway 12.

Utah brought opportunities to face fears both personal and universal: as a woman shy of heights in a land all about the dramatic contrast of high and low, near and far; as a woman traveling alone, in a 50-something body not used to altitude change, desert dryness and hiking sandy pathways; as the only human being within a seemingly endless expanse of nature both beautifully primal and primally dangerous; as a spiritual being deeply connecting and communing (from a place free of words and thought) with the Source in all ...

I wrote next to nothing during this trip and took no photographs, bought no souvenirs. The need to make word pictures or capture anything "for the record" dropped off my shoulders like an old worn sweater no longer needed in the sun of spring. I think it was the immense and diverse rock formations and canyons. They just shut everything up in me, and I become like them -- mute and ancient ... the Watcher ... the Senser ... the Silent One ...

Moments that stand out for me: Calling my husband by cell phone from the edge of a Sunset Point lookout area in Bryce Canyon, to share my exhilaration at being 9,000-plus feet high, on the edge of a canyon wall with no guardrail and not afraid ... Two days and nights spent alone in a remote retreat house east of Escalante, wondering if I was safe -- and then the wondrous mind shift of realizing it was a trick question ... Driving the Yikes-is-this-a-narrow-road! "hogsback" along the top ridge of Boulder Mountain (between Escalante and the Anasazi Ruins Museum area), not once but three times -- each time feeling more scared at the start and then, more triumphant when I made it safely to the other side ... Getting lost in Devil's Garden, with no other human being within miles, and watching innate survival skills kick in to calmly seek out the Grand Staircase range on the horizon, the compass point that would lead me safely back to the trail and my car ...

This morning my husband said, as he watched me walk away from him into another room, "You know, you carry yourself differently, move differently, since you came back from your trip. You seem taller, stronger ... more at ease in your body." Maybe what he is seeing is the difference when one walks not only with peace, but also in beauty.

On the last day of the Crestone Retreat, a sacred question came forth for each of us to consider: How intimate with Beauty are we willing to be? And I realized that Southern Utah was all about being intimate with Beauty for me. I let her seduce me into my deepest fears so she could crush them, one by one, into the desert dust beneath her elegant feet. She freed me in a way I didn't know I needed, and now I AM different ... lighter and yet more grounded at the same time. My peace has ripened into PEACE ... and I open my heart to the harvest to come ...

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### INTERNATIONAL DAY OF PEACE: A CHANCE TO MANIFEST THE VISION

When an email about the UN International Day of Peace Vigil, on September 21st, came my way, I knew Vessels of Peace was to be involved. The intention of the IDP Vigil is to have the entire world observe 24 hours of global ceasefire and non-violence, and to achieve this peace through community spiritual observances. It's not about speeches or demonstrations or rallies; it's about prayer, meditation, chanting or singing, and other spiritual practices by women, men and children of all faiths, races and nationalities.

I could not help thinking of my December 16, 2004 vision that led to the Walking with Peace meditation - and our 24 Hours of Walking with Peace event on March 8th. What if making the UN IDP Vigil group aware of this meditation -- and working with them to extend the vigil around the world -- is how the vision is to manifest? I went to the website and immediately signed us up as a supporting organization.

The International Day of Peace first was designated by the UN in 1981, and 20 years later, right before September 11th, the UN fixed September 21st as the annual date. Last year, on the IDP Vigil website alone, some 350 community spiritual observations in more than 50 countries were listed. One mass meditation in Sri Lanka involved more than 300,000 people including the prime minister and opposition leaders. A goal for this year is to have all 191 Member States of the UN participating in the peace vigil with an emphasis on countries experiencing violent conflict.

So how will VoP participate in the Vigil? Well the big news is that the VoP Visioning Circle plans to hold its first retreat, in Crestone, Colorado, during the week the Vigil occurs! Crestone, for those of you unfamiliar with the area, is home to retreat sites, ashrams, hermitages, centers etc representing all of the major world religions. It's the perfect place from which to base VoP's observance of the IDP Vigil and to collaborate with many of these other spiritual groups in doing so. More on that as plans unfold ...

As for what each of you can do where you are, we will sponsor an initiative like we did on March 8th, International Women's Day - inviting you to organize a group or do on your own, either the Walking with Peace meditation or the sitting version, the Manahprasada Peace Mantras meditation. And for those who wish to coordinate with what we are doing at Crestone, we will set three times during the 24-hour period when you can join us in spirit. We will publicize all of the details on the website, in the newsletters and via partner organizations such as Circles of Ten, Gather the Women, etc. If you have other ideas for how to extend these two peace mantra meditations to as many people around the world as possible on that day, please do contact me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).

