



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
NOVEMBER 2005 - ISSUE #21

## IN THIS ISSUE:

- NOTE FROM LYNDA
- GUEST ESSAY: DANCING WITH KALI DURGA
- NEWS AND EVENTS: CHANGE RE: 11 INTENTIONS BOOK AND MANDALAS CARDS, PRAYERS FOR THE PLANET MEDITATION DATES, STILL TIME TO SIGN UP FOR CHOOSING PEACE EMAIL COURSE, VOP MENTORING SESSIONS OPENINGS STILL AVAILBLE, NEXT 11 INTENTIONS CALL: SHAKTI
- LINK OF THE MONTH: PEACE THROUGH ART
- TENDING THE VESSEL: SHARINGS, INSPIRATION, SUPPORT
- GUIDED MEDITATION CDS

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## NOTE FROM LYNDA

Are you noticing what a challenge it can be to find that balance between your inner and outer life? It's especially apparent at this time of year, when nature's cycles call us to inwardness and quiet time, just as the world calls us to holiday plans and other end-of-year activities. But part of achieving that balance is not only making choices to be less busy, but also, choosing to be more contemplative, whatever our other obligations may be.

For me personally, spending more time alone and in silence creates the contemplative climate I seek - and I actually become less social at this time of year, rather than more. I will have Thanksgiving and Christmas dinner with family, yes . but that's it. No entertaining, no gift-buying (except for the grandchildren), no trips, no New Year's Eve parties. And my observation of the sacredness of the season will be similarly simple and low-key.

In the Vessels of Peace Visioning Circle, we are taking these final weeks of 2005 to "cocoon" and to contemplate the amazing journey we have been on together since our first telephone circle in January. It is also a time for us to rest in preparation for 2006, as we know the opportunities for our serving only will accelerate.

We are, however, engaging in one final project for the year: helping hold the space for the eight Sundays of prayer that the Native American elders requested recently. We began last week, with a deeply peaceful and powerful 30-minute teleconference meditation - and will continue right through Christmas Day. See under News & Events, below, for the times of the remaining meditations. We invite you to join with us in spirit at those times, whenever you can.

May times of inwardness and contemplation between now and the New Year bring you peace, replenishment, inspiration - and a greater ease of being in all areas of your life.

Love,

## GUEST ESSAY

*Editor's note: This month's guest essay is from VoP Jo Cravens, who shares her process of getting to know the aspect of the Sacred Feminine expressed as Kali Durga. I found her experience so representative of the many women who have not had much exposure to the Divine Feminine (beyond Christianity's Mary). They struggle with how to get past the surface stuff that makes other portrayals seem so foreign in order to have a more personal experience of this form of Divine energy. This confusion, lack of understanding and resistance/fear is what led me to write the book, The 11 Intentions - to help women see that Sacred Feminine energy is not distant at all, but is right here, in our life and being in all its infinite diversity - and we cannot be spiritual women of peace without it. Jo's honest and humorous account of learning to relate to Kali Durga captures how the 11 Intentions practices can evoke that personal experience of Divinity for which we so deeply long.*

### DANCING WITH KALI DURGA

by Jo Cravens

I didn't know anything about Kali Durga, so started my exploration by reading about her, and it blew me away. I was dismayed and somewhat frightened by her. How could I relate to this wild, many-armed woman who danced on the chest of her dead "husband?" Who rode on a lion - or was it a tiger? Who wore a necklace of skulls? Wow!! So I asked her: Who are you, what is your purpose, how can I relate to you? What is it like to ride a lion, etc. And why would anyone do that, anyway? As I read more and listened to her voice in my heart, what I heard was: passion.

Kali Durga has so much passion. When she dances, it is with passion and abandon. That is a part of me that I have not been able to liberate. The times that I have tried, it has seemed disjointed, like I was working too hard at it rather than to let the passion come forth, let the dance, let the singing, let the laughter, let the love just express itself.

I started to see Kali Durga's freedom - her freedom to be who she is, her freedom to express herself in whatever way wants to come forth. And I see that as a good thing, as something that I would like to be able to access within myself so that I can express myself completely and joyfully and lovingly.

I read that Kali Durga is the mother of the world and has four pairs of arms. I have all I can do to handle two arms, so I wondered what in the world she would do with four sets! I tried to envision this, and she showed me.

With her first set of arms she was cradling a child. When I looked at her second set of arms, I saw her walking with purpose and with passion. It was very interesting to see what that way of walking looks like: powerful, with strength in it, and joy. She let her whole self be taken up in it, and as she walked, she held something in her second set of arms - it was the world, the globe. She held it very gently, but I knew that she wouldn't drop it; I knew she was very capable of holding the world.

With her third set of arms, she was dancing. It was a very sensual dance. Her hands were above her head and she occasionally brought them down, out in front of her, clapping, and then up again. Her whole body was moving. She was laughing, her hair was flying, and she was just simply being joyful. I wanted to join her, and again, realized how I want that kind of freedom to express my joy.

