



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
APRIL 2005 - ISSUE #14

IN THIS ISSUE:

- FROM LYNDA : ON SPRING BREAK!
- SHIING OUR LIGHT FEATURE: GINA VILLA-GRIMSBY - CONNECTING PEACE, HEALING AND SERVICE IN A MOST BEAUTIFUL WAY
- NEWS & EVENTS: 11 INTENTIONS TELECONFERENCE CALL #4 - GAIA
- TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT
- THIS MONTH'S LINK: PYTHIA PEAY - MEDIATION AND ARTICLE
- PURCHASE GUIDED MEDITATION CDS!

ON SPRING BREAK

Dear VoP Women,

In the Northern Hemisphere spring is here, it's beautiful, and it's time to push the chair away from the computer and spend more time with Gaia energy! I'm going on spring break, right in my own beautiful neighborhood!

I've logged in a lot of online and telephone hours with you since the Walking with Peace vision stirred things up in mid-December. Our email list size has increased by 20 percent, and we've received greater visibility in the U.S. and abroad ... The Visioning Circle has begun and meets via conference call every month ... The monthly teleconference circles on the 11 Intentions are underway and those of you participating are loving them ... We initiated the 24 Hours of Walking with Peace event, which holds great promise as an event we could offer again at other times and on an even broader scale ... the website and monthly newsletter continue to offer support and inspiration ... all in all, not bad for a winter's work!

Ironically perhaps, the season of going within has been, for me, more about reaching out, riding the momentum of what that December vision manifested. Now, with the outward focus of spring, I want to be out in nature more, for sure -- but also, I'm feeling called to take time to review what the past several months have meant for me personally - not only the developments with Vessels of Peace, but also, my relocation to California, other changes in my life and other guidance I am receiving. And in very practical terms, I must deal with how to manifest sufficient funds to continue extending Vessels of Peace in the world. My husband, bless him, is completely supportive of my work - but this 70-year-old man who is supposed to be retired should not have to be taking on part-time jobs so I can do this. We need to find another solution.

It is my hope that by the May newsletter, the fruits of my "spring break" time will be ripening into something tangible. I certainly will give you an update, at least. Until then, let's all enjoy the season of renewal and fresh beginnings. I send you my prayers and blessings of peace -- and ask for yours.

In loving service,

Lynda

P.S. Although on spring break, I'm still doing this month's 11 Intentions call on Gaia, so do sign up if interested - see below for details.

SHINING OUR LIGHT : GINA VILLA-GRIMSBY : CONNECTING PEACE, HEALING AND SERVICE IN A MOST BEAUTIFUL WAY

“Each falling footstep is a connection, a healing for the Earth.”

For VoP Gina Vila-Grimsby, who emailed me this comment about the Walking with Peace meditation, each footstep signifies a commitment to personal healing as well. Since the summer of 2001, Gina, who lives in Wisconsin, has had to use a wheelchair and walker due to a mysterious illness that, after countless tests and hospitalizations, still has not been diagnosed. It began as a case of the flu and progressed within several days to debilitating fatigue, muscle weakness, partial paralysis and constant pain. In March of 2002, doctors told her she had a cancer of unknown origin and would die within the year. But within five minutes of that pronouncement, Gina felt something brush against her cheek - angel wings, she says - and knew otherwise.

Three years later, she is very much alive -- and determined not only to heal, but also to lead as full a life as possible while doing so. She is married and the mother of two sons - one a 13-year-old who has a high-functioning form of autism, and a 10-year-old with a genius IQ. She also is a student in the Seminary of Spiritual Peacemaking and plans to use her training to provide support programs for women in transition. If they can find peace from within, Gina feels, they will learn to live it. “I want to show them how to access their own peace,” she says.

Gina's ability to stay in touch with that peace inspires her friends, family and companion students in the Seminary. Often called on to act as a spiritual counselor by friends and family at home, she now finds herself doing the same for friends she has made through the Seminary and through her (often online) participation in various spiritual and social justice causes. As she serves others and serves the peace within her, she feels a difference in her condition.

“I am improving constantly ... it's slow, but it's constant. I work from the inside out to maintain the peace that exists within myself, and when I am able to hold that, keep that alive, it comes out in the way of physical improvement. Being a Vessel of Peace contributes to my healing, and that also is why I signed up for the Seminary. As I keep finding that peace in my body and sharing it with others, I will be healed.”

