



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
AUGUST 2005 - ISSUE #18

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GUEST EDITORIAL

(Note: Continuing the trend set last month, we feature the inspiring writing of another VoP woman, Karen Latvala. She is a certified Life Coach, the former co-director for Circles of Ten: Women for World Peace, and a member of the VoP Visioning Circle. This editorial is adapted from her weekly "Fresh Perspectives" e-mail series. You can contact Karen at CoachKarenL@mindspring.com or by phone at 719-942-4758.)

ADJUSTING OUR VISION

By Karen Latvala

Last week I went to MapQuest to get some directions, and I thought about how cool it is to zoom out for a broader map and zoom in for more details. (If you haven't done this, visit www.mapquest.com) Life is like that. We can zoom in and out, adjusting our vision beyond what we're seeing at any moment - if we just remember to do it.

Why would we want to zoom out? When life is feeling intense, painful, or tedious and we're stuck in one perspective, zooming out feels expansive as we see the bigger picture. It allows us to see more possibilities. How many other roads are out there? What's outside the box of my limited view? Is there another place I'd like to focus my attention?

Likewise, there are times we need to zoom in. Maybe life is feeling a bit unsatisfying or upsetting. We can zoom in and look closer at what's going on in our mind, body, emotions, and spirit. What am I seeing that I need to pay attention to? Do I want to change any attitudes or priorities? Do I want to be more peaceful, loving or compassionate?

Recently, I was conscious of using both these techniques as our daughter Susie had surgery to remove a malignant thyroid. I zoomed out to see how this significant event fit into the bigger scheme of life, and I zoomed in to see how I was feeling about it deep down. It gave me a fuller perspective from which to experience life.

TRY THIS. Use your power to zoom in or out right now. Ask, “Do I need to change my direction, change some details, or does it feel like I’m headed in the right direction now?” Use this tool frequently to get new perspectives in your life. It’s a very helpful tool - and fun!

NEWS & EVENTS - AUGUST

THE 11 INTENTIONS MANDALAS PROJECT

Many of you know about the book manuscript I have written, “*The 11 Intentions: Invoking the Sacred Feminine as a Path to Inner Peace.*” The 11 Intentions Teleconference series being offered this year is based on material from that manuscript.

What you may not know is that while writing the book, I was shown that there is to be a meditation mandala for each intention - visual representations of each intention’s Sacred Feminine energy that will dramatically enhance the experience of working with them. After 18 months of searching for the right artists for this very special artwork, I finally found them (Bonnie Bell and David Todd) this spring, and they will begin the project this month. You can see examples of their work at: www.go-gaian.com (Especially check out one of my favorites, the World Healer mandala, which was created as a response to 9/11).

To cover the cost of commissioning the original art, a suggestion was made that we offer VoP women an opportunity to “sponsor” one of the mandalas being created. In return for a woman’s sponsorship of an intention, she would receive the first limited edition 20 x 24-inch print of that particular mandala, matted and ready for framing, with a personal inscription by the artists.

More details and a first look at one of the mandalas will be available soon. For now, we are sharing this idea to see how many of you may have an interest in sponsoring one (or more!) of the mandalas. If you have an interest in helping VoP manifest the 11 Intentions Mandalas Project and want to learn more, please let me know of your interest -- and which Intention(s) you want to sponsor. Still available are: Shakti, Hestia, Kwan Yin, Mary, Saraswati, Gaia, Sophia, Lakshmi, Kali Durga, or Sige (The 11th Intention - Divine Feminine is already spoken for).

Please note that expressing interest does not in any way obligate you to go ahead with sponsoring a mandala; it simply reserves your option to consider doing so. If we have more than one expression of interest per intention, a list will be maintained and the opportunity offered in the order of the sign-ups until we have a commitment. Email me at lyndaht@sbcglobal.net if you are interested and/or with your questions.

Thank you for considering this way of helping to further extend the work of Vessels of Peace!