And then I saw the fourth set of arms. She was very peaceful, with her hands in front of her, in her lap. She looked quiet, but poised - watchful - like a cat watches things - intent - focused - waiting. I got that she is there in readiness. When she is needed, she can move quickly. She doesn't let things get out of hand. She doesn't let darkness take over. I feel with her that everything is okay here. No matter what happens, it is part of living, experiencing, but there are some things in the world that we will interact with, move to transform - and Kali Durga does this. She embodies power and strength. She conquers fear. She is invincible!

I had the thought that it looks like Kali Durga "does" things, but it is more that she knows what her intention is and holds the power of that intention - and the passion. She simply lives in that power and passion, and it brings forth what is needed, be it action on her part or transformation around her.

Finally, I realized that I look at the Goddesses of The 11 Intentions from my own life - from where I am and have come from in my human orientation. I make assumptions based on my experiences and certain expectations that I have, so it is hard for me to see, to really get what it is that the energies of the Goddesses are bringing. (Riding on a lion? What can I learn from that?) But if I can move out of my own way, if I can get past what I have been taught, what I have come to believe ... get past how I have "put together" what I do and experience ... get past what I have said all that "means," get past the fears that I have ... then I may be able to appreciate more fully the Sacred Feminine energy available to me.

Due to my own lack, fear and programming, I began looking at Kali Durga with BIG questions about what she could offer. But I now see that what she expresses is powerful and amazing, and I can learn from her. I can bring passion to everything in my life. It doesn't have to be loud; it doesn't have to be wild (but it certainly can be that, too). It is a very powerful base that I want to live from. And I have to say, riding on a lion sounds exciting!

*About Jo: Jo spent the majority of her life being a mother, grandmother, great grandmother - plus reading, writing and learning in many areas. Then came 911 and the Iraq war. "I 'morphed' from the 'peaceful person' I saw myself as being into a raging activist against war, political injustice and aggression in any form," she says. "After a couple years of this, Spirit led me to understand that to bring peace, I needed to be peaceful. This led me to Vessels of Peace, to meditating, to connecting and learning from the Divine Feminine Goddesses. It is a joy and a blessing to continue on this journey."*

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## NEWS & EVENTS - NOVEMBER

### CHANGE RE 11 INTENTIONS BOOK AND MANDALAS

In the last newsletter, you were offered the chance to purchase a special edition of the book, *The 11 Intentions: Invoking the Sacred Feminine as a Pathway to Inner Peace*, which was to include a set of the 11 Intentions mandalas cards. Due to a number of factors, our plan has changed.

The book will still be published, but as a regular edition at a regular price, not as a special, limited edition. The mandalas then will be introduced at a later date, in 2006. You will receive a separate email soon, announcing the date of availability of the book, its purchase price and how to order it. Then in early 2006, an opportunity to also experience and work with the mandalas will be introduced.

My apologies for the change in plan. We recognized that more time was needed to prepare for introducing the mandalas properly and that in the interim, the book itself stands alone very well. You will enjoy reading and working with the book, and it will be great preparation for

being ready to receive what the mandalas offer, as they represent yet another dimension of Vessels of Peace practice and service.

### **PRAYERS FOR THE PLANET MEDITATION DATES**

The VoP Visioning Circle, the group of 11 women who serve as advisors and co-creators with me in the work of Vessels of Peace, will be meditating by phone together, offering Darshan (Blessings) of Peace to the earth and all upon her, for the next seven weekends. We invite you to join us in spirit whenever you can. Simply sit in meditation at the designated time, repeating or chanting the peace mantras and visualizing their vibration surrounding and soothing the earth. (For inspiration see the Embrace Peace poster when you click on the URL under Link of the Month, below). Here are the dates and times (East Coast/West Coast). Meditations will average 20-30 minutes in length.

November:

13th (Sunday) 7 PM/4 PM  
19th (Saturday) 10 AM/7 AM  
27th (Sunday) 7 PM/4 PM

December:

4th (Sunday) 7 PM/4 PM  
10th (Saturday) 10 AM/7 AM  
18th (Sunday) 7 PM/4 PM  
25th (Sunday) 7 PM/4 PM

### **STILL TIME TO SIGN UP FOR THE JANUARY CHOOSING PEACE EMAIL CLASS**

You still have time to make a New Year's resolution to take the Choosing Peace Email Class!

There will be 12 weekly lessons, beginning the week of January 9th and completing the week of March 27th. Because it is an email class, you can work with the lessons at your own pace. Each month focuses on a different aspect of choosing peace: January - choosing peaceful thinking, February - choosing peaceful words and speech, March - choosing peaceful actions. Each lesson concludes with an exercise or two to help you apply and integrate the main points of the lesson.

There also will be an optional monthly teleconference call, where you will have the opportunity to share with other participants, ask questions and experience a guided meditation that helps to deepen your embodiment of the Choosing Peace teachings.

