



Beams of Love

Peace Foundation Network Newsletter

July 2008

www.peacefoundationnetwork.org

Give Peace a Hand



This May, a chain of 2,000 smiling people passed on the Dalai Lama's Handshake of Peace along a three-mile-route, from the Albert Hall in London to the Chinese Embassy. The crowd heard His Holiness speak of the importance of promoting human values, religious harmony and universal responsibility. He urged them to develop true compassion, which he believes is the seed of happiness.

"Inner peace is very, very important for creating lasting world peace," he said. **"With inner disarmament there is a real possibility to bring external disarmament."**

Avaaz, the organisers of the event, had wanted to create a positive and joyful way of presenting their online global petition, supporting the dialogue between China and the Dalai Lama. It was signed by some 1.67 million.

One woman taking part said: "It was about peaceful co-operation and it was a real expression of the Dalai Lama's own position." Another said: "I think that connecting people across the world in a peaceful way is the only way forward."

Contact: www.avaaz.org/en/give_peace_a_hand_london and www.tibetsociety.com

ABOUT AVAAZ

Avaaz.org

is a community of global citizens who take action on the major issues facing the world today. The aim of Avaaz.org is to ensure that the views and values of the world's people inform and shape global decisions. Avaaz.org members act for a more just and peaceful world and a globalisation with a human face. It is an independent, not-for-profit global campaigning organisation. (Avaaz means "voice" in many languages.) Avaaz receives no money from governments or corporations, and is staffed by a global team based in London, Rio de Janeiro, New York, Paris, Washington DC, and Geneva.

Do check out their website if you are interested in global issues and campaigning for more a more just, humane and peaceful world future.

Live Life Love & Be Happy





Hello and welcome to another edition of Beams of Love.

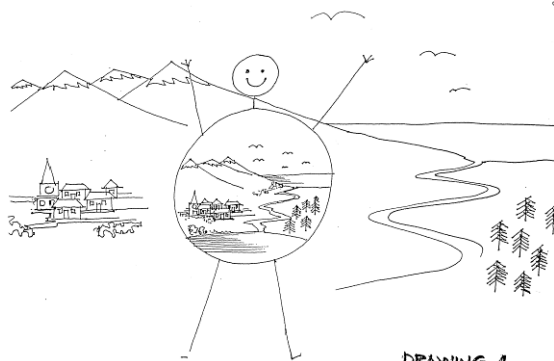
It has taken a little longer to put this newsletter together so apologies for the delay, the last one was distributed at the end of January! I am appealing to all readers to send in some articles for future copies of Beams of Love, anything that might be an inspiration to others, poems, quotes, funny stories, pictures, book, music or film reviews, websites to visit, food for thought. Anything that others might appreciate. This would be really helpful in getting more regular, shorter newsletters out as some of you have requested. Many Thanks!



There is a lot of change taking place within Peace Foundation Network especially so as Claire Finka, who is the key person holding the work and energy of the organisation, has been reducing her working time quite significantly, and will be even more so in the near future. This is, and will continue to be a huge loss which will be felt at a very practical and at a personal level. Other founding members may have to withdraw in the near future so this leaves me with the question of “Where do we go from here?”

A loss can become a crisis and/or an opportunity for new growth and direction. A step back is often called for to reassess and revalue our work. When David Keith left for Scotland a number of years ago I felt the loss, changes and experienced the challenges that emerged. Along with the initial setbacks and concerns grew a strength and commitment that enabled us to become more focused, a registered charity, employ part time workers, increase the work in schools, produce new resources and many more achievements bringing us to where we are today. Claire was the significant contributor in making manifest most of this work, along with the support of other dedicated committee members. The work we are committed to is bringing about peace within ourselves, with others and with the environment. This will not change as it has many facets, many ways to engage with, and is something we all will continue to work for. The expression of this work may change especially if new people with new ideas join us. The highlights of the past six months for me has been the Lockerbrook residential, PFN nurturing day and the Living in Peace support and development group. As an active participant in these events I experience the work of PFN in practice and it feels good. We have much to offer and develop. It has been very special for me to meet and engage with so many beautiful people. To touch that place where we are all connected. I have certainly experienced a lot of depth to my inner peace and that in relation to others and the environment. You will find more information on Lockerbrook, nurturing days and the peace group within this newsletter.

