

"IN THE MOMENT OF A HEARTBEAT"
A Guided Meditation/Visualization
July 8th Doulas for Peace Call
Lynda Terry, facilitator

Note: This is an adaptation of an in-the-moment unfolding vision that facilitator Lynda Terry began sharing/guiding call participants through about 15 minutes into the silent meditation, on the July 8th call. We share it here for those who may feel inspired to use it as a guided meditation or visualization in their own practice, or in their women's circle or other group. Please share it with others as guided.

– The Vessels of Peace Core Circle

Prepare for meditation in your usual way, and then begin to chant or silently recite in your mind and from your heart, the peace mantras: peace ... om shanti ... salaam ... shalom. Continue in this way until you feel the peace and silence within filling your awareness. From that state, let this visualization unfold:

Place one hand on your lower abdomen, the place that you would gently, tenderly place your hand, if you were physically pregnant. Place your other hand on your heart center. For a breath or two, be aware of the hand on your abdomen and that area within your body. Then bring your awareness to the hand on your heart center for a breath or two, being aware of that area of your body. Continue in this way – perhaps alternating with one breath focusing on the heart center, the next on the lower abdomen – and being very aware of these two areas in your body ... aware of the life there ... aware of the peace that is alive in each of those areas.

Now picture in your inner vision - or just have the idea in your awareness - that as far as your eye can see, there are women ... women standing ... women sitting ... women lying down ... women walking ... all of them, placing their hands, one at a time, gently and tenderly, on their lower abdomens and their heart centers. Remain mindful and present to your own hands still in those places as you visualize this.

Imagine women in China stopping their work, in a factory, or in an office, or in a field. Not even knowing why, just stopping, and then placing their hands on their belly and their heart, listening ... feeling ... Imagine women doing this in the Middle East, in Palestine, Syria and Iraq ... women in Sudan and Darfur ... South Africa ... Liberia ... women in India, Malaysia, Thailand ... women on the island of Crete ... in the Alps of Italy ... women in Portugal ... in Greenland ... women in Alaska and Mexico ... Guatemala, Chile and Brazil ... women in Hawaii, Fiji, Bali ... women in the Dakotas, New Mexico, Iowa, West Virginia ... women in Quebec, Alberta, Saskatchewan ... women in so many places ... Nepal ... and in Russia ... on tiny islands and in huge, huge, valleys ,, in cities .. on farms ... women everywhere sensing the greater peace, feeling it come alive in them, and

stopping, just for this moment, to be a doula to it... to just be there for this great peace.

And their children see them doing this ... and they, too, place their hands on their bellies and their hearts... And the men, they see the women in their lives, their children, stopping ... listening ... hands on hearts and bellies ... and some men may be afraid ... they may hesitate, but then they, too respond ... the invitation, the collective presence of this greater peace touches them... and they, too, place their hands on their bellies and their hearts.

And this great collective presencing of peace by women, children, men stops all that has been, in the moment of a heartbeat ... and in the next heartbeat, something *new* begins ...

So in this moment, have the knowing that you have borne witness to this vision, and make an intention to continue to hold this vision in your heart and mind.

Now, tenderly bring your hands together, at the heart, in prayer pose ... Let your head bow in gratitude and humility and reverence for having been shown this vision, and for agreeing to hold it collectively with all to whom it has been shown. And say, "Yes, I honor this vision. I see it manifesting."

When your meditation feels complete, take a couple of deep breaths in, with long breaths out, to anchor this experience, grounding it in your body, in your energy field, and in the collective field of human consciousness. As you gently open your eyes, let the peace and power of this meditation go with you into the world – and know you can return to it again and again, and continue reinforcing its energy in your being and in the collective consciousness.