UPDATE ON INTERNATIONAL DAY OF PEACE VOP EVENTS

Last month, I shared with you about the Visioning Circle observing the International Day of Peace Vigil on September 21st, while on our retreat in Crestone, Colo. I now have some further details about where we will be doing the three public meditations that we are encouraging you to tune into, in spirit, from wherever you are. There also has been a change in the times from

the initial listing, so please make note of those changes.

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. Vessels of Peace will be offering the following group meditation events in Crestone on the 21st:

- 7-8 AM MT (9-10 AM ET): Silent Peace Mantras Meditation at the Sangre de Cristo Chapel, Spiritual Life Institute

- 1:30-2:30 PM MT (3:30-4:30 PM ET): Walking with Peace Meditation - The Labyrinth at the Temple of Consciousness Ashram

- 6:30-7:30 PM MT (8:30-9:30 PM ET): Chanting of Peace Mantras and Silent Meditation in the Zen Mountain Center Meditation Dome

You can find instructions for the Walking with Peace Meditation and the a sitting version of the peace mantras meditation on the VoP website at: www.vesselsofpeace.com/walking.htm

Other ways to participate:

1. As we did on March 8th, commit to doing the Walking with Peace meditation for a certain time period during the day - either by yourself or with others. Email me your intention so we can track, as we did in March, what locations around the world VoP women will be taking part.
2. Make a commitment to repeat the Peace Mantras at various times throughout the day.
3. Keep the recorded version of the Peace Mantras on the VoP website playing on your computer all day long.
4. Take the day off and travel to a sacred site - a temple, ashram, retreat center, nature spot - and do your peace practice there.

Please let me know how you plan to observe this day so that I can share it in the newsletter. Email your intentions to me at lyndaht@sbcglobal.net.

For more on the peace vigil and to see the Vessels of Peace listing on the Commitments, the North America section, go to the IDP Vigil website at www.idpvigil.com

NEXT 11 INTENTIONS TELECONFERENCE: SIGE, DIVINE SILENCE
SUNDAY, AUGUST 28th at 7 PM EDT/4 PM PDT

Space still remains for the next 11 Intentions Teleconference call on Sige. 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) by Wednesday, August 24th. 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 UPCOMING 11 INTENTIONS CALL DATES!

- LAKSHMI, DIVINE ABUNDANCE, SUNDAY, SEPTEMBER 25TH
- KALI DURGA, DIVINE STRENGTH, SUNDAY OCTOBER 30TH
- SHAKTI, DIVINE FEMININE ENERGY, SUNDAY, NOVEMBER 20TH
- THE 11TH INTENTION - SERIES CULMINATION, SUNDAY, DECEMBER 11TH

EVOLUTIONARY WOMEN RETREAT

Evolutionary Women
Co-creators of the New Future.
December 2-4, 2005
Santa Barbara, California

When I received the email about this retreat, I knew I had to be there. Perhaps you will feel called too? Barbara Marx Hubbard will be the featured presenter. To find out more, check out the website at: www.evolutionarywomen.org

PEACE LINK : TRAIL OF DREAMS WORLD PEACE WALK

A VoP woman recently forwarded to me an article about a woman in Georgia, Audri Scott Williams, who has organized a three-year walk around the world called the Trail of Dreams World Peace Walk. When I read about it, I could not help but think of the Walking with Peace vision of last December, and so I emailed her to share about the work of Vessels of Peace and to explore what synergy there might be for our shared visions. She has responded warmly, and we will be talking by phone soon.

For VoP, perhaps our involvement is as simple as turning out to offer support when the Walk comes near our part of the country and/or seeing that they have copies of the Walking with Peace meditation instructions to share with people along the way ... Or who knows? Perhaps some of us participate in some/all of the legs of the journey!

To find out more about the Trail of Dreams World Peace Walk, including the cities and countries the walk will pass through, go to Audri's website at: www.nowtimeprophecies.org

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.)