More info soon on this event. In the meantime, please mark the day on your schedules - Wednesday, September 21st. Surely we each can give one day for peace, yes? Also, see the "Tending the Vessel" feature, below, for VoP Julie Heyman's related comments about holding our intention for that day starting right now. And finally, for more on the peace vigil, see the IDP Vigil website at [www.idpvigil.com](http://www.idpvigil.com)

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## VoP NEWS AND EVENTS: JUNE

### VOP MINI-TOUR - EVENT HIGHLIGHTS:

#### PRESENTATION & WALK IN ST. GEORGE, UTAH, MAY 16TH

A big hug and thank you to VoP Glenda Pasmann, who organized this evening event at one of the city's walking paths and picnic areas near the Virgin River. The day was extremely windy, but we made it work to our advantage, holding an intention that the peace mantras would be carried by the winds to all corners of the earth. About a dozen people took part in the walk, and I was invited to come back to lead a VoP retreat there at a future date to be determined.

#### VESSELS OF PEACE PROGRAM AT PEACEFUL PINES, IN COLORADO, MAY 28TH

VoP Karen Latvala and her husband, Lyle, hosted me two different nights during my trip - in their lovely and fascinating solar-powered "earthship" home. On the 28th, I gave a VoP presentation to a small group at their home. Thank you, Karen, for your friendship, warm hospitality (great food!), and your commitment to presencing peace! I will be back!

#### WALKING WITH PEACE MEDITATION, COTOPAXI, COLORADO, MAY 29TH

Again, thanks to Karen for organizing this event in which a small group of us did the Walking

with Peace meditation on the property of Happy Apple Place retreat center. Part of our trail took us along the Arkansas River, where we paused to throw “peace mantra-infused” rose petals to be carried downstream. A special thank you also to Happy Apple Place owner Nancy for graciously offering her site for our walk.

#### **COT-VOP PEACE GARDEN DEDICATION, BOULDER, COLORADO, MAY 30TH**

After two years of an email and telephone friendship, it was a joy to finally hug in person, my sister peace group visionary Sarah Hartzell, founder of Circles of Ten - Women for World Peace. Sarah and her husband, Bob, hosted me for my stay in Boulder – thank you both for a wonderful dinner out, the tour in the rain, introducing me to those two spiritual beings disguised as dogs that live with you -- and the great conversation! On Memorial Day, Sarah, myself and several CoT women braved the cool, rainy weather to dedicate the Boulder Peace Gardens during the Boulder Creek Festival. We began with a lovely crystal bowl ceremony, did the Walking with Peace meditation through the festival grounds, then returned to the gardens for a CoT peace circle, and closed the dedication with the crystal bowl again, chanting the peace mantras in harmony with its tones. (Those of you who have crystal sounding bowls, I invite you to try coordinating the peace mantras with the tones - it’s incredibly powerful and moving.)

So there you have it – the first VoP mini-tour. So where shall we tour to next time? Perhaps your part of the world? Anything is possible!

#### **NEXT 11 INTENTIONS TELECONFERENCE: SOPHIA, DIVINE WISDOM SUNDAY, JUNE 26th at 7 PM EDT/4 PM PDT**

Space still remains for the next 11 Intentions Teleconference call on Sophia. Read on for more details and sign-up instructions.

The purpose of this teleconference circle series is to experience how invoking Sacred Feminine Presence enhances our capacity for peace embodiment. Each month we 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.

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](mailto:lyndaht@sbcglobal.net)) by Wednesday, June 22nd. 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.

#### **SAVE THESE OTHER SUMMER DATES!**

JULY CALL, ON MARY, DIVINE LOVE: SUNDAY, JULY 24TH  
AUGUST CALL, ON SIGE, DIVINE SILENCE, SUNDAY, AUGUST 28TH

#### **VOP NOW A GATHER THE WOMEN PARTNER ORGANIZATION**

Vessels of Peace has become a partner organization of Gather the Women, an international organization of women working to bring peaceful change and evolution in the world. The purpose of our becoming a partner organization is to explore opportunities to collaborate with other women’s circles around the world as well as to extend awareness of Vessels of Peace to more women. From the GTW website:

"We at Gather the Women believe that there is an incredible synergy possible when all these different organizations come together in one container - for connection, for sharing information and resources, for collaboration on projects. We believe that through such collaborative connection we will discover abundance and effectiveness. We believe when we can all gather together in one place, we will indeed 'see our numbers and our strength and come to understand that together we are, in fact, unstoppable.'"

Check out Gather the Women, plus the more than three dozen other partner organizations, by going to this link: [www.gatherthewomen.org/gtw/partner\\_organizations.htm](http://www.gatherthewomen.org/gtw/partner_organizations.htm)

As more develops around this new relationship, look for updates in future newsletters.

## INDIGENOUS YOUTH PRAYER RUN FOR WORLD PEACE

(Note: Thanks to VoP Sheila Foster — see her site at [www.templeofthesacredfeminine.com](http://www.templeofthesacredfeminine.com) -- for sending word of this event.)

As I type this, four groups of mostly Native American youth and adults are running - literally - to the Black Hills of South Dakota from four different directions on the continent. They are taking part in the 10th Annual Youth Prayer Run for World Peace, which began simultaneously last month from the four directions -- locations in California, Texas, New York and Canada. They will arrive together in Piedmont, South Dakota on June 18 to kick off a four-day celebration of peace and sustainability that ends on summer solstice, June 21.

