



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
MARCH 2005 - ISSUE #13

IN THIS ISSUE:

- IN HONOR OF GATHER THE WOMAN WEEK: THE TIME IS NOW
- WE DID IT! REPORT ON THE MARCH 8TH WALK
- NEWS & EVENTS: CIRCLES OF TEN-VESSELS OF PEACE TELECONFERENCE CALL, 11 INTENTIONS TELECONFERENCE CALL #3, PEACE PROGRAMS FOR WOMEN IN KENYA
- SHINING OUR LIGHT: MAGGIE SELF AND CHILDREN OF SPIRIT
- TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT
- PEACE LINK: WATCH PEACE PILGRIM DOCUMENTARY ONLINE
- PURCHASE MEDITATION CDS!

IN HONOR OF GATHER THE WOMAN WEEK: THE TIME IS NOW...

“Whether she calls out to God or Goddess, Spirit, Buddha, Jesus Christ, Lord, Mohammad, Source, Father or Mother, or any of a hundred other names in as many spiritual traditions, a woman who has deep faith can risk and soar from the safety of that container. She can experience her own deep desires, and she can speak her own authentic truth with compassion. She can trust entering into deep relationship with other women. It is these women who are being called together to step into this moment of opportunity on behalf of our planet; it is these women who have already created the blueprint for a new planetary system of leadership.”

This quote is from “The Time Is Now: Women, Spirituality, and Leadership,” an article by Kathlyn Schaaf, President of the Board of Directors for Gather the Women. The article originally was published at the Women’s Global Connection International Conference, July 2004, and can be found on the Gather the Women website at this link:

http://gatherthewomen.org/gtw/press_room/press_room_time_schaaf.htm

I offer it in place of my usual editorial feature, as a way to honor Gather the Women week, which completes Saturday, March 12th. The article provides much for us to contemplate and discuss, which I hope we will -- either via emails shares for future newsletters or through postings on the Vessels of Peace website message board, where there will be a forum topic for this purpose.

In the first two years of Vessels of Peace, we have spent most of our time on the women and spirituality aspects of Schaaf’s article title. 2005 feels like the year to begin exploring more about how we might, together with other spiritual women, lead. I will be interested in what you have to say about that.

In loving service,

40-HOURS PLUS - WE DID IT! REPORT ON THE MARCH 8TH WALK

... A mother and her four-year-old in Pennsylvania ...a hermit in California ... a dance kinetics class in New Jersey ... a court stenographer and her fiancé in Arizona ... a shaman in Massachusetts ... a peace studies graduate student in Costa Rica ... a retreat center caretaker in Oregon ... a sound healer/composer in Canada ... Just an example of the variety of women - and men -- *and* children! - who walked with peace on Tuesday.

Total reported hours were 40 and a half, with 43 locations in 21 U.S. states and seven other countries. Polly, in Australia, started us out, late afternoon on Monday, PST:

"...I am probably one of the first to start the walk. being in Australia, and it's now 9 AM on March 8; some of you may be up to 19 hours behind here. I have just finished my peace walk ... before I started the walk I was in my garden saying [the intention for the walk] and as I was saying it my eyes caught a beautiful flower bud on a plant that has never flowered before. That was an omen for me, and this particular flower opens and lasts for months -- what a beautiful reminder. Whilst on the walk (with my dog who I feel was representing peace in the animal kingdom!), I kept getting teary and getting goose bumps ... it was such a wonderful and quite overwhelming feeling. I am going to walk again for another half hour later this afternoon when the weather cools down (we are in tropics here) as it just feels the right thing to do. ..."

By contrast, the wintry weather in the East made walking outside a challenge, but several of our walkers did it anyway - or came up with other solutions, as this share from Kira in Pennsylvania demonstrates:

"The weather wasn't all that cooperative [to do the walking meditation] ...My four-year-old son Zach and I tried it out for a bit but the wind was so strong and cold it wasn't too peaceful!!! So we came inside and ... walked in circles between the dining room and living room. I let him use a wooden spoon and a pot to hit gently to keep the time with the mantra ... PEACE ... OM SHANTI ... SALAAM ... SHALOM... it worked beautifully! We both enjoyed it, and it felt wonderful. The energy in the house was very calm and peaceful. I believe we invited many into our home to walk with us...you could feel it...as if the house was full of peaceful beings :) Thank you for this gift! It was truly an amazing experience."