Suggested donation for the class is \$60. To sign up and/or for more information, email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net).

### **STILL A FEW OPENINGS FOR VOP SPIRITUAL MENTORING SESSIONS**

I still have some time open for a couple more spiritual mentoring clients. If you long for more support in your spiritual journey, individual mentoring sessions can be very helpful. As someone who has walked the path from seeking to embodying peace, and now lives and serves from the abiding peace of the heart, I am here to walk with you as a guide and mentor.

Each mentoring session, which lasts up to 90 minutes, begins with a brief centering process and concludes with an intuitively guided meditation that is unique to you and where you are in your journey. Sessions can be in person, if you live in the Northern California area, or by phone. I also can do small group tele-sessions, if you have a VoP circle (or want to form one), and your circle would like to work with me for a period of time.

Some testimonials from people whom I have mentored in both small group and individual sessions:

*"In her gentle, loving way, Lynda invites you to enter the world of your soul by opening up hers. She is clear on her connection to divine energy and this is felt in a powerful, yet unassuming manner. She is well versed in meditation practices and principles and lives her beliefs fully... She shared much with me... the impact on my life has been extremely beneficial."* - Rose, Pennsylvania

*"I have been blessed to have been with Lynda in times of personal turmoil, in class and privately... Lynda creates a space of peace and love in which one may begin the journey of transformation."*  
- Homer, Pennsylvania

*"Lynda's honesty, compassion and deep listening are a healing force to all those she serves."*  
- Serena, California

If your heart feels called to work with me in this way, please email me at [lyndaht@sbcglobal.net](mailto:lyndaht@sbcglobal.net) or call me at 707-538-2070, and we will explore the possibilities together.

**NEXT 11 INTENTIONS TELECONFERENCE: SHAKTI, DIVINE FEMININE ENERGY  
SUNDAY, NOVEMBER 20th at 7 PM ET/4 PM PT**

Only two more calls left for 2005! 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](mailto:lyndaht@sbcglobal.net)) by Thursday, November 17th.** List your time zone in the email. On the 17th, 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 your normal charges for a long-distance call.

**FINAL 11 INTENTIONS CALL DATE FOR 2005:  
THE 11TH INTENTION - SERIES "FINALE," SUNDAY, DEC. 11TH**

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**PEACE LINK : PEACE THROUGH ART**

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: Just in time for your holiday shopping, here is a site with wonderful peace-themed cards, journals, posters and more. I really love the Embracing Peace image; it could be the Vessels of Peace logo! Your purchases through this site help to raise funds for the Peace Alliance, whose mission is to create a Department of Peace in the U.S. Government and in other governments around the world.

[www.peacethroughart.us](http://www.peacethroughart.us)

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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 contributions and feedback to [info@vesselofpeace.com](mailto:info@vesselofpeace.com).)*

### Sharings

From Sierra, Pennsylvania:

*"Just wanted to share with you how inspiring the newsletter is with the writings about the Crestone retreat!!! I could feel the loving energy pouring through each line. Crestone sounds absolutely wonderful! The spiritual sharing you did with the attendees sounds very healing and opening. for you and for them... many blessings to you for being such a vessel!"*

From LaVerne, Colorado:

*"I am excited about the prospects for a more expansive and comprehensive newsletter(s). The articles you print, and the cyber-connection with others whose life-work centers around spiritual peace, in their private lives and in the world, remind me on a daily basis that I am not alone. I eagerly await this transformation!!"*

From Ellen, New Jersey:

*"Congratulations on all that you have helped bring into being through VoP. I truly believe that it is through the collective power of women, inspired by the Divine Feminine, that this world will be birthed again into peace and harmony, so thank you for playing your role with grace and enthusiasm. I look forward to seeing how the newsletter and community that you've been building will manifest its expression next."*

### Inspiration

Lest you doubt that being the vessel and holding the space for peace is having an effect in the world, here is a bit of encouraging news:

*"We knew the number of wars was coming down...but particularly surprising is how the decline in wars is reflected right across the board in all forms of political conflict and violence."*

- Comment by Andrew Mack, head of the Human Security Center at the University of British Columbia, which released a report declaring that wars and violence are decreasing worldwide. The report credits greatly increased efforts in conflict prevention and peace-building.

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### GUIDED MEDITATION AVAILABLE

We now have a fresh supply of The Vessels of Peace Guided Meditation CD VoP recorded in 2003. This 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, call 707-538-2070 or email [lyndaterry@vesselsofpeace.com](mailto:lyndaterry@vesselsofpeace.com)  
Cost: \$15 + shipping.

Also, Lynda's guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available. For credit card orders, contact The Inner-Connection Bookstore, New Cumberland, Pa., 717-774-4874. To purchase by check or money order, call 707-538-2070 or email [info@vesselsofpeace.com](mailto:info@vesselsofpeace.com) Cost: \$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 [www.vesselsofpeace.com](http://www.vesselsofpeace.com)