Runners cover the 100-mile-a-day stretches as a relay, handing off a tribal staff as they complete smaller sections. Towns and cities along the routes offer support to the runners, housing and feeding them, offering donations, and honoring them with special events. The young runners, many of whom view this experience as part of their rite of passage into adulthood, help to organize the event, which is open to non-indigenous youth and adults as well.

Lakota Chief Arvol Looking Horse started World Peace and Prayer Day in 1994. His teenage daughter, Gracie, initiated the run to get youth involved with the event. You can find out more by going to the event website: [www.worldpeaceandprayerday.net](http://www.worldpeaceandprayerday.net)

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## 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 for others. Please send your contributions and feedback to [lyndaterry@vesselsofpeace.com](mailto:lyndaterry@vesselsofpeace.com).)

### "PRESENT TENSE" VISIONING - ANOTHER VOP PRACTICE!

(Note: VoP Julie Heyman, from Massachusetts, sent this wonderful response to my emailing her about VoP getting involved in the International Day of Peace Vigil. I love her point of Yes, let's participate in that day, AND let's start now, with "present tense visioning" of a world at peace every day. I invite you to share in this space (or post on the VoP website message board), your own "present tense vision" for our world.

Julie's comments:

*" Thank you so much for the 'head's up' about September 21st. This certainly does fit into my conviction about the power of intention and the collective 'consciousness' movement. Even as*

*we 'think' about this, we create positive vibrations, so that having a few months lead notice is all the better.*

*What comes to me -- as an exercise -- is what I have been doing: visioning in the 'present tense' my intention for the world. Most days I make as my prayer something like:*

*'The waters are clean and abundant with life; the earth is rich and brings forth nourishing foods; the air is clean and pure; children are nurtured; communities are supportive; everyone understands about the unity of Spirit, while at the same time they respect each culture's spiritual specialness; governments serve; resources are shared; peace exists in all directions: this is my intention--this is my conviction.'*

*I base this exercise on my belief that everything already exists in the infinite hologram of no time-no space. So, we are calling it to us--claiming it, if you will.*

*Perhaps we can encourage people to 'paint' the world that they want, and to begin voicing it -- to themselves, aloud -- sharing it with others: but to do it in the present tense. No need for 'I wish, or I hope, or I would like someday.' Somehow I feel this will do something concrete. It can be started anytime between now and September 21st -- the sooner the better ... Why wait 3 months? Why just consider peace for one day?"*

#### **THE IDAHO PEACE CELEBRATION - COORDINATED BY A VESSEL OF PEACE!**

(Note: VoP Sunny Freeman Genz is very active in peace work in Idaho. Earlier this year she was inspired to organize the first Idaho Peace Celebration, held on May 7th near Boise. She contacted me in the hope that I could take part, as she planned to use the Walking with Peace meditation to open the day's events. I was unable to attend, but stayed in touch and offered moral support via phone and email. She recently emailed me this wonderful account of how the day turned out. May it inspire you to create a VoP event in your area for the UN International Day of Peace Vigil on September 21st!)

Sunny's share:

*"We had a wonderful day! ... for two days prior to the event, it poured and even flooded some surrounding areas. My phone was ringing off the hook, everyone asking if the event was still on. I said of course, and told them I had reserved the sunshine well in advance! It just so happens that the morning of the event, at around 9 AM, the sky began to clear, and by 11 AM the sun was out.*

*I read the [Walking with Peace] instructions to our Peace Walkers and we began to make our way around the park... I thought the group (about 25 of us) would stay together more, but my pace was quite brisk and I was out in front of the group with only a few just behind me. I was so focused on [the mantras] that I hardly realized it. Then I noticed where I was and commented, almost to myself but aloud, "I should slow down, I'm losing everyone." Eric, a Buddhist priest who contributed much wonderful energy to the event throughout the day, responded, "You are doing exactly what you are supposed to be doing. You have found your own pace."*

*When I arrived back at the amphitheater I picked up the microphone and continued to repeat the peace mantra. As others returned they took their seats and joined with me. After all had returned we had the Unity Ensemble lead us in some chanting for about 20 minutes. Then we went over the hill and gathered in a circle around the Peace Pole. I unveiled the pole, told about the history of the Peace Pole Project, read a poem, asked another to read a poem written by a friend of mine, and then Eric led us in a mantra as we encircled the Peace Pole. We then gathered on the hilltop in a circle and learned some*

*Dances of Universal Peace. At this time we had about 20 people who were singing and dancing together. I did not want this to end! It was great fun!*

*Everyone was worried that I would be disappointed by the low turn out, but I wasn't, although it would have been nice if more people could have enjoyed this wonderful event. I think it was this way for a reason. The people who were there had a great day. It was very peaceful, and we all felt a great sense of unity.*

*Following the event it clouded up and began raining on and off for the next two days. I really was blessed with sunshine for the whole Peace Celebration, not a drop...*

*I look forward to future correspondence with ... Vessels of Peace. Together we can raise the vibration of human consciousness on this planet and the world will begin to heal. Peace will prevail on earth!"*

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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)