FYI, Kira and Zach are my daughter and grandson, and I can just picture Zach following his Mom around the house doing this!

Where the weather was more cooperative, many found Nature "walking" with them:

"The rain cleared up about 20 minutes before my walk began-for which I was quite grateful as the wind was also blowing hard. I was filled with the sense of the power and sacredness of this walk and initially my eyes filled with tears as I started out. But interestingly my pace picked up even though the mantra was slower and measured. It felt as though my feet were in step with the wind and blowing leaves. And then I thought yes the wind and leaves are picking up the vibration and carrying it far and wide. As I passed several ponds and a stream I stopped and asked the water to carry the vibrations of the mantra. It was as though all of nature was poised to assist that day. It was really quite beautiful." -- Lynn, South Carolina

"It was a glorious day in Colorado for my Walking with Peace meditation. Mother Nature seemed to be fully connected to our mission of spreading the 'healing power of peace throughout humanity.' The blue sky appeared to connect the whole planet. The snow-capped

mountains had a special glow. The trees seemed to embody peace and the wind carried their message. I frequently felt chills on my spine and knew I was connecting with the vibrations of peace. In addition to my solitary walk, I also walked with another woman after we concluded our weekly peace circle ... It was truly a day of lifting up peace ..." -- Karen, Colorado

Here in Santa Rosa it also was a sunny day, and I too felt the spring breeze carrying the mantras far a-field as I walked the original vision route. It was a privilege to offer them and to place each step upon the earth with love and gratitude.

My heartfelt thanks to each of you who participated in this event. 24 Hours of Walking with Peace has given us a "signature" way to share our peace with the world ... a way that we can replicate and expand on in the future. And of course we can continue to Walk with Peace wherever we are, for any occasion - or no occasion except the joy of it! This practice carries such power; it combines being with doing, movement with stillness, inner with outer, sound with silence, holding the energy as well as sharing it. Let us keep walking ... and see where it takes us next!

NEWS & EVENTS - MARCH

GATHER THE WOMEN FOR PEACE: A VESSELS OF PEACE & CIRCLES OF TEN TELECONFERENCE CALL SATURDAY, MARCH 12TH AT 10 AM PST/1 PM EST

Please join with me and Sarah Hartzell, founder of Circles of Ten - Women for World Peace, in this teleconference call to culminate Gather the Women week. I will guide call participants in a new meditation using the Affirmation of Peace, and Sarah will facilitate the Circles of Ten "peace process" conversation. Let us feel our oneness in peace. Let us hear our voices speaking for peace. Each one of us makes a difference. Together we make a big difference.

Call logistics: The call begins at 10 AM PST/1 PM EST and ends at 11:15 AM PST/2:15 PM EST. The number and access code for the call is: 1-831-600-1000 code 030805. Please RSVP to: Sarah info@peacecircles.net or me at lyndaht@sbcglobal.net.

11 INTENTIONS TELECONFERENCE #3: KWAN YIN, DIVINE COMPASSION SUNDAY, MARCH 20th at 7 PM EST/4 PM PST

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 (lyndaht@sbcglobal.net) by Wednesday, March 16TH. 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.

SPRING WALKING WITH PEACE TOUR - TENTATIVE DATES

Here are some tentative dates for the Vessels of Peace/Walking with Peace mini-tour in

May/early June. Times and other details to be announced later in the spring.

Las Vegas, Nev. - May 15th

St. George, Utah - May 16th

Crestone, Colo. - On retreat from May 20-28

Coaldale, Colo. - 28th or 29th

Boulder, Colo. - 30th (Boulder Creek Festival event with Circles of Ten)

If you live within reasonable travel distance of this route and would like to have me stop for a gathering or walk in your area, do contact me at lyndaht@sbcglobal.net.

U.S. WOMEN'S PEACE GROUPS INVITED TO TAKE PART IN PEACE PROGRAMS FOR WOMEN IN KENYA

Circles of Ten: Women for World Peace is working closely together with PeacexPeace (<http://www.peacexpeace.org>) and a number of grass roots women's organizations in Kenya to empower the hundreds of Kenyan women who have been victims of destructive violence and are living with the devastating impact of the AIDS crisis. A multi-phase project will be starting in April and continuing over the summer and beyond.