I first found out about Gina's illness when the 24 hours of Walking with Peace project was announced. Gina was one of the first to sign up, for 15 minutes. “Walking is hard for me, but I am determined to do it,” she emailed. When I emailed back inquiring if she was OK, she told me about her condition and how her ability to walk was limited to a few slow steps at a time. I said she could do a sitting meditation instead, but she was very committed to the walking format.

On March 8th she was visiting a friend in Arizona, but remembered her commitment to Walk with Peace. She later emailed me this account of how she spread her 15 minutes of walking over the day: “My Walk for Peace was absolutely wonderful ... My steps were not many, but my intention and focus was strong. I did manage to walk for 15 minutes: [from] the car into the acupuncturist's office, walking across some of those Arizona cinders! It makes it quite difficult

with a walker. I continued into the building and across the office to the counter. After my session, I did the exact reverse! Once back [at my friend's house], this was the only day that I managed to walk from the living room down the hall and into the bathroom and back ... These short, little walks were hard but worth every step of the way!"

As big an accomplishment as this was for Gina, she considers it just a warm-up. Her next project, which she is helping to organize, will be the Seminary's 8-day Peace Walk in Italy, from Assisi to Rome, in September! That's a whole lot more distance than from one room to another, but Gina is not at all daunted by the prospect. "I'm very excited. I know I will have the support I need and be carried by St. Francis. With each step we take, we will connect with earth and leave our vibration of peace ..."

May blessings continue to grace your journey of peace and healing, Gina – and know that the women of Vessels of Peace walk with you!

Note: Gina recently emailed that she has begun training for the September walk: "I'm going a mile [using the wheelchair] three times a week, propelling myself with my feet... I've done 5 miles already! I say [the peace mantras] chant all the time." If you would like to contact Gina, you can email her at phoenix@ez-net.com

NEWS & EVENTS - APRIL

11 INTENTIONS TELECONFERENCE #4: GAIA, DIVINE HARMONY SUNDAY, APRIL 24TH at 7 PM EDT/4 PM PDT

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.

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** (<mailto:lyndaht@sbcglobal.net>) **by Wednesday, April 20th**. 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.

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

EMAIL SHARINGS

Your sharings about our 24 Hours of Walking with Peace continue to come in! We begin with this powerful account by Barbara, from Pennsylvania, about how doing the walk on March 8th helped her shift from a place of turmoil and darkness into a place of clarity and peace:

“ There is turmoil in my life ... and upon ‘hitting the wall’ that day on the walk, I sat leaning against a tree. I cried and let go of a lot of stuff ... It was cold and there was snow on the ground ... I began to recite the peace mantra. I said it over and over. A great clarity of thought and spirit came over me, and I saw things so differently all of a sudden! I saw all my parts of the play with great clarity. I became aware of things that brought peace to me, and a beginning of a finishing. I got up and continued the walk, and continued the mantra. I became peaceful, and knew great peace, from a great trouble, and knew everything is in the order of the universe. I felt as one in the presence of something much greater than myself, and as I reveled in all that was happening, the mantra never left my conscious thoughts! I was not even aware of my footfalls in the mud and snow. The lake looked calm, the air felt calm and even my dogs were calm! I am learning the meaning of peace ... As things progress each day, I see the light where there has been darkness, and I remember that great moment of clarity on a cold walk in a park, where I found peace instead of pain...”

More March 8th shares:

“In Pennsylvania, it was bitter, cold, windy ... so I decided to do my ‘walk’ as a seated [indoor] meditation. I am a Reiki master, so before I began I sent Reiki for peace and healing, then settled in to meditate. As I chanted the peace mantra, the energy I felt was quite amazing. I felt a white light coming down into my body through the crown of my head. At the same time, a column of heat moved upward from my feet, up through my root chakra, moving upward until the white light and the column of heat joined at my heart and flowed out of my hands as a green beacon. I had a vision of thousands of women bouncing a large, blue ball (I took it to mean the earth) through the air. From every culture, every color, every religion, a big blue orb was being bounced gently from fingertip to fingertip as it was passed from person to person. The vision slowly faded and the meditation ended, leaving me in the most serene and peaceful state. Wow! A truly amazing experience, one that I’ll not forget!

- Patti, Pennsylvania

“The walking with peace meditation was very powerful as I chanted and toned my way along the streets bundled up in all my winter gear. It was a cold day, but beautifully sunny, and at one point I felt this melting unity with everyone. It was a wonderful expansive moment, a brief glimpse into the sensation of ‘timelessness’, and I could feel how powerful this energy is. Just envisioning large groups of people doing this was very moving.”

