



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
OCTOBER 2005 - ISSUE #20B

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NOTE FROM LYNDA

In my September newsletter note to you, at the end, quite spontaneously, came forth a stream-of-consciousness about expanding this newsletter into a more comprehensive format. Several of you have responded with interest in helping manifest this expansion - and other women groups and leaders are expressing interest as well. We are not sure yet, where this is going, but something seems to be emerging through the collective feminine consciousness. In the coming weeks, the Visioning Circle will be exploring this and other possibilities for supporting and enhancing your service as a Vessel of Peace - so stay tuned!

In the meantime, one option for sharing the abundance of information coming in will be to offer more special newsletter issues like the *Crestone Retreat* edition. Look for one soon about the wave of momentum for a women's spiritual peace movement - who the women are out in front of that wave, calling for it, what they are saying/writing - and what it means for Vessels of Peace.

Please also note under *News & Events*, our current offerings: the next 11 Intentions call on the 30th on Kali Durga, the Choosing Peace Email Course starting again in January, and a new service, VoP Spiritual Mentoring Sessions. And hope you enjoy Visioning Circle member Cathy Nelson's essay about water skiing and the spiritual journey!

Sending you blessings, love and peace,

Lynda

GUEST ESSAY
BALANCING, GROUNDING AND CHANGE

by Cathy Nelson

As I write this, Labor Day is only a few days away. We have enjoyed our small cabin on a lake, where I have been able to spend most of my summer weekends. One of my great pleasures of this summer has been watching the two neighbor children learn how to water ski. I realized that their experience offers a metaphor for the spiritual journey.

Willie is about seven years old, and this was his first summer of skiing. It was all he could do to get the equipment on in the beginning! Gradually, he learned to sit back in the water with the ski tips up and his arms straight - and maintain this position long enough for the boat to pull him out of the water. Yay Willie!

When Willie was fortunate enough to actually get up on the skis, his body looked awkward. He was sort of bent forward. It looked like he had a hard time keeping the skis close together without bumping or crossing. More often than not, it looked like he was putting tremendous effort into keeping a wide stance and was being dragged across the water.

As long as nothing changed, he could keep his balance and do this for short periods of time. However, if he wandered into turbulent water behind the boat or was the victim of another boat's wake, down he would fall - and have to start again from the beginning.

Willie's experience is similar to when we start out as spiritual seekers. We are learning the ropes of a new experience and we are awkward and off balance. Our tentative forays into new paths, teachings and practices often results in falling back into "old" patterns. The amount of energy it takes to maintain our commitment, to begin again and again and to find our new balance takes courage and persistence. But eventually, if we stick with it, we find a comfort level with this new experience. We adapt to the changing circumstances and we maintain our balance. Soon we relax. Soon we're ready for more.

Willie's older sister, Abbie, is 12 years old and pretty good on two skis. This year she decided to master skiing with one ski; she was ready for more. I would watch her pop up on two skis with ease, only to fall in while trying to drop a ski. After many attempts she finally could drop a ski, but the next struggle was in finding a foot-hold for her free foot. Frustrating. But she kept at it nonetheless.

I'll never forget the evening Abbie found success. The wind had disappeared. The water was warm and like glass. She readied herself for two skis. "Hit it!" she hollered - and was up. She found her balance and then lifted her right foot. The ski fell away and was left behind. She searched for the back foot retainer and her foot found its way home. Her weight shifted back onto that back leg. Her body leaned back slightly. She found her stance and started weaving back and forth across the wake of the boat. She looked so graceful. It looked so effortless. I cried in joy for her. Yes!

To me Abbie's experience is an example of the paradigm shifts that await us further on in our spiritual journey. Specifically, it illustrates the shift from duality to unity, from grounding in our exterior circumstances to grounding in our inner core, from resisting change to riding the changes, from struggling for balance to letting our inner balance inform our next move.

Thank you, Abbie and Willie. It's been a great summer, and I look forward to what fall has to teach me. May Abbie and Willie's persistence and fearlessness continue to inspire me, as I learn new ways to balance and ground my being in the waters of change.

About Cathy: Cathy's formal education includes nursing, business administration and engineering. Woven throughout her life and careers has been her passion for discovering and experiencing spiritual truth. Her current interest is learning to embody Sacred Feminine spiritual energy, which has led her to Vessels of Peace.

NEWS & EVENTS - OCTOBER

11 INTENTIONS BOOK AND MANDALAS: STATUS REPORT

The meditation mandalas that are to accompany my book, *The 11 Intentions: Invoking the Sacred Feminine as a Pathway to Inner Peace*, are nearly completed - and they are incredible! The Visioning Circle women were introduced to two of the mandalas during the September retreat. They loved their beauty and the very palpable Sacred Feminine Presence that exudes from them.

As for the book, a publisher still has not been found, so we have decided to self publish, for now, because so many of you have asked for this material. To raise funds to help pay for both producing the book and the commissioned mandala artwork, we are planning to publish a limited, signed special edition package in time for the holidays. Only 100 special editions will be printed, at \$100, which includes a personally signed copy of the book and a 5 x 7-inch set of the 11 mandalas.

Please help support this project so that this Vessels of Peace resource can be made available to many more women in the coming year. All proceeds from the sale of the book and mandalas will go to support the work of Vessels of Peace. The process is underway to organize Vessels of Peace as a non-profit spiritual organization, so your donation will be tax deductible, less the cost of the materials received.

We already have women reserving their copies, so to get on the list, please email me at lyndaht@sbcglobal.net Payment details, etc., will then be sent to you. Thank you!