Inside and outside are inseparable.



DRAWING 1 The world is in me and I in the world. Rena

VOLUNTEERS NEEDED.

**There is no better exercise for your heart,
Than reaching down and helping to lift someone up.**

Volunteering is good for the heart and the soul.



Peace Foundation Network is in a position where some of its founding members are moving towards retirement and some will not be able to offer their services in the near future. In the next few years the changes that are to take place could be strongly influenced by new associates. We are therefore looking for interested people to join us as committee members or volunteers. There are plenty of ways in which people can get involved in a high or low capacity to suit lifestyle and skills. We are always looking to develop new ways of working to bring about a more peaceful world; Creative ideas and expression to enable this is called for.

.I would like to assemble a small working party that has energy, motivation and a commitment to peace. We would meet monthly to generate ideas and explore ways of developing the organisation in the future. Creating an active 'team' would enable us to move forward in new directions while maintaining the foundations we have built and strengthened over the past fourteen years. We would offer support, encouragement, development, training and supervision where required. If we are to work together we can also play together and develop a stronger sense of companionship, purpose and strength. Our own inner peace is central.

We are also in a situation where we require funding to continue our work in schools, the community and to train up volunteers, so anyone who is able to support us in making fundraising applications would be of real benefit to the organisation. If you can give as little as an hour a week we would be grateful. Becoming part of a visioning and planning group may be your way of offering your services Here are some of the ways you could get involved:

Committee Member / Officer, General Volunteer, Newsletter Editor, Fundraising, Administration, Supporting workshops, Work in Schools, Research, Publicity, Advertising, Planning events, Managing stalls, Networking, Report writing, Creating new ideas, plus many more ways of offering support, so there's probably something for everyone.

Call Rena for an informal chat Tel: 01246 411923

**In every community there is work to be done. In every nation there are wounds to heal.
In every heart there is the power to do it.**

Marianne Williamson

Why not treat yourself to this wonderful workshop dedicated to giving people experiences & tools to enable a more creative and peaceful life.



The Art of Living in Peace

Experience the possibility of being at peace with

- Yourself
- Others
- The planet

This weekend residential workshop offers a holistic framework for our understanding of our world and the opportunity to experience realistic ways of promoting peace & harmony in our lives and relationships.

The programme blends theory with practical exercises to create a nurturing, powerful experience. It consists of a series of reflections and experiences, including relaxation, meditation and affirmation to enable people to develop inner balance and peace. This holistic approach to inner peace expands by the force of resonance, through relationships, to family, community, nation and planet. If you're new to this type of development work or you have followed a particular discipline this programme is suitable for all. It brings together many factors in an appreciation and celebration of the interconnectedness of all things.

Friday 22nd - Sunday 24th August 08

Friday 6pm- Sun 4.30pm

Venue: - Unstone Grange, Unstone, Derbyshire.

Cost £80 (concessions available)

For more information or booking contact

Rena Smith - 01246 411923.

rena.smith@tiscali.co.uk

www.peacefoundationnetwork.org

UNIVERSAL DECLARATION OF HUMAN RIGHTS 60TH ANNIVERSARY

To celebrate the 60th anniversary of the Universal Declaration of Human Rights, a group of concerned organizations decided to launch a year-long series of events to support the message set by the United Nations of “Dignity and Justice for all of us”

In the wake of the WWII, in 1945 was created the United Nations by the five major nations, joined rapidly by 47 other countries to reach now 191 nations. The purpose was to unite the people of the world to avoid such destructive conflicts as WWI and WWII. The 10th December 1948, initiated by Eleanor Roosevelt, was signed an important declaration designed to protect the future of humanity: the *Universal Declaration of Human Rights*. It laid out the rights anybody of the world must be entitled with as well the duty he has regarding others to bring peace and tolerance amongst the people. Since then, each year the UN and many worldwide HR organizations people of goodwill, celebrate the Human Rights Day. The 60th anniversary of the Universal Declaration of Human Rights will be a year-long campaign throughout 2008. It will be an opportunity to promote the importance of the universality of human rights and justice throughout our societies.

