

What does Peace mean in my life and how does it show up in my daily relations and creations? Reflections

Summary

Aliveness
Align with life
Acceptance
Surrender
Presence
Spaciousness
Obedience (to this life's path)
BEING Peace (vs feeling peace)
AWE in Nature
Opening to Care, to be kind
Being with Conflict and Grief
Allowing to be really angry (without harming others)
Faith
Trust
Harmonics of energy in groups where there is an opening and things stand still
Coherence
Dynamic peace
Weaving
Conditions for peace
Spiral Dynamics Integral
In myself – anger, grief
Ecology of peace
Peace is dynamic
Accept diversity and those that are different
Intelligence that holds generations living in the city
Stages of life, peace experienced differently
Dynamics of aliveness, instead of peace as steady state
Grief allowed to flow
Resistance is what takes us away from peace

Alicia

20 Years ago, I was asked this question. I've always been passionate about peace on our planet. I still believe that the lack of peace is due to what we think of each other. It informs our actions, how we treat each other in terms of wars, not helping each other when there is a famine. But, how to change our mindset? Consciousness. My passion is about raising consciousness. This will change our mindset. This hopefully will change our actions. My recent life has brought me to finding peace inside myself. Surrender. The connection between peace and surrender. And spaciousness. Now I am not working in a corporate environment any more, I choose to have more spaciousness. I often take a few minutes to meditate. Become present to what I am showing up to. I am trying to create more peace. Seeing peace more as acceptance. About the body I have in this life and what it needs. It's challenges. Peace, acceptance and surrender have been mixed in with my personal experiences. Internal experiences about who I am becoming. How I want to live my life, the way I want to show up and be present. My notions when I was younger, how I wanted to create peace in my life, I still believe in it

and I am still passionate about it. But I am not sure if it is to be out there, changing mindsets or about the presence I am bringing where I show up.

Lia

I have two different experiences of peace. One is the experience of being peace. Not feeling peaceful, but being peace. It is unconditional. It doesn't matter what is going on around me, in me or in the world. It's just the being. And then there is feeling peaceful. For me that is tied to surrender, which I could rephrase as acceptance, meaning the same thing. Not resisting, not at war with my thoughts and feelings. Not at war with what I experience inside myself. And then there is something else. It is another level where it is very nice when the people around me are mellow, not raging around or stomping around, or upset or fighting with each other. That is another layer of peace. For me the experience of peace is a kind of stillness, emptiness, smoothness, spaciousness, clearness. I'm feeling more peaceful and more in touch with being peace. How it shows up around me is that people are more mellow. There seems to be more calmness around me. Many years ago I wrote a long essay called: *Peace on earth, the details* and I set forth everything I could think of, how peace on earth would look like for me. Peace in education, peace in gender relationships, peace between countries. I have taken that as a statement of intention. The kind of thing that you put in your drawer to look at it later on, to find that, my God, it has happened! I still hold the intention and I still radiate that intention all the time. Another thing I want to add about the difference between feeling peaceful and being peace is that I actually had the experience. Some years ago I woke up with this new sensation and I thought: I really feel peaceful. But no, that is not an accurate statement of what is going on, I am peace. I called up a girlfriend to tell her about this and she said: I had this experience too! So she was resonating with that difference in phrasing. I can't describe it, but some people will sense it. That experience has expanded my awareness of what peace is.

Marilynh

I've never thought of myself as a peaceful person. I have had, for decades, a Reiki practice, twice daily, to say: *May peace prevail in the world*. That has come to me as something to commit to. I have always related to peace not as a level playing field. Spiral Dynamics helped me to basically frame that there is a different kind of peace for every level of complexity. On top of that Don Beck taught me that peace is not the same for everyone. So, not to expect that to be. I don't even expect it to be the same for me, day to day, or within different life conditions. I have come to experience it more deeply in thinking about peace as how I see coherence. When I am in coherence with people, place and planet, than I can describe it as experiencing peace. At Findhorn, where I live, I would say, my direct, often relationship with nature is peace, but very dynamic. A practice which I have come to lead here, a meditation called Islands of calm, is for me a practice of peace. This is something that bridges this realm with some of the other realms. And that opens up the whole depth of peace beyond just what I can see in this life. A thought, that came to me, why I was listening, is that people have asked me: what planet do you come from? And I said I don't know. But wherever it is, or in what galaxy that I've forgotten, every planet which has life on it, where life comes to honour the planet, is able to sustain itself with life and to regenerate. That for me would be a pattern of peace. I have often talked about Integral Cities as cities of peace. And I was always surprised when people invited me to talk about that. But I did come to see that cities could be places for peace rooms. Barbara Marx Hubbard had the idea of nations for peace. I thought cities were the proper places for peace rooms. The last several weeks of the 99 days peace through unity, we have used David Gershon's practice for Peace

on earth 2030. I have done this practice on my own. Every week there is a quality of peace. I notice, that those qualities have been turning up in my life. That practice seems very much aligned with peace room work. In practicing it, I can see the value of it, for individuals, groups, places and for the planet. There are three principles that Findhorn is founded on and lives by on: work is life in action, co-creating with the intelligences of nature, and deep inner listening. I think they add up to a practice of peace. They are qualities and practices of peace. For LivingCities Earth we have come to a way of expressing the essence of LCE as: humaning well, together, for aliveness. I think that aliveness is related to my deep sense of dynamic peace. So, all those are ways that I experience peace and relate to it, in my different environments and relationships.