CHOOSING PEACE CLASS TO BE OFFERED AGAIN IN JANUARY

We had such a wonderful response to the Choosing Peace email class this summer that it will be offered again, in January. What a perfect way to start off a New Year, yes? Some of those who took it this summer said that a winter class would be even better, because they would be less busy and could devote more time to working with the weekly lessons. So we are going to try that time frame and see how it works for you.

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 or for more information, email Lynda at lyndaht@sbcglobal.net.

VOP SPIRITUAL MENTORING SESSIONS TO START IN NOVEMBER

In response to many requests for this service, I am happy to announce that I will be offering Vessels of Peace Mentoring Sessions beginning in November. 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 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

"...From the deepest part of her peaceful being, Lynda lovingly and gently nudges one along to taste the sweetness of Divine Peace...She is an outward expression of inner peace." - Lynn, S. Carolina

"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

"There is a time and place in everyone's life when there is no anchor to reality, no peace or understanding, and I was there once. Then there was an extraordinary teacher of meditation who found me there, and brought me back to the 'Peace that passes all Understanding.' I am profoundly grateful to Lynda Terry for this, and her ongoing Spirit." - Stewart, Pennsylvania

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

**NEXT 11 INTENTIONS TELECONFERENCE:
KALI DURGA, DIVINE STRENGTH
SUNDAY, OCTOBER 30th at 7 PM ET/4 PM PT**

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 Thursday, October 27th. List your time zone in the email. On October 28th, 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.

SAVE THESE UPCOMING 11 INTENTIONS CALL DATES!

- SHAKTI, DIVINE FEMININE ENERGY, SUNDAY, NOV. 20TH
- THE 11TH INTENTION - SERIES "FINALE," SUNDAY, DEC. 11TH

IT'S A GIRL!

It's a Vessels of Peace baby! Our very own web mistress, Leigh Sanford of California (and soon to be relocating to Georgia), just gave birth to her first child, Gaia Autumn, October 3rd. The ecstatic Mom sent photos via email; Gaia has lots of hair and deep, knowing eyes - she's one of the ancient ones, for sure! Congratulations, Leigh, and welcome, baby Gaia; you have just acquired a large circle of "Aunties" around the world!

LINK OF THE MONTH : HOLOGRAM FOR PEACE PROJECT

VoP Ellen Shapiro, New Jersey, sends us word of this program being sponsored by The Holographic Repatterning Association. Each week, a group of certified holographic repatterning practitioners, all of whom volunteer their time for the project, offer a group proxy session for world peace. (Ellen is one of the practitioners who is volunteering).

All are welcome to participate to build peace in the world by building peace in their hearts. Once you sign up for the program, your energy field is "proxied" into sessions offered weekly. Each month has an intention - for example, in September, it was to address the situation and help create peace for the people of New Orleans. You also have the opportunity to personalize the sessions to yourself by submitting information for repatterning each month.

More than 600 people have subscribed in the past, receiving weekly sessions from more than 15 different practitioners worldwide. To find out more, visit: www.worldpeacehologram.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 contributions and feedback to info@vesselsofpeace.com.)

Sharings

Many of you responded to the email sent out on September 7th re a peace healing for the earth. Some of your comments:

From Sunny, Colo.:

"Beautiful, great, thank you. I was also "called" at 4:44 this A.M. I have a teacher who says that this is when the world wakes up each day. For me it feels like a rising or swelling of a buoyant nature, and I rest safely and comfortably in the rising of the energy."

From Serena, Calif.:

" ... I just finished meditation using the suggestions from the email you had sent in order to support and assist not only those in New Orleans but also all those in the surrounding areas. I'm sharing this with you because I had an awareness of what this could do for all of us that feel drawn to do this specific work.

One of the suggestions is to hold the word Peace and New Orleans in our minds as we go through our day. As I was sitting with this in meditation, I requested that the Beings of Light implant in my mind the memory to do this every minute of every day, unending. What this means to me is that, beyond what has happened in New Orleans, I will constantly hold PEACE as my internal mantra. As I was extending this request, I realized how this Peace and Light work will affect each of us who participate. How could it be otherwise? To offer Peace from our hearts over a period of days will begin to instill a heartbeat of peace. We will be altering and expanding our consciousness to a place of peacefulness and hopefully it will become our natural way of responding to unnatural events...."

From Susan, Va.:

"Thank you, thank you for sharing this, earth mother Lynda! I will breathe in your mantra and intend to breath out peace. I will share it with others as well ..."

From Pamela, Ohio:

"Thank you for this lovely posting. I have just returned from Assisi with the Beloved Community where I received my ordination as a Peace Minister. Although I am not walking the Peace Walk from Assisi to Rome like some, I was able to carry the peace prayers from Assisi directly to the Vatican and anchor them at the Vatican Obleisk there with nine other Beloved [Community] Women, anchoring the walking journey for the others. I think of all of us who are intently focusing ourselves this week as the Vessels of Peace that we are. My heart is with all of you ..."

From Sheila, Colo.:

"This touched me ... I have been receiving deep emanations from the earth...sooo intensely drawn to offer the [peace] pipe and prayers outside these last few days.... deep communion with the earth has just been "happening" ..."

Inspiration

"The more of us that find the inner peace that comes with awakening to truth, to who and what we really are underneath all our cultural and religious beliefs, stories, and myths about who we are, the more we will see peace in our world. Then our children can grow up in an atmosphere of love and caring, rather than fear and uncertainty. Then we can come together as a global community to solve the many social and economic problems facing us. What better—or more selfless—motive for enlightenment could there be than this?"

- Jim Dreaver (www.jimdreaver.com)

VOP GUIDED MEDITATION CD BACK IN STOCK!

We now have a fresh supply of The Vessels of Peace Guided Meditation CD I 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
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 in New Cumberland, Pa., at 717-774-4874. To purchase by check or money order, call 707-538-2070 or email lyndaterry@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