



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
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## THE VESSEL: A JOURNEY AND A CONVERSATION BEGINS

Dear Vessels of Peace Women,

For some time, I've been wanting to share with you about what has been emerging through the work of the Visioning Circle, a group of 11 VoP women and myself, who began meeting via teleconference call and through email conversations in January 2005. When I first began receiving guidance about bringing women together for spiritual work, in 2001, I was shown that there eventually would be 11 women with whom I would work very closely - and would know when it was time to call for the circle. In late 2004, it felt time to put forth that call to the VoP community, the women came forward, and the circle was created.

An important aspect of the Visioning Circle's service is to discern through collective inner guidance, how best to serve the Vessels of Peace vision and share it with the world, and how best to support and walk the VoP journey with all of you who comprise this community of women. We've spent the past year intensely surrendering to that process of discernment, and it is time to begin sharing with you, the fruits of our process so far.

Some of you may be wondering, where is the special newsletter on Women, Peace and the Sacred Feminine that I promised you? Every time I have tried to write this newsletter, it has not come together. I feel major energy around this theme, and for months, have been collecting information that I thought spoke to it, but whenever I tried to shape that information into newsletter format, the energy dissipated, the form eluded me.

This morning, in meditation, I realized what the obstacle was. Women, peace and the Sacred Feminine is not a topic for a story; it's the *experience* of story in the original context of that word. It's a journey into the heart. We are meant to *experience* this story together, with other women - and hearing how the women of the Visioning Circle have experienced it feels like where we begin.

And so, dear women, I invite you to join with me and the rest of the Visioning Circle in a conversation that also will be a journey. Over the next three months, as I am sharing the message of Vessels of Peace and *The 11 Intentions* with women around the country, the

Visioning Circle will be sharing with you, our experiences together this past year - experiences that still are unfolding, still inspiring and transforming us, still expanding our capacity to serve.

We have created a space to hold this conversation: The Vessel - A Vessels of Peace Visioning Circle blog. It is linked with the Vessels of Peace website and vice versa, so it's easy for you to find. (For those who may not know, a blog is a kind of online journal that is frequently updated and that others can comment on). On the blog, you will find written postings by our Visioning Circle, as well as audio postings by me, called in "from the road" each week. You can comment on the blog entries by either posting a comment in writing, on the blog, or calling in your comment to the new Vessels of Peace Comment Line. Easy instructions for both follow this message.

You still will receive a monthly VoP newsletter, as well as occasional updates about upcoming events, teleconference calls and announcements.

Spring is here, and for VoP, it is a time of going forth to share our peace with others. See the special essay about this below, as well as news about the global meditation calls. As we walk with peace together, may our conversation be rich, expansive, inspiring - and fun!

Much love,

Lynda and the rest of the VoP Visioning Circle

Go to The Vessel - our new blog - by clicking on this link:

<http://vesselofpeacevc.blogspot.com/>

To leave your comments on the Vessels of Peace Comment Line, call this number and extension:

214-615-6505 ext 3362

You have up to 20 minutes for your message, so enjoy this opportunity to share with us and other VoP women! There is no fee other than your normal long distance charges. Note that the number is shared only via the VoP email list, not on the VoP website or blog, so you may want to write it down or print out this email to have it handy.

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### THREE RIVERS OF ENERGY

Women ... peace ... the sacred feminine ... So many are finding themselves drawn to the energy that arises when these three themes are mentioned together. Taken alone, each can elicit dismissive responses, the rolling of eyes, as in "Haven't we already been there, done that?" Put them together, however, in one flowing rhythm, and a different response arises. You hear the "aaah" ... see eyes grow soft ... movement cease ... stillness arise. An inner shift occurs ... an invitation is heard ... the heart remembers.

Women ... peace ... the sacred feminine ... open more fully to the experience of these words by thinking of yourself as standing at the confluence of three great rivers, watching the currents of each approach, merge, and continue as One. In Eastern traditions, the place where three rivers converge is holy ... imbued with great spiritual power ... and holy is this place, where we meet, women of peace expressing the sacredness of the feminine through our service.

We stand at this place, listening to the moving waters of life, and yes ... something stirs in us ... the heart remembers ... a song begins to sing ...

### The Year of Water, an Opportunity for Peace

I have strongly resonated with the confluence of rivers metaphor for women, peace and the sacred feminine. It feels so true, satisfies something deep within me that wants described. As is the way of synchronicities, I recently received an email that confirms why the water imagery feels so important.

