



Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER
SEPTEMBER 2005 - ISSUE #19

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Dear VoP Women,

As you read these words, VoP Sunny Freeman Genz is walking with peace from Boise to Sun Valley, Idaho - a distance of 160 miles! She left on August 29th and expects to arrive by September 9th, in time to help out with preparations for His Holiness the Dalai Lama's appearance there on the fourth anniversary of September 11th. Please read her inspiring email about her decision to do this - it's in the *Tending the Vessel* section, under *Inspiration* - and please join the VoP Visioning Circle in offering prayers and intentions for her safe journey.

This truly is an amazing month for peace. See the many events taking place under *News & Events*. And to help you keep your intentions for peace steady, clear and in this present moment, read VoP Julie Heyman's guest editorial! Julie and I roomed in the same townhouse at the May retreat in Crestone, and to say it changed our lives is an understatement! I owe you an article about Crestone - my experience and what it means for VoP - and you will get that story in October, I promise!

Speaking of which, this e-newsletter is outgrowing its humble beginnings of 19 issues ago! It's too long for an email format now, and yet you keep telling me how much you love all the info, how you print it out to read, save it, send it to friends, etc. More contributors are stepping forward, and a wider range of material is presenting itself to be covered, not to mention more happening with Vessels of Peace ... hmmm ... maybe our not so little newsletter wants to grow up to be an online magazine/e-zine ... we could call it ...The Vessel ...! It could "contain" information an evolving woman of Spirit and Peace would want to know about to support her journey ... it could "navigate" through the waters of change to chronicle this incredible phenomenon of women connecting, networking, gathering, everywhere - much of it under the radar, for now - but growing in numbers and in awareness of one another, and in embodiment of their reason for being here ... hmmm ... and this Vessel's content, readers and contributors could be so "infused" with the energy and high frequency fueling this global unfolding among women, that faster than you can say "Light," it would send a stream of same through humanity and the planet ... and the outcome, as the shaman said to me in 2002, "will be phenomenal

and incredible” ... hmmm ...

(To be continued) :-)

What’s causing you to go “Hmmm...” these days?

With deep gratitude, affection and blessings of peace,

Lynda

GUEST EDITORIAL
THE POWER OF INTENTION MEETS THE POWER OF NOW: PEACE IN OUR TIME

by Julie Heyman

I have recently returned from a workshop where I finally accepted that the great mystics were right: “the world is as we see it.” The power of our thoughts create our reality. I firmly believe that all possibilities exist in the great and infinite Consciousness/cosmic/hologram/grid. And that explains why the wise ones taught that we create our reality: we attract and draw to us (from the place of all possibilities) that to which we give energy, with our affirmations, visualizations, focus and intentions.

Have you noticed how many workshops, books and articles there are now that discuss the collective unconscious? How women, especially, are feeling drawn to participate in circles, such as Vessels of Peace, and gaining strength and comfort by linking up with others of similar mind/heart? Well, it’s no coincidence ... I absolutely believe we are already in the unprecedented, planetary shift we have been expecting! The anticipation (re: 2012) has been trying on the nerves, so it is actually a relief to consider the shift is in progress. Who said it had to come suddenly and with cataclysmic devastation? And this is, exactly, the point I wish to put forward.

Think cataclysmic shift, get cataclysmic shift. Think peaceful, grace-filled shift, get peaceful, grace-filled shift. Something is happening on the planet precisely because of all the workshops, books, articles and circles. People are experiencing they can and do effect energy frequencies - not only within themselves, but also their community, and the world. The hundredth monkey ... the millionth circle ... people all over the world are learning they are influential to the evolution of human consciousness.

At this point, you may want to suggest that I haven’t watched the news lately. But I confess, my husband and I are newsaholics. I am neither naïve nor living in denial. I have simply decided I will carefully monitor how I visualize, intentionalize, or speak about the world in which I want to live. No ambivalence or equivocating; no “I wish,” “I hope” or “If only.” My statements are clear, and in the present tense.

I recently read a book where the author interviewed some of the most popular presenters of self-actualizing workshops. These speakers have all seen a dramatic leap in the number of people attending their presentations who already understand the concept of the collective unconscious. What used to be only 10 percent of their audiences a decade ago is now a strong majority. The attendees now want to learn about more fully using their consciousness for beneficial purposes beyond just themselves.

