

Finding peace in the action, coming home

What does Peace mean in my life and how does it show up in my relations and creations? A small circle, three women, sharing about harmony in their lives. Speaking our truth and listening deeply to each other. Reflecting about peace, human needs and how to create harmony.

Ellen

What I experienced over the last weeks, in my family. Grandfather is who he is. It comes naturally to him. His new-born grandson is not asleep, yet. He is making sounds, raising his little voice. Do you have cramps? He picks him up and sits down with him. He softly strokes the little head. The baby calms down. Then he starts to move and wriggle. Are you still uncomfortable? He stands up and walks around for some time, cradling the baby and singing. The baby settles down. Grandfather knows: he is content now and he lays his grandson down in a corner of the couch. His hands free, he prepares the next bottle.

It's bedtime. Father follows his two-year old daughter up the stairs. He is intelligent and sensitive, dedicated to providing a safe and loving environment for his children. Her days are full of experiences, she is already aware of so much. He reads from a new book. The little crocodile is sad, the picture shows. Mother is not here, but she'll come home, soon, says the text. The girl repeats the words and starts to cry and cry more. Father sits her down on his lap. Are you sad, too? Yes, she says softly. Just you cry, it is okay. He holds her close. When mama comes home, she will tug you in.

Annelies

Inner peace, equanimity. I am always seeing things from different perspectives. When I witness what is happening between people, I sense the field filled with pure love. There is resonance, harmony. I am not touching the disharmony that is there, too, but letting it fall through me, trusting what the future brings. It sets me apart, I feel alone a bit. To come into peace with my environment means that everything that is can be there. Even when I am not in alignment within myself, I try to hold this and I don't try to fix anything. I give it space to reveal itself. I wait for it to reveal itself. Even when I am not centred, not grounded, I notice it, I try to be with it, and I open up to the love of the soul. I can do all this because I know how wonderful it is when the field of love is present.

Sue

Peace is my Word. When The Dalai Lama visited the country, I was there and I asked him how I could find peace. He answered: a calm mind. What is at the heart of harmony for me? Tranquillity, quiet. We were on a family gathering, recently. So much discussion was going on, mostly on world affairs. I can find peace in meditation or in being in a sacred place. But how can I find peace in the day to day world? How can I find peace in the action? What I did is withdraw for a moment. I breathed in and out, slowly, consciously. I focused on what I am doing. Really noticing what I am doing. Being witness to what is happening, outside and in. Settle in the quietness of the moment and affirming this to myself. When I can feel calm in the doing, it moves me into peacefulness. Notice, accept, acknowledge. I could sense how I was creating more peacefulness. Which enabled happiness and let joy come through. I could re-enter the room and spread out love. I am a work in progress, the learning never stops.

Continued enquiry. *What emerged in the field between us?*

Annelies

What does a peaceful baby mean? A baby expresses itself through sound and moving its body. How do we settle it, so that it is still, at ease? What does the divine child need to become peaceful? Let children know that the light and the dark both can be expressed. That not being at peace is allowed. For parents this means to be able to go beyond good and bad. It is really necessary to learn this, in this world. I have asked myself: What can I do? I feel drawn to helping very 'light' children to shift this

so they can be at peace, in our world. By creating a more open space and place, where harmony and disharmony both can be present. For me wholeness is everywhere, where I connect to children, in the natural way, and where I can address what needs to be addressed.

Sue

I have been listening intently and with intention. Paying attention, accepting and giving affection creates a safe space. Let children know that we are there for them and that we will create this space together. Then, appreciation of the situation creates gracefulness. To let things be and let things go, not being judgmental is a way to empower them. We all need to learn and live this, to be able to calm down and create harmony.

Ellen

Peace, harmony, .. Thought, felt, imagined, spoken, practiced.. are powerful energies. They work in us, for us at a subtle level. Embodied, they radiate out and they are expressed in the world. To create peace and harmony, what needs have to be fulfilled? How about care, about healing? What about living with what emerges? And what about peace and harmony for nature, for the planet? The sharing and listening will continue. Life practices will develop over time for us to learn to care for self, others, places and planet, while including all four in every choice and action.