



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
JULY 2005 - ISSUE #17

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## OFFERING THE 11 INTENTIONS AS COMMUNITY SERVICE

Note: I recently received the following email from Christina, a new VoP woman from Maryland, in which she described her experience of the June teleconference call on Sophia, and how she subsequently was guided to use The 11 Intentions in her morning practice. As I read her email, a wave of energy washed over me, and my mind snapped to attention. Amazingly, it had never occurred to me to use The 11 Intentions as she describes -- and I had never had another VoP woman mention working with them in this way. It felt like a key element about the significance of the 11 Intentions had been revealed, and that the ramifications of this new awareness would be greater than I could know.

Here is Christina's email, after which I offer a closing thought.

Dear Women,

I became acquainted with Lynda Terry and Vessels of Peace at the May Woman and Silence retreat in Crestone, Colo. I then attended Lynda's June monthly 11 Intentions teleconference on an aspect of The Goddess - Sophia, Divine Wisdom. I came away from the call feeling very much at peace with my life and myself. Although Lynda was the only woman on the call whom I had met in person, I felt very comfortable with being in the circle of women invoking Sophia. And each time I have used The 11 Intentions in my daily spiritual practice and when I read them to a friend over the phone, it has a definite energy that I can feel on multiple levels of my being.

The experiences I had at the Crestone retreat that Lynda and I both attended were very spiritually powerful for me. And these intentions feel like the answer to a longing for more connection with Spirit that I have had for several years.

Sophia's blessing, shared with us at the end of the call, is: "May you open to the wisdom within you and experience my peace fill your being." Sophia has definitely ignited my own Divine Wisdom and my feeling of peace since the teleconference.

This morning, as I invoked The Goddess via The 11 Intentions, I was called to pause several times to pray for people who came to mind as I read a particular invocation. Since I have

struggled from time to time with feeling selfish because I often pray for myself but not as often pray for others, allowing prayer for others to be interspersed with and incorporated into The 11 Intentions feels like a perfect fit for me. And, of course, the particular goddess invoked, when I was called to pause because of a thought of a friend or relative, was the perfect one for what is going on for that person at this time.

I have been a member of the Institute for Noetic Science (IONS) for around 20 years, and receive their monthly email that is also about intention. This month's email included the following:

July Inspiration: Picture the ripples from a pebble thrown into a lake, they eventually reach the shore on all sides. Your influence ripples out from you to your immediate family, to your friends, to your community, to your country, to the planet. And everyone you touch touches others ... This month we invite you to pay attention to the effect you have on your immediate environment, friends, family, and community; pay attention to the ripples that begin with you.

July Question for Reflection: Ask yourself what you can do to help your community. There are many levels of participation; even the smallest contribution makes difference ... What can you do to make a difference in your community?

When I read this after it arrived in my inbox two days ago, I felt some discomfort, some dissatisfaction with myself that I have not been drawn to "community service," although I have been open to the "right" community service for me since my retirement two-plus years ago. This reflection brought up for me a "should" around community service.

This morning, however, I remembered that at the Crestone retreat, it became clear that my focus, for the next year anyway, was to be my Apprenticeship with The Great Mother that Sheila Foster of The Temple of the Sacred Feminine ([templeofthesacredfeminine.com](http://templeofthesacredfeminine.com)) is offering. And this morning, as I invoked The Goddess via The 11 Intentions, it also became clear that my "community service" is in my daily practice of using "The 11 Intentions." I can have a positive influence on my family, friends, and community by the simple practice of invoking The Goddess each day. It felt very right to have this answer to what my "right" community service is.

I am grateful, Sophia, that you have opened me to the wisdom within me and to the experience of your peace filling my being. As I type this, I am feeling what I felt this morning - a powerful sense of gratitude, of connection with The Goddess, of the rightness of praying for others, and of the perfect fit of my community service.

- Christina

Christina's experience is a perfect example of what the title of my book: "The 11 Intentions: Invoking the Sacred Feminine as a Path to Inner Peace" promises. Her longing and intention came together in her heart's invocation of Sophia energy, and a pathway manifested for her – a pathway to a personal relationship with the Divine as Feminine ... a pathway to inner peace ... a pathway to serving community ...

Christina, you also serve the Vessels of Peace community, by sharing your experience with us. Thank you for articulating so beautifully, your realizations, as well as this inspiring way to serve others with The 11 Intentions practice!

