



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
JANUARY 2005 - ISSUE #11

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## FROM RAGING PEACE TO WAGING PEACE -- Lynda Terry

I often get forwarded emails expressing anger and judgment about the war in Iraq, the current U.S. Administration, etc., and urging various actions. I guess there is the assumption that, as founder of Vessels of Peace, I must be a peace activist. I don't see myself that way. As I've written before, a vessel of peace is a peace *catalyst* -- one who precipitates the experience of peace in others primarily by the energetic effect of her/his embodying, holding, and presencing.

While I understand the emotion, concern and urgency that fuels the rhetoric and actions of activists, my work is about offering another way. I am not suggesting people "do nothing" about causes and issues that are important to them, but I am inviting them to find a response that is not steeped in the same energy as that which they oppose, in the energy of what has been. Instead, seek out the energy of what can be, the energy of the heart's hope and wisdom. Wage - that is, engage in and carry out -- peace, rather than rage in the name of peace.

So what do we do with our anger, frustration, fear, concern? See it as a natural human response, without suppressing it or judging ourselves for feeling it - but rather than act from the first emotional response, look deeply at it. Use the spiritual practice of self-inquiry to understand what it is showing you about yourself. Once we understand and get in touch with what is being brought up for us, once we can get to the inner source of the emotion, then we know where the first work of waging peace lies. All emotion is energy associated with a story our mind has told us about a sensory perception/experience. Since we allow our mind to create the story, we also have the ability to let it revise it -- and in doing so, free that energy to be channeled into a more peace-centered response. We can take action in the world from a more compassionate and expansive perspective. Instead of being anti-something, which is simply the

other side of the same coin, so to speak, we can be catalysts for peace, embodiments of peace, whose presence in the world creates deep and lasting changes in conditions and in people.

The transition from peace activist to peace catalyst isn't always easy, but it is essential, because adversarial approaches such as "fighting for peace" no longer serve us. Seeing those who have other views and priorities as "enemies," will not get us to a peaceful world. We must have the courage and willingness to let this old way of doing go. That is why I am here -- to hold this space with you, where we learn from and support one another in the sacred work of waging peace, of walking with peace, of living a vision that inspires others to a new way.

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## VOP NEWS AND EVENTS - JANUARY

### WALKING WITH PEACE UPDATE

The response to the December 16th vision email has been amazing! So far, it has been forwarded across the U.S. and Canada, into South America, to parts of Europe and the Middle East, to Australia and to New Zealand. (If anyone is aware of other countries it has reached, do let me know). I've received dozens of emails, and our list has expanded by more than 25%! Many people are doing the walking meditation and/or using the peace mantras, and reporting how they have been affected. I've included two sharings here -- see more in the "Tending the Vessel" section below.

"I took a walk to deliver my rent check to the landlord and found myself doing a "peace" walk. I noticed for the first time in a long time I felt strong while walking. I enjoyed the walk so much that I extended it around the block. I am definitely looking forward to future peace walk meditations!"

-- Coletta, Ohio

"I've been using the mantras on my daily walks and always feel like angels are traveling behind and above me. I like it!"

-- Karen, Colorado

The Walking with Peace email is now on the website, under the News & Events section, along with some other information. In addition, you can now hear a repeating audio clip of me repeating the peace mantras when you are on the main page. Look for more website information and support for Walking with Peace in the weeks ahead.

Please continue to share the vision and the walking meditation process, and if you organize a Walking with Peace group or event in your area, let me know so I can share the details on the website or in the newsletter.

### SPRING/SUMMER WALKING WITH PEACE TOUR?

Some of you have expressed interest in hosting or helping coordinate a Walking with Peace event; I've had inquiries from women in Colorado, Utah, and Idaho, and it happens that I will be driving to Colorado in May for a retreat in Crestone. So, if you live in California, Utah, Idaho, Nevada, Colorado, New Mexico, I can envision a Western tour taking shape for spring/early summer. If you'd like to have me come to your area, or help with coordinating and planning this, please email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net) to explore the possibilities.