We the Peoples of the United Nations, determined to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small — United Nations Charter

In the run-up to the 60th anniversary, Amnesty International will organize a series of activities that celebrate the UDHR – and focus on what must be done to make that promise of universal, indivisible human rights a reality.

2008 is a landmark year in the global campaign to make human rights a reality for all people... it marks 60 years since birth of its most important document The Universal Declaration of Human Rights (UDHR) — which confirms the acceptance of 30 rights – was adopted by UN member states on 10 December 1948. It began as an initiative of governments, but today it is the common goal of people everywhere.

Every single person has rights – that is the essence of our humanity. Each of us has the duty to stand up, not just for our own rights, but also for those of others.

We believe human rights abuses anywhere are the concern of people everywhere.

We pledge to harness the power of individuals to galvanize action for justice and equality.

We are outraged at our leaders' betrayal and are determined to hold them to account.

We are committed to creating a world in which every person can realize their human rights.

We will carry the UDHR message of hope to every region of the world in its 60th anniversary year.

The Universal Declaration of Human Rights has proven to be, as Mrs. Roosevelt called it, a "living document" in that it has only grown in stature and respect over the past sixty years. What began as an articulation of shared values bearing moral weight on UN Member states, has become a primary building block of customary international law that demands respect from the entire world community. Direct reference to the Universal Declaration is made in the national constitutions of numerous countries. Human rights advocates worldwide invoke its principles.

To read the full Declaration visit www.un.org/Overview/rights or Google 'Universal declaration of human rights.'

LOCKERBROOK CENTRE, PFN AGM & RESIDENTIAL WEEKEND

Lockerbrook was a truly remarkable setting for the Peace Foundation Network to host our residential weekend incorporating 2008's AGM. Claire Finka, Programmes Director, initiated the event and brought an impressive group of people together to experience it. A great deal of preparation set the scene for what we hoped to be a relaxing and inspiring break. All committee members had a role to play to enable the smooth running and success of the event. Even Kathryn Lausevic who couldn't be with us for the weekend helped with the food including her deliciously wholesome home made soup!

Meeting at Lockerbrook, in the beautiful open countryside of Derbyshire, the group came together with amazing ease and settled very quickly. The kitchen was really well organised under the care of Suzanne and Alec and hearty nourishing food was enjoyed by all.

Following our first meal we participated in an evening of introductions, getting to know each other and sacred chanting. The evening ended on a high note before heading off to our dorms. A programme of optional events had been prepared and were fully taken utilized.

Programme options included: Sacred chanting, Yoga, Meditation, Walking, Dancing, Sacro-cranial therapy, Circle dancing, Taize chanting, Silent walk.

Incredibly, most of the group were present for an optional meditation at 7.30am on Saturday morning followed by Taize singing. This really got the morning off to a good start before breakfast. I spent much of Saturday giving massages to folk which was really lovely and left me very energised and relaxed. There was much on offer Saturday for people to choose from including a long walk, painting, individual massage (Swedish or Sacro-cranio), peer massage and yoga. Feedback suggests that whatever people choose to do they thoroughly enjoyed it. The energy at the evening meal was very vibrant and unified. Following this we did a circle dance from the 'Dances of Universal Peace' followed by an encounter through the eyes exercise. This was a beautiful way to connect deeper with others, and then we were invited to share something of the experience together. There seemed a consistency within most people of experiencing feeling very peaceful and connected. We were then warmly entertained by the musicians amongst us, keyboards, flute, acoustic guitar and angelic voices! It amazes me how these things just happen and come together fully to bring about something really special. Most of us had a great time singing a long to songs of praise and old time favourites like Bob Dylan, John Lennon, and Beatles etc. Absolutely wonderful! Difficult to tear oneself away from to retire for some sleep. Once again on Sunday morning a great turnout for meditation followed by yoga and Taize. All before breakfast; I really felt rested and very bright. I took part in the silent walk led by Claire which was excellent. Great guidance was given setting the intent, the pace was just about perfect and I felt really connected with the group and to the natural environment. It was great to be outside in such beautiful surroundings. We ended the walk with a Taize song which felt just right. Again lunch was wonderful; food and company! This was followed by a clear up and a closing circle where we all shared our reflections on the weekend. It was very moving and clearly people had got as much out of the weekend as I had. The AGM followed and we all agreed that Peace Foundation Network had achieved our aims, lived our philosophy and brought about a nourishing weekend akin to the Art of Living in Peace.

