

“Peace, Earth and the Sacred Feminine: Feminine Energy as a Catalyst for Peace”

This is a resource for peace workers. It is about the power of the presence of peace within each of us. That peaceful presence can be invoked through the presence of the peaceful feminine energy. When we let that radiate out, we help transform the world, one person at a time.

DESCRIPTION OF WORKSHOP

In this workshop we will connect the dots between the earth’s feminine energy, other aspects of the Sacred Feminine, and peace. Peace begins within us, with a very gentle, loving feminine energy (both women and men have this!). As we learn to connect with it more, we realize that all true change flows from this place of peace. Using movement, meditation and discussion, participants will awaken to a new way of BEING with peace. Leave the workshop really feeling/being peace.

Using meditation and simple tools like our “Peace Mantra” and the “Affirmation of Peace” they will have more awareness of how to be present to peace in daily life.

THE WORKSHOP

Movement--create a peaceful space; awareness of body and of individuals as part of a group; shifts the mind.

Peace—Peace begins within. Every person can be a vessel to hold peace by creating an awareness. We already are what we wish to become. Set an intention to be peaceful.

Sacred Feminine—we have a longing for peace, for connection with others; like a river flowing through our hearts. Feminine energy is what needs to come forward now (men have it too); gentler, co-creative energy, oneness –in contrast to the energy we’re used to that separates us, sees the differences instead of the commonalities, etc. The Sacred Feminine flows through each of us and has the power to transform the world. It connects us with our higher selves and with each other. We are doulas—birthing a global evolution in peace consciousness. See www.vesselsofpeace.com and the book The 11 Intentions by Lynda Terry.

Intention—set the intention to always transmit the frequency of peace. One tool is the **Affirmation of Peace** (below). What you feel and think is what you are transmitting. If your state of mind is stressed or frustrated, you are transmitting that. If you hold the intention of peace, you will transmit that. This state of BEING peace is even more important than DOING something active for peace.

Earth -- weave together with Sacred Feminine and Peace— “In nature’s presence, we are all children, nothing more...” Be in awe of nature. Spend time with Mother Earth. FEEL her sounds, smells, energy, beauty. Notice the harmony of nature and the seasonal flow.

Meditation—into the heart of the Earth; ask her what she needs from us? How can we serve her better?

Action—we can BE or DO—a vessel of peace can choose to BE, that is, hold the space of peace for everyone else, and BE a peaceful presence. Or she can DO something in an activist way. Still

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she needs to BE the peaceful presence, even among others who might be angry about injustice. This is what Andrew Harvey calls a "sacred activist".

http://www.andrewharvey.net/sacred_activism_article.pdf

Steps--Empty ourselves first, create an awareness, radiate it out, stand in it, anchor it to the earth—drawing from the well of the earth. Do **Peace Mantra with movements** (reaches into the earth) and broadcast to the 4 directions (see below).

Closing-- "Peace be before me, Peace be behind me, Peace be above me, Peace be all around me. It is finished in Peace."

PEACEFUL PRACTICES

The Affirmation of Peace*

By the grace of the Divine Feminine, I am a Vessel of Peace.

I carry the dove of peace in my heart.

I breathe the mantra of peace on my breath.

I hold the vision of peace in my mind.

I feel the truth of peace in my soul.

I shine the light of peace in the world.

I am a vessel of peace.

Om shanti, shanti, shanti...

Peace mantra*: "Peace, Om Shanti, Salaam, Shalom" ("peace" in 4 languages).

Say it when you walk, work or meditate. Use it to help calm yourself or a situation.

Movement with mantra:

- "Peace"—inhale. Center in your heart, hands out to sides, move hands up over head, not touching, then down and palms together at throat.
- "Om shanti"—breathe out. Hands down, outside hips, bring energy to abdomen.
- "Salaam"—inhale. Join fingers and raise up to heart.
- "Shalom"—breathe out. Open arms wide and send out peace blessing far and wide.

Peace Prayer

"Peace be before me, Peace be behind me, Peace be above me, Peace be all around me. It is finished in Peace"

The 11 intentions*—we invoke a personal experience of the Sacred Feminine's presence in our lives as a catalyst as we serve Humanity and the Earth.

- *I honor and receive the transforming power of Shakti, Divine Feminine Energy*
- *I honor and receive the peaceful knowing of Sophia, Divine Wisdom*
- *I honor and receive the nurturing acceptance of Mary, Divine Love*
- *I honor and receive the sacred flame of Hestia, Divine Sanctuary*
- *I honor and receive the healing kindness of Kwan Yin, Divine Compassion*
- *I honor and receive the steady courage of Kali Durga, Divine Strength*
- *I honor and receive the generosity of Lakshmi, Divine Abundance*
- *I honor and receive the natural rhythms of Gaia, Divine Harmony*
- *I honor and receive the inspiration of Saraswati, Divine Creativity*

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- *I honor and receive the inner stillness of Sige, Divine Silence*
- *I honor and receive the Divine Feminine in all Her infinite forms.*
- *May Her grace flowing through me uplift and transform the world.*

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