The following excerpts come from a longer email by Jeff Richardson, director of The Listening Heart, an indigenous and modern healing practice, in Toronto, Canada ([www.listeningheart.ca](http://www.listeningheart.ca)). He writes about the special opportunities available for peace and reconciliation this year and provides an indigenous perspective on the significance of 2006 for the world:

“...For some indigenous peoples, this year is - from a spiritual perspective - a Water Year. According to elders of the Dagara people of West Africa ... 2006 is presided over by the spirit of Water. (2005 was an Earth year. 2007 will be a Fire year.)

... This is a particularly potent time to ask for peace and reconciliation - whether in the world at large, in our relationships, or in the warring parts of our own psyches. It is a time for healing our losses by allowing ourselves to express grief. And it's a time for each of us to get clearer on the life purpose we were born to fulfill.

The Dagara, like so many peoples on our planet, honor water as the giver of life and as a purifier. 'Water seeks to cleanse, reconcile, and balance that which is in agitation and emotional disorder,' writes Dagara elder Malidoma Somé in his book, *The Healing Wisdom of Africa*. In the modern world, we live in a culture in which Fire has got the upper hand. ...We are a society in need of more Water to cool and balance what Malidoma calls 'the fiery loop of speed and consumption.'

An individual in turmoil can look to Water to still his or her restless consciousness. Who hasn't experienced this by sitting quietly beside a lake or river? Two or more people in conflict can invite the spirit of Water to offer its powers of mediation to the disagreement. Water slows down what's burning too quickly and thereby presents the possibility of stillness, peace and clarity.

Water is also associated with grief: Our tears help reconcile us to our losses and to our very human failings. Without grieving, we are stuck in denial with phony smiles on our faces - while frustration, pain and anger grow ominously within us. An elder once told Malidoma, 'My tears say that my soul has heard something about the Other World.'”

Richardson shares some rituals for honoring water and inviting its healing power into life - such as spending time by water and in water, placing water on our altars or in rooms where interactions with others may be challenging, and thanking water every time we come in contact with it, for all it gives us. As we honor water, Richardson says, ...”we might come to truly experience what is to be, as humans, 80% water rather than, as we sometimes act, 80% fire.”

Dear women, 2006 is the time for us to honor both the form and spirit of water through our serving. Let us be vessels holding and infused with, the gentle waters of peace. Let us be vessels that navigate upon the waters of life, moving out into the world to offer peace mantras, letting the syllables be as holy water sprinkling a healing blessing upon the people and the earth. Let the melodies of water's movement be our song, awakening the hearts of

those waiting so eagerly to hear it. Let the sacred waters of these three rivers, meeting in the heart of every woman, pour through us, Her vessels, into the world.

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### UPCOMING VOP EVENTS

Programs on Women, Peace and the Sacred Feminine have been added in three more locations: Bracey, Virginia, on April 10th; Troy, Ohio, on May 25th; and Salida, Colorado, on June 15th. For more details and contact info, go to the News & Events page at: [www.vesselsofpeace.com/news.htm](http://www.vesselsofpeace.com/news.htm)

The VoP Visioning Circle Teleconference Call Meditations for Women will continue. These special guided meditations for women focus and direct, through the grace of sacred feminine energy, the healing blessing of peace in service to humanity and the earth. Beginning in April, these calls will be on Sunday evenings, 5 PM PT/8 PM ET. The calls last 55 minutes, and there is no charge other than your normal long distance costs. Phone number is 641-297-5800 and access code is 820668#. Please join us in this important and beautiful expression of what it is to be a vessel of peace.

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### PURCHASE THE 11 INTENTIONS BOOK

For information on how to order *The 11 Intentions* via credit card, PayPal or check, please go to [www.vesselsofpeace.com/book.htm](http://www.vesselsofpeace.com/book.htm)

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Vessels of Peace is an international spiritual peace and service network for women. For more information, go to [www.vesselsofpeace.com](http://www.vesselsofpeace.com)

I want to also share that these past few weeks, I have sensed a need to be more flexible and fluid in how we communicate with one another. What that means specifically, I don't know yet, but trust we will be shown. Email burnout and information overload are concerns, of course. At the same time, we know that the energy of spiritual evolution (and the feminine!) thrives in the connecting, the co-creating, the collaborative discovery. So I ask you to please hold with me and the rest of the Visioning Circle, this intention: Let us manifest what will best support the flow of energy between and among all called to serve as Vessels of Peace.