## UPCOMING TELECONFERENCE CIRCLES

There will be a number of teleconference and teleclass circles offered in the coming months, and I am excited about what we will be able to experience through this format. VoP Sheila Foster, founder of the Temple of the Sacred Feminine in Boulder, Colo., ([www.templeofthesacredfeminine.com](http://www.templeofthesacredfeminine.com)) uses teleconferencing in her work and says about it: "While in-person gatherings are very beautiful and satisfying and have their unique benefits, teleconferencing also has its own gifts. It offers a reminder that separation is only apparent: it is possible to feel deeply tuned in and connected as a circle of women via telephone and email meetings. It calls for a different kind of attention and focus, and in some ways heightens capacities to listen, feel, intuit, and "read" the field of the group and each participant. It's not so different from situations where, when one sense is disabled, the other senses heighten in their sensitivity."

For January, the following Vessels of Peace teleconference circles are scheduled:

### 1. LEARN THE MANAHPRASADA PEACE MEDITATION

\*TELECONFERENCE CIRCLE: SUNDAY JANUARY 23 at 7 PM EST/4 PM PST

For those of you who could not take part in December's call, here is another chance! Manahprasada, a Sanskrit word for "peace of mind," is a gift of Divine Peace, to be shared freely with all who wish to receive it. The practice of Manahprasada is the original meditation from which the Walking with Peace meditation derives. This sitting version involves some other elements in addition to the peace mantras; it is especially effective at helping the mind to access its natural state of peacefulness on a more consistent basis. Must register for call by Wednesday, January 19th.

### 2. THE 11 INTENTIONS: INVOKING THE SACRED FEMININE AS A PATHWAY TO INNER PEACE

\*TELECONFERENCE CIRCLE: STARTS SUNDAY JANUARY 30TH at 7 PM EST/4 PM PST

This circle will meet for 11 Sundays - one each month - to experience how invoking Sacred Feminine Presence enhances our capacity for peace embodiment. Each month we will focus on a different Intention (See VoP Practices on the website, [www.vesselsofpeace.com](http://www.vesselsofpeace.com)) as the "way in," invoking the energy of the particular personification represented and exploring the aspects of peace she embodies. Must register for call by Wednesday, January 26th.

\*Call logistics: Calls begin at 7 PM EST/4 PM PST and end 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 the date shown under each call topic. 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.

## CIRCLES OF TEN WEEKLY PHONE CIRCLES

Also, a sister peace circle, Circles of Ten - Women for World Peace, based in Boulder, Colo., offers a telephone circle every Thursday evening at 6:30 PM MST. For more details, see their website at [www.peacecircles.net](http://www.peacecircles.net) or email [Sarah@peacecircles.net](mailto:Sarah@peacecircles.net).

## CALL FOR THE 11 - UPDATE

Seven women have come forward, so far, in response to my "Calling for the 11" email, and I trust that the remaining four will come forth when they know who they are! In any case, we will begin anchoring the energy with who has come forward, starting with a teleconference

visioning circle later this month to get acquainted and set intentions. Look for more on that in the next newsletter. If any of you new to this list feel drawn to know more, email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net), and I will send you more details.

## SHINING OUR LIGHT

*Note: This new monthly feature replaces the Great Feminine Being feature. Each month, Shining Our Light will report on how one VoP woman is presencing 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!*

### SERENA NOVA'S UNIVERSAL FLAG OF PEACE

For several years, Pennsylvania native Serena Nova, now a new California resident, has offered website design and related services. During this time she also was guided to create computer designs that she calls "energetic artwork." One such group of artwork is called Peace Portals.

"The Peace Portal Project is a manifestation of the energies of Harmony, Peace, Transformation, Transmutation, and Light," according to Serena. "These energetic portals are manifested on earth to assist in transformation and transmutation ... They can be used as a focus point in meditation or placed in a room in your home for the purpose of providing the energy of the portal."

The most well-known of the portals is the Universal Flag of Peace, and Serena offers color reprints of the flag to anyone who wants one.

"It is important during this critical time that this flag begin flying in the hearts, minds, and homes of all who are able to receive it," she says. "If we cannot achieve peace in our own homes and hearts, how can we dare expect others to achieve peace for an entire nation? The Universal Peace Flag challenges each of us to live our life in compassion, to hold all people harmless and worthy of a peaceful co-existence."

To see the Universal Flag of Peace and other peace portal artwork, go to Serena's website at [www.makeyourpresenceknown.net/id11.html](http://www.makeyourpresenceknown.net/id11.html). The flag is available for the asking, as a print (8-1/2 x 11) with or without text, postcard size with text, or business card size. Love offerings are accepted.