Sharings

Christina's article about The 11 Intentions practice as an offering for others brought this response from Barbara, British Columbia, Can.:

"It was very interesting to read Christina's note ... You may be pleased to know that when I am working with The Eleven Intentions, I also find that people show up in my mind as I invoke the various Goddesses. I have been saying prayers for these people ever since I started to follow this work. It just happens spontaneously for me."

And still more has come in regarding the experience of a woman traveling the solo vision quest-type journey. This latest is from Barbara in Ohio:

"As I read Tyra's response to your transformative travels ..., I felt compelled to share my own experience from last August. I can fully relate to the transforming power that you [and she] experienced ..."

My 6,280-mile solo trek from Toledo to Oregon, down through northern California, back through southern Utah and Nevada, and including eight days at a favorite and very quiet monastery in Snowmass, Colorado, lasted nearly five weeks. The original destination was for a [Spiritual Peacemaking] seminary retreat at Camp Latgawa in Eagle Point, Oregon, near Ashland ... there, the connection that I found with the Divine in the natural surroundings, and with all of those beautiful Light Beings, was an astounding wonder.

When I left the retreat, I spent a few days in Oregon, and also visited Crater Lake. I was so open, so vulnerable, that I was utterly overwhelmed when I first beheld the pristine beauty of that lake, and all I could do was burst into tears of Gratitude to the Mother. What an amazing feeling of Divine Love!!

I found the austerity of the Oregon coast to be equally awesome, and felt at one when I took the time to walk a beach and get my feet wet one cool morning. Incredible in a different sense, but no less so.

The amazing Redwoods of northern California had a similar effect on me, and I am amazed that I did not plow into one while gawking around me even as I drove! When I stopped at a particular old grove, I found myself nearly alone in the late afternoon, and I could truly feel the ancient Wisdom that emanated from those old trees. They all but spoke it aloud ...

I then spent eight days at St. Benedict's Monastery in Snowmass, which has been a wonderfully sacred Space for me since I discovered it a few years ago. The beauty of the open valley, surrounded by majestic mountains, coyotes howling at night, the joy of interaction with small, curious wildlife ... what could be a better environment for connecting with Source in every way?

The Divine Love that surrounds us and connects with us at the core of Who we Are is really all there is, isn't it? What Peace we do know, when we but pay attention and allow ourselves to just Be Who We Are!

It was a Journey (in more ways than one) that I can scarcely describe, so sacred it was to me. And, I was surprised to note that when I was finally on the last leg of the car journey, I had for the first time in my life, a conscious sense of mixed feelings about returning home. Part of me wanted the journey to never end, because it was so incredibly transforming for me. Yet, I suppose the Joy in it was the deep Knowing that it does NOT end, and that in many ways it was only the beginning, as are all such experiences, ultimately."

Inspiration

For years, I've subscribed to The Daily Word devotional magazine put out by Unity. This one, from July 31st, felt so Vessels of Peace-like, that I wanted to share it with you:

Affirmation from Daily Word - July 31, 2005 - Peaceful Heart

With my prayers of peace, I help support and sustain all in the family of God.

From my peaceful heart, I send forth peace-filled thoughts to the world. I also take time to envision a world of peace, knowing that the good I perceive is the very good that I can help make a reality.

In prayer, I join with people the world over who are letting the peace of God fill their thoughts, conversations and actions. We are the family of God sharing the abundance of our home, planet Earth. Dedicated to focusing on peace, expressing peace, accepting peace, as a way of life for all children of God, we live the life we were created to live. We speak a language of love and unity.

Our peaceful hearts lead us in creative yet gentle ways of resolving differences and honoring one another. We are supporting and sustaining one another through our prayers, communications and actions of peace.

“Let us then pursue what makes for peace and for mutual upbuilding.” Romans 14:19

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FOR MORE INFORMATION ABOUT VESSELS OF PEACE

Vessels of Peace is an international circle of women committed to presenting peace in all areas of their lives. For more information, go to www.vesselsofpeace.com