PeacexPeace is working to set up "circle support" centers at strategic locations around Kenya so computers, tech support, internet connection and email will be available to the newly forming circles there. Other plans include linking Kenya circles with circles in the U.S., training Kenyan women in the Circles of Ten peace circles process, sponsoring an International Grass Roots Women's Peace Congress in Kenya in August, forming a Peace Institute, and more.

Sarah Hartzell, Circles of Ten founder and director, has asked if any Vessels of Peace women would like to take part. If you are part of an existing women's circle that might want to participate in this project, or would like to gather some women together to be a sister circle for one in Kenya, or would like to help in some other way, please contact Sarah through the Circles of Ten website: <http://www.peacecircles.net> or call her at (303) 494-6503.

SHINING OUR LIGHT

Note: Each month, Shining Our Light will report on how one VoP woman is presenting 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! Please nominate yourself or another VoP woman for this feature by emailing me at lyndaht@sbcglobal.net.

MAGGIE SELF: HELPING CHILDREN AND FAMILIES SHINE THEIR LIGHT

My first experience of Maggie Self, family coach/consultant, was seeing her onstage with a group of children at a James Twyman conference in Orlando, Fla., last April. I was there to give a workshop on the Sacred Feminine and peace, and Maggie was there as one of the volunteers working with the many Indigo children in attendance. I don't recall the specifics of the children's performance, but I do remember what fun it was -- and Maggie's happy smile as she watched them delighting us.

Maggie, who lives in South Carolina, has founded Children of Spirit, an organization to honor and nurture the spirit in all children - and in the parents and others who help guide them into adulthood. Children of Spirit provides a wide variety of services to those seeking alternatives to traditional ideas, methods, and systems of parenting and education. Maggie's unique, spiritual approach addresses "the challenges of raising spirit-based children who are encouraged to be who they are, learn at their own pace, develop their natural gifts and talents, and live in

emotional freedom.” Through her programs, Maggie says, children enjoy learning as something they get to do, not have to do.

A former public school teacher for more than 20 years and a mother of two, Maggie has become a passionate advocate for children struggling in school systems that do not serve them as authentic spiritual beings, each with unique gifts and talents. She remembers very clearly, the experience in her teaching career that changed her perspective.

“Robert was brought by his mother into my four-year-old class several weeks into the school year. As she began her liturgy of who this child was - autistic, learning disabled, ADD, behavior problems, etc. -- my mind, body and spirit knew this was not who this child REALLY was, that it did not recognize or honor his innate capabilities, gifts, talents and wisdom.”

As Maggie worked with Robert, she discovered ways to honor his uniqueness and give him space, safety, guidance and encouragement to make new choices. He began to respond to her loving, patient, peaceful approach. “Robert got to follow me to the five-year-old class the next year, and what I saw in that year was a child that joined us in groups, that sang, that shared stories, and one that often choose to lead us in these activities. I saw a creative child blossoming with the most extraordinary imagination and brilliance ... a child that was loving himself, smiling, playing, laughing, learning to make friends, and sensing he was a part of and able to make a contribution.”

She left teaching after that year to begin to look at what she could do to reach more children and their parents -- and Children of Spirit is the result. “This work is about partnering to empower children to awaken, develop and maintain their innate wisdom and unique gifts...to become self-aware and live in their Truth.”

More about Maggie and contact info: In addition to a BS degree in Elementary and Early Childhood Education, Maggie also holds a certificate in Family Coaching, and is a certified Human Energy Design Analyst and Emotional Freedom Technique (EFT) Practitioner. You can contact her through her website at <http://www.childrenofspirit.org>.

Note: See Maggie’s poem “The Gift of OneS.E.L.F.,” under *Inspiration*, below!

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 or lyndaht@sbcglobal.net.

EMAIL SHARINGS

“I am listening to your meditation chants while I am working. It is so peaceful and relaxing. ...”

- Lisa, Nevada

“I have been working with the ‘peace, om shanti, salam, shalom’ mantra ... I have sung it in times of personal distress. I have also walked with the meditation and noticed once that the guy I was walking with and our dog also fell into step with me (... I was chanting in silence) ...”