Many thanks to all who participated!

I am pleased there's going to be another one next year! Details will follow. **Rena Smith.**



Peace and Well-Being

A day of uplifting singing and meditative walking.

**Saturday September 20th
10 am – 3.15 pm**

Methodist Chapel – Holymoorside village – near Chesterfield

An opportunity to nourish body, mind and spirit.

Trisha Morgan will then lead us in simple **sacred chants**, suitable for all including non singers!

After a shared lunch we will go on a **short meditative walk** – walking in silence with specific focus and increased awareness.

The day will complete with a **sharing circle**.

This is a fund raising event to support PFN's core necessary expenses. We are requesting donations of between £10 - £15 from PFN members £15 -£20 non-members (lesser amounts from those on low incomes).

To book please send cheque payable to PFN together with email (or address if necessary) and phone number to
Claire Finka, PFN, 9d Oriel Road, Sheffield S10 3TF

This event is open to all who wish to increase the sense of peace and harmony in their lives, new folk very welcome.

For further information contact Claire 0114 2308821 or
peace.foundation@waitrose.com

Seven Simple Steps to Inner Peace

Inner peace is the most valuable thing that we can cultivate. Nobody can give us inner peace, at the same time it is only our own thoughts that can rob us of our inner peace. To experience inner peace we don't have to retreat to a Himalayan cave; we can experience inner peace right now, exactly where we are. The most important criteria is to value the importance of inner peace. If we really value inner peace, we will work hard to make it a reality.

These are some suggestions for bringing more peace into your mind.

1. Choose carefully where we spend time.

If you are a news addict and spend an hour reading newspapers everyday, our mind will be agitated by the relentless negativity we see in the world. It is true, that we can try to detach from this negativity. But, in practise, we will make our progress easier if we don't spend several hours ruminating over the problems of the world. If you have a spare 15 minutes, don't just automatically switch on the TV or surf the internet. Take the opportunity to be still or at least do something positive. The problem is the mind feels insecure unless it has something to occupy it. However, when we really can attain a clear mind we discover it creates a genuine sense of happiness and inner peace.

2. Control of Thoughts.

It is our thoughts that determine our state of mind. If we constantly cherish negative and destructive thoughts, inner peace will always remain a far cry. At all costs, we need to avoid pursuing trains of negative thoughts. This requires practise. - We cannot attain mastery of our thoughts over night. But, at the same time we always have to remember that we are able to decide which thoughts to follow and which to reject. Never feel you are a helpless victim to your thoughts.

“If you have inner peace,
nobody can force you to be a slave to the outer reality.”
- Sri Chinmoy [2]

3. Simplify Your Life

Modern life, places great demands on our time. We can feel that we never have enough time to fulfill all our tasks. However, we should seek to minimise these outer demands. Take time to simplify your life; there are many things that we can do without, quite often we add unnecessary responsibilities to our schedule. Do the most significant tasks, one at a time, and enjoy doing them. To experience inner peace, it is essential to avoid cluttering our life with unnecessary activities and worries.

4. Spend time to cultivate inner peace.

Every day we spend 8 hours a day to earn money, can we not find time to spend 15 minutes to cultivate inner peace? No matter how much money we earn, it cannot bring us inner peace, but, if we spend 15 minutes on meditation and relaxation techniques inner peace can become a possibility. Meditation does not just mean sitting still for 30 minutes; in

meditation we seek to experience a state of consciousness which is flooded with inner peace. To experience this inner peace we cannot allow any thought to enter into our mind. True inner peace occurs when we can transcend the world of thoughts.