Consider what happens as more and more people project their peace-filled, compassionate convictions through daily prayer, affirmations and actions ... sending out the power of intention in the power of now. And of course, inviting others to do the same! Now.

Each and every person who makes a conscious decision to intentionalize a peace-filled world, here and now, is affecting the frequency of this planet more than they could ever imagine. It is the greatest social work we could be doing. Not waiting for some uncertain shift to come upon us, but deciding, here and now, what we want for our beautiful planet, for the environment, for the children, for shared resources and mutual respect between different cultures and faiths, and most definitely, for peace in all directions, now.

About Julie: Julie's path has taken her from bellbottoms and long hair in the anti-war 60's, to long skirts and shawls during her days living and serving in ashrams, to page boy with head band and suits as administrator and fundraiser, to her current long braid and jeans as shamanic healer - one who is seriously committed to inspiring others to step up to the higher consciousness now accessible to our planet!

NEWS & EVENTS - SEPTEMBER

SEPTEMBER: AN AMAZING MONTH FOR PEACE!

As James Twyman says, September has become an amazing month for Peacemaking around the world! Numerous events are planned throughout the month:

September 6-13th: Seminary for Spiritual Peacemaking Assisi Retreat, Italy

September 11th: Tavoladellapace (www.tavoladellapace.it) has organized a peace walk from Perugia to Assisi, and more than half a million people are expected to take part. The Seminary retreat participants and James Twyman will walk with them the last half mile.

September 12th - 20th: Peace Walk, Assisi to Rome

An international group of spiritual peacemakers, lead by Twyman, will depart from Assisi for a special pilgrimage to Rome. Many of the retreat participants will be joining the walk that follows in the footsteps of St. Francis. There will be some VoP women there, and I expect that the VoP Peace Mantras will be chanted along the way!

September 17th: Earthdance Peace Events Around the World

Hundreds of thousands will be dancing for peace around the globe as part of the Earthdance peace movement (www.earthdance.org).

September 20-22nd: Peace Festival/United Artists for Peace Conference, Assisi, Italy

See more details about this event at www.peacefestival.com.

September 21st - UN International Day of Peace Vigil - Worldwide

Spiritual observances for peace all over the world, including VoP's events at Crestone, Colo. See list at: www.idpvigil.com/commitments/commitment2005

See the VoP website's *News & Events* section, on the home page, for details of the VoP events in Crestone: www.vesselsofpeace.com

NEXT 11 INTENTIONS TELECONFERENCE: LAKSHMI, DIVINE ABUNDANCE

SUNDAY, SEPTEMBER 25th at 7 PM ET/4 PM PT

Special Note: Because I leave for Crestone on September 15th, you MUST sign up for the Lakshmi call by Wednesday, the 14th, in order to receive the number and code information.

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, September 14th. List your time zone in the email. By September 15th, 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!

- KALI DURGA, DIVINE STRENGTH, SUNDAY OCTOBER 30TH
- SHAKTI, DIVINE FEMININE ENERGY, SUNDAY, NOVEMBER 20TH
- THE 11TH INTENTION - SERIES “FINALE,” SUNDAY, DEC. 11TH

OPEN HEART MEDITATION TELECONFERENCE COURSE

I want to recommend to you a wonderful meditation teleconference course by Sally Kempton, beginning in October - Open Heart Meditation, Level I. Sally is an author, founder of the Dharana Institute, and a contributing editor at Yoga Journal. She is the meditation teacher’s meditation teacher, and that is high praise! My study with her has been most helpful to both my personal practice and to my teaching.

Her class begins on Wednesday, October 19 and continues on the following two subsequent Wednesdays, October 26, and November 2. (A more advanced, Level II course will begin in January.) For more details and to register, see her website at: www.sallykempton.com or contact her assistant, Debbie, at 360-850-1070.

LINK OF THE MONTH : THE NEW VOP WEBSITE LINKS PAGE!

We are excited to inform you that the Vessels of Peace website now has a Links page of websites we think you will find of interest. All kinds of peace-related sites as well as sites connected with the Sacred Feminine are there, and more will be added as we go along. Take a look and let us know what you think:

www.vesselofpeace.com/links

And if you have other links that you think are a good fit, send them to info@vesselofpeace.com or to Lynda at lyndaht@sbcglobal.net

Coming soon: a books and music section!