More about Serena and contact info: After transitioning from the East to the West, Serena, a Universal Minister, is ready and available to share the journey of moving from fear to love -- from darkness to light -- which has assisted in the even greater transition we all face: moving from the 3rd dimensional view to the 5th dimensional view. She can be reached at 510-845-1571 (Berkeley, CA), 1-800- 476-5979 or email her at [novacreations@msn.com](mailto:novacreations@msn.com)

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

EMAIL SHARINGS:

From Gigi, Pennsylvania:

*"You inspired me to take a walk just now - under very different conditions - a cold clear night, quiet, with the glow of Christmas lights lighting up the neighborhood. It gave me time to reflect on your vision. I will most certainly hold space for it."*

From Babara, Pennsylvania:

*"... I must tell you that the same day you had your vision, I believe we walked about the same time, doing almost the same thing. ... When I get home it is dark outside; however I was hoping to connect to earth energy to soothe the emotions of working in the 3rd dimensional world. ... I laid down on the bed (hoping to find that same peace the outdoors always brings me), not seeming to be able to stop the tears that were streaming down my face ... I felt a very strong prompting to "get up and go to the park." ... so drying my tears, I decided to go for a walk by myself at Pinchot Park, which is only a half mile from our home. Normally I am not comfortable with walking in the dark alone; however I was desperate to be outside with the earth elements to clear my mind and emotional state. As I walked down to the beach I felt great discomfort - so I walked quickly. I was determined not to turn back. As I hit the sandy beach a peace came over me like a soothing balm. The discomfort left as I found myself chanting "Peace (left, right), Om Shanti (left, right), Salaam (left, right), Shalom (left, right)." I continued to chant the mantras on my walking meditation until I came to a boat dock anchored in the middle of the sand at the other end of the beach... I laid down, looking up at the stars ... I continued to chant the mantras, feeling VERY peaceful... It was a beautiful experience... I was surprised to read your letter about the Walking Meditation the next day and how close the times [we walked] were! While I did not have the Vision, I certainly had much peace!!!!"*

From Julie, Massachusetts:

*"I did the Peace Walk again yesterday. This time it was towards the end of the afternoon, the sun was setting behind the trees, the snow was fluffy and had not yet been walked upon in the woods behind my house. I spoke the words aloud, and as I passed under various out-reaching pine boughs, it was like they were extending their hands--like I was walking down a row of people at a reception line. So, as I walked, and repeated the words, I also 'shook' hands or gently brushed against the trees along the path. Some I had to duck under, and then their snowy branches brushed my head. It was utterly lovely. When I got to the pond, I wrote the words in the fresh snow.*

*A friend of mine who is very attuned to mother earth was delighted when I invited her to repeat these words when she goes for her walks. She immediately 'got' that the earth would hear this ... and the wind would carry it, the trees would hear it, etc. So—the healing is for us (the repeaters), and the environment around us, and for any and all we designate with our intention to 'receive' our expression of peace."*

From Kia, United Kingdom:

*"From one Vessel of Peace to another, Peace. Om Shanti. Salaam. Shalom. In Islam we would add 'Insallah' God Willing, but I refrain from that as God is ever willing; it's us human counterparts that must be willing to stand united in peace..now and always. Amen and So It Is!"*

**INSPIRATION:**

*"There is no walk for peace; peace is the walk. By walking, we generate peace within our*

*body, our consciousness. We embrace and heal the pain, the sorrow, the fear in us, and that is the ground for helping peace to be a reality in the world."*

-- Thich Nhat Hanh

*"Before me peaceful. Behind me peaceful. Under me peaceful. Over me peaceful. Around me peaceful."*

-- Navajo Blessing (Sent by Shelley, from Texas)

**PEACE LINK:**

This lovely, quiet site has numerous visual and verbal options for contemplation:

<http://peacefulrivers.homestead.com/>

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**PURCHASE VOP GUIDED MEDITATION CD!**

Only a few 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](mailto: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.

**PURCHASE LYNDA'S CD!**

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, stop in to purchase or you can call them at 717-774-4874 to order by mail. CD: \$15. Tape: \$10.

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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)