## NEWS & EVENTS - JULY

### INTERNATIONAL DAY OF PEACE VIGIL: VoP OBSERVANCES

The Vessels of Peace Visioning Circle will be on retreat in Crestone, Colo., from September 20-24. On the 21st, which is the UN International Day of Peace Vigil, we will spend the entire day in spiritual practice - and you are invited to join your energy with ours from wherever you are. 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.

Ways you can participate as a VoP:

1. Schedule a sitting or walking meditation (alone or as with others) to coincide with when the VoP Visioning Circle is doing the following meditations in Crestone:

- 7-8 AM MT/9-10 AM ET: Manahprasada Peace Meditation

- Noon-1 PM MT/2-3 PM ET: Walking with Peace Meditation

- 7-8 PM MT/9-10 PM ET: Manahprasada Peace Meditation

See the VoP website for instructions for the Walking with Peace Meditation. There will be two offerings of the Manahprasada Meditation Instruction teleconference call between now and September 21st, dates to be announced, for those who would like to learn how to do this sitting meditation.

2. 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, the locations around the world where VoP women will be taking part.

3. Make a commitment to repeat the Peace Mantras at various times throughout the day.

4. Keep the recorded version of the Peace Mantras on the VoP website playing on your computer all day long.

5. Create your own special peace practice for the day - and email me with what you decide to do so we can share it in the newsletter.

6. 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 what you decide to do so we can share the many creative ways VoP women participate in this vigil. And if you have other suggestions for how VoP can further take part as a group, please do share them by emailing me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).

For more on the peace vigil, see the IDP Vigil website at [www.idpvigil.com](http://www.idpvigil.com)

### NEXT 11 INTENTIONS TELECONFERENCE: MARY, DIVINE LOVE SUNDAY, JULY 24th at 7 PM EDT/4 PM PDT

Last month we had a record 16 women on the Sophia call, and women from two other countries besides the U.S. attending! Space still remains for the next 11 Intentions Teleconference call on Mary. 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, July 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.

### **SAVE THESE UPCOMING 11 INTENTIONS CALL DATES!**

- SIGE, DIVINE SILENCE, SUNDAY, AUGUST 28TH
  - LAKSHMI, DIVINE ABUNDANCE, SUNDAY, SEPTEMBER 25TH
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### **PEACE LINK : HELPING CHILDREN CELEBRATE PEACE**

I was delighted to discover this program for helping children expand their peace consciousness!

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

The founder of the programs is Kelly Guinan, a "creative, energetic visionary" whose passion is peacemaking. She lives in rural Nebraska with her husband and children and is available for a limited number of motivational workshops. By creating and implementing local expressions of each new program, she and a host of volunteers have been able to establish effective templates that are then replicated all across the globe.

The programs have recently been designated by UNESCO (United Nation's Educational, Scientific, & Cultural Organization) as part of the International Decade of the Global Movement for a Culture of Peace.

Each of the programs focus on four concepts of peace - Peace for Me, Peace for Us, Peace for Everyone, and Peace for the Planet - and each engages the children and their families through interactive experiential learning. Activities include the Young Peacemakers Club, where children come together in a sense of belonging to learn peacemaking skills; the Peace Mobile, a traveling children's peace museum; the Kindness Campaign, an intentional focus on being kind as a peace behavior; the Children's Peace Festival, a peace party type of event; and Building Bridges, a conflict resolution training system for children.

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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 [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).)

Many of you wrote to thank me for sharing about my May trip experience in last month's newsletter. Tyra, from Florida, shared her own transformative experience of traveling solo:

“ ... I have taken a trip by myself once and I know it changed me. I spent a week out in Oregon

and California. I visited Mount Shasta and Crater Lake. I was the only person on Mount Shasta when I drove to the top. It was one of those moments that just doesn't get any better. I think the feeling of being on your own and at the same time so intimate with nature is the best. It really can create a mirror for yourself. My thoughts became peaceful and clear. It all seemed so deep, but yet so simple ... Usually one knows when the time is right to take these kind of retreats. You can feel it bubbling up! I look forward to my next one!"

Tyra continued to contemplate her experience and sent another email the next day, with this eloquent insight:

"When one unites with the earth on a journey like this, it is no accident. I believe it's our Mother Earth calling us to come forth and let her sacredness converge with our beliefs and thoughts. She is beckoning us to take that moment to be in peace, with peace, breathing peace and asking us how deep in our hearts we will let her in. Knowing or not knowing this at those very moments did not matter. I walked away with lighter steps, calm breaths, and a heart so full of peace."

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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 <http://www.vesselsofpeace.com>