- Wende, Ontario, Canada

“I ended up doing my walk in a blizzard. Wind and ice and literally being blown across streets, walking bent over, hugging posts to keep going. All the time repeating [the mantras] ... amidst busy downtown Philadelphia. I could have stopped but determination kept me going. I made it and yet the end feeling was one of exhaustion and a sort of “there is no need for this” kind of taste. ... Yesterday, in contrast, I did a walking meditation with other three women, sending Peace whispers and chanting the mantras to two friends who are in Ramallah{Palestine/Israel) experiencing that ‘climate.’ What a difference... the sun was out, the grass felt soooo good, birds chirping, no wind except a caressing one. This Peace felt so right!!. No exhaustion - just renewal.”

- Dora, Pennsylvania

“I ended up walking around my living room as we were having quite the snow storm. But the living room was great. I felt very connected to a powerful presence of peace.”

- Laurel, Connecticut

“Amidst a more hectic week than usual, I did keep my commitment to walk ... It was snowing, and I chose a metropark that for some reason was strangely quiet during that time ... I encountered only one person and several deer! The deer were beautiful, and I opened my arms to them as I walked with the mantra. I swear they seemed to understand. I felt a very strong connection with the life around me, and the deep gratitude that filled my heart brought tears to my eyes. My 10-year-old pet bird had died the night before, and I was distracted not only with grief for her loss, but also with concern for her surviving companion ... but I have no doubt that even in that state I was able to contribute something to the global energy. That in itself was enough for me, and very powerful.”

- Barbara, Ohio

“... Very peaceful, and I loved the feeling of supporting and being supported by everyone worldwide...”

- Jo, Minnesota

“I walked my half hour around the grounds of the complex where I work, which a century ago was an orphanage and has great old trees and grasslands. I was blown around, almost [by the wind]! I silently and slowly said the mantras the entire time I walked. At one point there was a toy soldier along the sidewalk. I picked him up and put him in my coat near my heart, praying for peace for all soldiers ... As I entered my office building from the back, I noticed a bright cloth object blowing in the wind. When I reached it, it was my very own earmuff headband! I didn't even know it was missing! I must have dropped it when I put my hat on starting my windy walk. Half an hour later, there it was, waiting for me, around the corner of the building from where I started. Rarely do I enter my building from that direction. It was like a message from the Divine Feminine: ‘Welcome back from your walk, your time with Me. I have a little gift awaiting you’ Lovely!”

- Carolyn, Illinois

INSPIRATION

“... Freedom from fear is the cornerstone of peace, and ... peace—both in our inner world and in the world around us—is the keystone of true health and happiness. Peace is our natural state of mind and our greatest wealth. This precious wealth is at the core of our being.”

- Pandit Rajmani Tigunait

Sent by Sunny, Colorado:

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the infinite peace to you

- Adapted from ancient Gaelic runes

THIS MONTH'S LINK : PYTHIA PEAY'S MEDITATION AND ARTICLE

Pythia Peay's article in the March/April issue of *Utne* magazine, "Spirituality and the 4th Wave of Feminism," really excited me. She talks about a new feminism emerging that is fused with spirituality and touching women across faiths, cultures, etc. Certainly Vessels of Peace would seem to fit within that trend, even though we don't include political and social justice aspects within our mission, at present. In "googling" Pythia, I found she had a website, and also, a very nice guided meditation re the Sacred Feminine on the Beliefnet.com website. So here are three links to explore:

Read the Utne article here:

<http://www.feminist.com/resources/artspeech/insp/spiritualwave.html>

Experience the guided meditation, "Greeting the Goddess - Bring the Divine Mother to life," here:

http://www.beliefnet.com/story/133/story_13367_1.html

Check out Pythia's website here:

<http://www.pythiapeay.com/>

PURCHASE VOP GUIDED MEDITATION CD!

Only **ONE** 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 this last copy, email me at lyndaterry@vesselsofpeace.com or call 707-538-2070. Cost: \$15 + shipping.

Note: There will not be additional copies made of this first VoP CD, but there will be a new Vessels of Peace meditation CD using the peace mantras, and there are some other VoP women who are interested in co-creating a CD - so stay tuned for updates on both those projects.

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. To order via credit card through the Inner-Connection, call them at 717-774-4874. CD: \$15 + shipping.

SUBSCRIBE/UNSUBSCRIBE TO VESSELS OF PEACE NEWSLETTER

To SUBSCRIBE, email lyndaterry@vesselsofpeace.com with subscribe as the subject. Please also put your name, email address, and city/state in the message. To UNSUBSCRIBE, send an email to the same address with unsubscribe as the subject.

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 <http://www.vesselsofpeace.com>