- Jena, Costa Rica

"I have just attended a herbal workshop/conference in Tasmania, which is right down at the opposite end of Australia from where I live, and have been walking for peace there and in Melbourne, Victoria where I visited for 2 days afterwards. In Launceston, Tasmania, whilst walking I took a wrong turn and the walk turned out much longer than expected, but I felt this was meant to be. I also spent a lot of the time whilst flying on the plane, saying the [peace mantras] to myself. So just to let you know the peace is being spread around Australia also."

- Polly, Australia

"I want to share with you an experience I had last night. I was having a particularly difficult time maintaining my center and connectedness with peace while interacting with my 24-year-old son. He was triggering all my wounded places, and I was in a state of reaction. I went for a walk and then came home, but I was still not able to hold that peaceful place... So, I started to meditate and then opened your web site to connect with the energy of VoP and the affirmations. I put on my headphone so I could hear the [peace mantras] chant over and over and imagined it was the great Mother goddess singing to me her affirmations of love. Your voice penetrated into my being, and ultimately I was able to calm down, and then I fell asleep... This morning, when I 'woke up' my computer (from its 'sleep mode'), the chant started again. It resonated in a deep way in my being. 'Oh yes ... I remember that frequency.' A short time later ... I got a bill that was higher than I expected. Again, I went into that panic mode. but then I just turned on the chant and my body was able to calm down. I realize that ... this experience ... confirms the power of the sound frequencies and the effect on our bodies ... It leads me to envision more of how the peaceful vibration can be spread through sound."

- Wendelin, Canada

And still more sharings in response to the original Walking with Peace vision email in December!

"Thank you, thank you for sharing this incredible message. My Heart ... is greatly warmed by your experience. Your sharing brings me a sense of Peace that I have not felt in awhile, simply because I have not given myself the time for meditation and Inner Self that I want/need/deserve! ... I will pass on your e-mail to several folk, as I think this is amazing and beautiful!"

- Barbara, Ohio

"Thank you for sharing this and I will give it a try! It was wonderful to read about your moving experience and we truly need the message of peace ... to become aware of a peace frequency! Great! More light more love in the world!!"

- Sierra, Pennsylvania

"Thank you for sharing this most beautiful experience with me. ... Just this morning the insight came to me that I really need to do more walking. Before sitting down at the computer I said to my husband I wanted to go for a walk with him in the morning. ... I am forwarding your message to my meditation friends from the center and others across the country ... am certain this is what we are to do."

- Barbara, Texas

"What a powerful vision! You have, indeed, been asked to lead a sacred procession to peace. I'll hold you in my heart and be with you in spirit along the way."

- Jane, Pennsylvania

INSPIRATION

Maggie Self, subject of this month's *Shining Our Light* feature, offers us her delightful and inspiring Self-expression (pun intended!):

The Gift Of OneS.E.L.F.

One's Serene Ego Living in Faith
Remembers Gratitude
One's Sole Experience to Love and Forgive
Instills Gentleness
One's Spirituality Eliciting Lasting Fulfillment
Offers Guidance
One's Spirit Exploring Limitless Freedom
Inspires Growth
One's Smile Easily Lifts others to Fathom
Their Greatness
One's Support Encouraging Laughter and Frolic
Shares Generosity
One Soul Evolving to Live Freely
Through Grace
Inspires
One's Single Eternal Light to Flicker
Impacting Globally

OneSELF in Service to Community

The Gift To OneSELF

-- Maggie Self, 2003

PEACE LINK: WATCH THE DOCUMENTARY ABOUT PEACE PILGRIM ONLINE

I stumbled across this wonderful one-hour documentary, viewable online, a few weeks ago. It seems a fitting link for this month, as we culminate and celebrate our first VoP international "event," 24 Hours of Walking with Peace. To watch the video, click on the Friends of Peace Pilgrim website link shown below, then scroll down until you find the video link to: "Peace Pilgrim: An American Sage Who Walked Her Talk." You will need streaming video capability via RealPlayer. If you can't view the documentary, you also can order a copy of it through the Friends of Peace Pilgrim website, They ask only for a donation to cover mailing costs.

Link to watch video: <http://www.peacepilgrim.com/index2.htm>

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.

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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>