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.)

Sharings

Teri, from South Carolina, is new to our email list, and look what Dr. Emoto's work with water inspired her to do:

"I just wanted to let you know I have placed a glass of water in front of my computers speakers as you are praying [the peace mantras on the Vessels of Peace website]. It's so wonderful to see all the pieces of the Creator's plan coming together..."

Teri, please let me know what effect drinking that glass of water had on you! And if anyone else out there is inspired to try this, please do let me know how you then use the water and what happens with it?

Lynn from South Carolina sent this wonderful sharing about being stranded in an airport and how she and several women - all strangers to one another - spontaneously created a beautiful circle experience:

"I was traveling back from a short visit with my family, missed my connecting flight and wound up spending the night in the Charlotte airport. They close off most of the airport at night. There seemed to be just me, the cleaning crew and an occasional traveler. So I settled down, not too comfortably, in one of the rows of chairs for the long night. It was close to midnight, and I had been in airports since about 3 o'clock that afternoon. At one point, I wandered around (looking for a bathroom and vending machines) and saw another woman who appeared to be settled in (if that's what you can call it) for the night. So I seated myself in the area and when sleep did not come, we introduced ourselves and began a conversation. An hour or so later we were joined by another woman (looking for a little safety in numbers as she too was stranded) ... a bit later yet another woman joined us.

Before long we were engaged in wonderful conversation about our families, our work, our interests, and of course our missed flight stories. The connections were very interesting. Two of the women did the same kind of work, but for very different organizations (one at a Jesuit college, one for the Dept. of Defense), two of us were very metaphysical, a third was a dog trainer. As the evening went along, I was stunned to realize we were actually sitting in circle (we had moved the attached seats and formed a circle) and were very respectfully listening to each other and really enjoying the exchange. We never closed our eyes the entire night, and the night didn't seem so long.

By morning a fifth woman had joined us, and as we ate breakfast (donuts, of course, and coffee), we were calling each other girlfriend. Not one of us came in on the same flight nor did we have the same destination. I was awestruck by how we formed the circle and how

incredible the exchange was. Women just know how to do this! I cannot tell you how special a moment in time it was! We were meant to meet and share.”

Inspiration

Walking to Sun Valley

... I will be walking to Sun Valley. I am doing this for several reasons. One, to clear my mind, with the intention of allowing myself to be receptive, to be fully present in the NOW: a walking meditation. Two, I will be contemplating all the spiritual wisdom I have gained in the past few years. Three, I will be on my way to join other people of elevated consciousness as we come together to listen to the message delivered by the Dalai Lama. Four, I am trying to "Walk the Talk" as I have voiced the importance of kicking the addiction to fossil fuels. There will be enough cars in Sun Valley; I do not want to contribute to the congestion. Five, I have read the book, Peace Pilgrim (a compilation of her writings) and have been inspired to walk for peace! :-) I have also volunteered to help on both the 11th and 12th, and will be arriving on the 9th (if all goes according to plan) for the volunteer orientation.

I have a pack with a hydration unit and a water filter. I have dried fruit, nuts, hummus mix, bagels, and Luna bars. I will have my sleeping bag, and a few first aid items. I will have my cell phone and will turn it on from time to time to see if I can get a signal, so I can check in with my husband. No one else is going with me, and I do not have a support team. As of yet I do not have a place to stay in Sun Valley or a ride home, but I have faith that everything will work out. I know of several people from Boise who will be there.

Peace Pilgrim began by walking Coast to Coast, then continued walking for peace until she had counted 25,000 miles!! ...and still she kept walking. She fasted until given food, walked until given shelter and never asked for anything. She started her pilgrimage in the 1950's when she herself was in her 50's. I figure if she can do this, I can survive a walk to Sun Valley. Whatever happens, I know it will be a valuable experience.

Thanks for your encouragement and support. Peace, Love, and Happiness,

Sunny Freeman Genz, Boise, Idaho

COMING IN OCTOBER

Crestone and Vessels of Peace, Remembering the Code: Report on the VoP Visioning Circle Retreat, Introducing the 11 Intentions Mandalas, Announcement of New Email and Teleconference Courses ... and much more!

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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