Joan

Nature. That would be the place to be in peace, deeply in peace. The awe of how nature reveals things. An example for me would be where thousands and thousands of reindeer from all over the north at the same time start to gather and go to a spot where the calves can be born, because it is rich with nutrients. How does that happen?! Whenever I think things like that I am incredibly peaceful, because I can trust much beyond me and there is a design in it, so exquisite. When I get unpeaceful with myself and my environment I forget to be in nature to let nature hold me and heal me. I am experiencing some of that these days because I am not in my garden. So, what does peace mean in my life? It sounds bizarre, but right now I am really cranky. That is not the image I have of myself, but I really am cranky. I know the source of this is when I lose my connectivity with the earth and the skies. The other thing that comes to me right now is, that in my home there is a texture where conflict is the norm. Some of that is young men coming into their man-self. And some of that is where I sense grief. It feels so big sometimes, that I don't know what to do with it. I remember as a kid that it was hard for me to sense the grief and not realising at that time that it was not mine. It wasn't mine. I see some of the unhappiness that feels like despair. I feel sometimes that I can cry and cry and I would never stop. What does peace mean to me? I remember thinking about that question, the first time it was asked. It means absence of war. I remember thinking: I wonder if the war will ever get over. I have come to remember many things since then. Now there is a level of grief on the planet. It is not to be overtaken by that although it feels like that, sometimes. It is as if it is smouldering underneath. The loss of connection is very pulsating right now. There is an upside to this: there is a lot of recognition of the loss and disconnect. The more there is connection, the more there is awareness, the heightened disconnect becomes..... In my home I experience that a fair amount. Some of that is just my own. Learning time. I keep telling myself to remember that there is a big design going on and I smile. It's not in my small self. When I look at a poppy seed, see how it is designed and how it shapes itself out to self-seed. Who created that anyway?! Of even all the different variations of ferns or animals. Look at the design in that! There is a lot of scientific information about it, but not really how it happened. So, there I'm plodding along. My relationship with peace has always been that I want to find situations to bring peace. Not so much peace as such, but in a way that there is an opening to care, to love, to be kind. And definitively an opening to be really angry. But, not in a way that it is harmful.

BREAK

Lia

I want to add something. Looking at mountains gives me peace. I gave myself the treat to go into the mountains nearby. I asked myself: why do I feel so good? What is the feeling that comes into my chest when I am in the mountains? It is not love, exactly. Enquiry. What is it that I am getting? The closest I come, I think, is the peace of the stability of a mountain. It is massive, it changes slowly. To me it is an embodiment of peacefulness. It is very physical, like a direct transmission of the mountain to my body. I know that most of the mountains I am looking at are volcanoes. It is not always life for the creatures on the mountain.

Joan

I want to add something about a harmonic in the energy that happens. I remember groups I have been part of where there is an opening and it is as if everything stands still. I experience this as a harmonic, that is happening. It is like waves and energy that go "Ah, yeah, yeah!" That might be part of the rhythm or wave, but is like a very felt sense for me. Not so much harmony of awe but harmony as the rhythm of life on the planet or life in the universes. Waves go in and out. There is this cresting. It is a beautiful rhythm.

Alicia

What are the conditions of peace? Where is peace there? Peace at scale: in myself, the city I live in. I care deeply for the planet. Peace related to homelessness. A city without homelessness would be peaceful. What creates homelessness? Peace at scale. For myself it means getting enough sleep, eating organic food. Positive change can come when life conditions shift.

Marilynh

A couple of decades ago I learned that peace is dynamic. That it has cycles and seasons. An ecology of peace. In a city I can't imagine cities coming to a steady state of peace. Rather what I imagine is the sense of nature, that we have a willingness to accept others and diversity and difference as well as that what we resonate with. And life itself. I've been thinking about the intelligences in the city, the last few days. One of those intelligences is called: Living. This is a generational intelligence. That holds generations flowing through the city. I think that in different stages of life peace is experienced differently. Allowing for that dynamics of aliveness seems to be quite different than how people want to see peace as a steady state. Even grief has to be allowed to flow as the state of the world and the state of humans. It will take a while for us to create the conditions where there is no war. But I don't imagine that creating conditions for peace where there is war, that it won't be dynamic. I feel peace in the oceans. Water often is very rarely stable. It is ebbing, flowing. With the tides, going in and out. It is an element and a life condition for virtually all life. I feel this goes beyond the oceans. It is part of Gaia, galactic life, life cycles. And part of creation. Maybe that is where my challenge to be obedient to Life is coming from. It is not always in sync with the cycle I am finding myself in, though.

Lia

Conditional peace and unconditional peace. Unconditional peace is a quality of mine that is independent of what is happening. It is always accessible. The more I access it the more it manifests as conditional peace. There is a relationship there. My best way of approaching conditional peace is non-resistance. I think that is what water teaches us. Resistance is what takes us away from peace. It might be the essence of non-peace.

Alicia

The Dalai Lama and Viktor Frankle have peace in the midst of such horrible things that happen in their lives. Peace is about how relate to what life is.

Lia

It seems that we have alighted a very big light bulb, radiating peace to the world. It has a warmth to it. It is bigger than any light bulb we could imagine. It is quiet tangible. All these reflections go into the light that is radiated out.