



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER OCTOBER 2003 - ISSUE #1

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NAVARATRI: A TIME TO HONOR THE SACRED FEMININE

Navaratri, the ten-day Hindu festival of the goddess, begins tonight and lasts through Sunday, October 5th. Navaratri is divided into four phases of honoring Divinity in feminine form. Each phase corresponds to a stage of the spiritual journey.

For the first three nights, Durga is honored; her grace is invoked to overcome obstacles. This phase represents our intention to eliminate negative thoughts, habits, attitudes and actions that may stand in the way of our spiritual progress. For the second three nights, Lakshmi is honored, and her grace is invoked to bestow peace and prosperity. This phase is about cultivating positive qualities, which are thought of as "Divine wealth." For the third three nights, Saraswati is honored; her grace is invoked to gain knowledge. Once we have prepared ourselves through spiritual practices that helped us with the first two stages, we are ready to receive knowledge of the Truth. On the tenth day, called the day of victory, the blessings of Saraswati are again invoked to celebrate the moment that this Supreme Truth dawns within our heart.

You do not have to practice Hinduism or yoga to benefit from the heightened awareness of the Divine Feminine during these 10 days. You can look at the universal aspects of the holiday and contemplate them in the context of your own life.

For example, during the first three days, you might identify an unproductive habit or thought pattern that gets in the way of your choosing peace, set an intention to change that habit or pattern, then call on the Sacred Feminine for support. Similarly, for the second three days, you could focus on a quality or attribute that would enhance your experience of peace, and during the last three days, ask for insight and guidance in general, for your spiritual journey. On the 10th day, you can ask for blessings and offer your gratitude for the wisdom you have gained through this process. The favored practice during Navaratri is chanting - so if you like to chant, you also might do that on one or more of the evenings.

Whatever you do, enjoy the presence of the Divine Feminine energy that will be very evident during this time. A blessed Navaratri to you!

**VOP FALL GATHERING AND ANNIVERSARY CELEBRATION!
SUNDAY, OCTOBER 19, 1:30 - 5 P.M.
2093 NORTHWOODS PARK DRIVE, HARRISBURG**

On October 18, 2002, I sent out the first email inviting women to join me in a very special form of spiritual service. I did not know exactly what it looked like, but thanks to all of you spiritual midwives -- and lots of help from Divine Feminine energy -- Vessels of Peace was born!

So now we move into our second year of choosing peace, connecting with the Divine Feminine and learning how to embody peace more fully in ourselves and in the world. Is it not a wonderful feeling of accomplishment to know that for one year, you have held the intention to choose peace? That you have opened to a deepening of your experience of Divinity by discovering the Sacred Feminine energy within you?

I welcome you all to my home on Sunday, October 19th, to share and celebrate what this year has brought forth and to explore what comes next. Come enjoy a relaxed and inspiring afternoon of women gathering together. The format will be less formal than what gatherings have been in the past, but we still will take time to focus our collective energy in peaceful meditation at the beginning and end of our time together. In the middle, we will share, explore, celebrate, have refreshments and visit with one another. You are welcome to bring a snack to share.

Please RSVP if you WILL be coming: call 717-651-1528 or email lyndaht@superpa.net

NOTE: The Harrisburg Gatherings will now be quarterly, and there are no gatherings scheduled for Gettysburg. Dates for next gatherings to be announced in a later newsletter.

REQUEST FOR LOCATION IDEAS: Any suggestions for where to hold subsequent gatherings in the Harrisburg area? Would like to find a larger space than my townhouse for the winter and spring gatherings, and perhaps return to The Aerie, Lancaster, for our summer retreat gathering.

VESSELS OF PEACE MEDITATION GROUPS FOR WOMEN

One of the things my guidance is showing me for what comes next is "pockets" of women meditating together on a regular basis - all over the country - and eventually, the world. I see women gathering together to meditate weekly or monthly. These meditation groups are hosted/facilitated by Vessels of Peace women but open to all women who want to participate. Each group decides on the format - some might just do silent meditation and then sharing time. Others might do the whole gathering meditation and ritual. Others might just recite the Affirmation of Peace at the end. Others might set a particular peace-related intention for each session. Still others may incorporate meditation for healing into their approach.

Whatever the format chosen, the common links present in all groups are: Vessels of Peace women helping to "hold the space," peace as the intention, meditation as the means, the Sacred Feminine as inspiration. Beyond that, it's totally up to each group what it looks like. What's important is building collective feminine meditation energy in lots of different locations.

So - I invite you, wherever you may be, to find at least one other woman who also resonates with the idea of women gathering in meditation, and start your own group. Let me know when and where you meet so I can list that info in the next newsletter.

Currently, we have two groups beginning:

HARRISBURG VESSELS OF PEACE MEDITATION GROUP
Tuesdays, Weekly, beginning October 7th, 7:15 p.m.
For more info: Lynda Terry, 717-651-1528

GETTYSBURG VESSELS OF PEACE MEDITATION GROUP
Details to be determined.
For more info., Peggy Fitzpatrick, 717-642-6760

I think these meditation groups are in the mode of "if we build it, they will come." Vessels of Peace as a collective feminine energy aligned with the vibration of peace exists. Now, it's about radiating our energy out in a variety of ways...

GREAT FEMININE BEINGS: YOUR SUGGESTIONS!

Each month, I'd like to recognize a different Great Feminine Being - either a Vessels of Peace woman or any woman whose life and/or work resonates strongly with what we are about. Can be women who are well-known and/or women no longer with us in form. Who would you like to see recognized and why? Send your nominations to me at lyndaht@superpa.net

GFB FOR OCTOBER 2003: GURUMAYI CHIDVILASANANDA
Spiritual leader of the path of Siddha Yoga

Great women spiritual teachers are very much needed on the planet right now, and I am blessed to have spent the last eight years as a student of one of them. I recognize and honor my spiritual teacher, Gurumayi. Her loving embodiment of peace influences and infuses everything I think, feel and do, and her mission to uplift humanity has become my own. Gurumayi's teachings inspire thousands around the world to honor their inner divinity, cultivate peace, love and compassion within and without, and offer service to their families, their communities and the world. Her many humanitarian programs through the PRASAD Project bring hope and the opportunity for self-reliance to people in India, Mexico and the U.S. Many of those programs assist women to heal, learn, raise healthier children and earn income for their families.

Thank you, Gurumayi, for your grace, your love, your wisdom, your service - for being a GREAT Feminine Being!

TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

This space is for sharing experiences, thoughts, favorite quotes, etc. that speak to our day-to-day intention to embody peace. Please send your contributions to me at lyndaht@superpa.net

From "The Architecture of All Abundance" by Lenedra J. Carroll:

"Every day we face the choice repeatedly. Will we succumb to road rage or will we require ourselves to notice our strong response and reroute it with a prayer, or deep breaths, or self-compassion? Will we call the difficult sales clerk an idiot or will we exhibit clarity and grace while dealing with him or her? Will we always cling adamantly and fearfully to our own views or will we allow differing opinions and methods to cohabit with our own? These are the mundane but vital moments where we can choose to pioneer peace into our lives."

PURCHASE VOP GATHERING CD!

A few copies of the "Vessels of Peace Gathering" CD remain. To purchase your copy, contact me at lyndaht@superpa.net or at 717-651-1528. They are \$15.

PURCHASE LYNDA'S CD!

My guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. 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 informal network of women committed to choosing peace in all areas of their lives. For more information, contact Lynda Terry at lyndaht@superpa.net