“You cannot buy peace; you must know how to manufacture it within, in the stillness of your daily practises in meditation.”

- Paramahansa Yogananda [2]

5. Be immune to Flattery and Criticism

If we depend on the opinions and praise of other people, we can never have inner peace. Criticism and flattery are two sides of the same coin. They are both the judgements of others. However, we should not allow ourselves to be affected by either. When we do, we feed the ego. We should learn to have confidence in ourselves. This does not mean we will love ourselves in an egotistical way, it means we value our real self and have belief in the good qualities that are part of everyone.

6. Be Active selflessly

Inner peace does not mean that we have to live a life of a hermit. Inner peace, can be felt amidst dynamic activity. But, this action should be done with selfless motives. When we serve others we forget our sense of self, and it is when we forget our limited self that we can have inner peace.

7. Avoid Criticising Others

If we want inner peace, we should feel that our inner peace depends on the well being of others. If we are indifferent to the feelings of others, then it is impossible to have inner peace for ourselves. What we give out comes back. If you offer a peaceful attitude to others this is what we will see return

by Tejvan Pettinger



The Art of Living in Peace

There are still lots of places available for the ALP workshop 22 – 24th August at Unstone Grange. If you are interested or know anyone who might be please do get in touch. If you are able to print off a poster (next page) and display it or pass it on, it would be appreciated. It really is worth doing even if you have done it before. David Keith and Rena Smith will be facilitating.



LIVING IN PEACE

Support and Development Group

Meet monthly on SUNDAY evenings from 7.30–9.30PM

Future Meetings

Sunday 10th August

Sunday 14th September

Sunday 12th October

Sunday 9th November

Sunday 7th December.

Venue: The Stillpoint Practice, 25 Montgomery Road, Sheffield.

The Peace group have had three meetings April, June and July.

The group appears to be coming together nicely with a real willingness and commitment to making it work. The feedback and level of participation suggests that it is going in the right direction and is becoming a useful resource for support, spiritual exploration, connecting in a deeper way and feeling safe and accepted. We currently have thirteen members.

Meditation and Relaxation are at the centre of how we operate and I see a good balance of exploration and processing experience, as important exercises to deeper understanding and integrating development.

The group is currently an open group so an invitation is out for others to join us. We do feel that in time we may become a closed group if we enter into deeper levels of work together. The depth of work is much greater if the level of trust, safety, openness and belonging is strong and this takes time and continuity to build up.

We are just at the beginning of our group life and it is very enjoyable sharing our time together. It is facilitated by Rena Smith with other members offering contributions such as sharing poems, leading visualisations, meditations and things they propose that are accepted by the group. If you are interested in coming along please contact Rena.

Telephone: 01246 411923.

email: rena.smith@tiscali.co.uk



**Be happy in the moment - that's enough.
Each moment is all we need - not more.
- Mother Teresa**

DO MORE OF THAT

"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes."
-Marcel Proust

I was speaking with a friend yesterday who told me about a simple conversation which changed her life.

She was in the midst of complaining to one of her teachers about her life when she said "I guess what I really want is to be happy."

He smiled at her and asked, "Do you ever get a happy feeling?"

"Occasionally," she replied.

"Do more of that," he said.

Nonplussed by the simplicity of the reply, she went on to discuss her failing marriage.

"Was there a time when your marriage was happy?" her teacher asked.

"Well of course, in the beginning."

"What was different?"

She thought about it for a few moments.

"I guess when we were first together I wasn't so critical of him all the time. Nowadays I'm obsessed with every stupid thing he's ever done, and when we're together it feels like I'm just waiting to see how he'll mess things up this time. In the early days, I couldn't stop thinking about what a great guy he was and running through all the fun times we had together in my mind. All I wanted to do was just enjoy hanging out with him."

Her teacher smiled again, said "Do more of that", and walked away.

She said that her first response to the conversation was shock and a bit of anger at her difficult, difficult problems being dismissed like that. "After all," she thought to herself, "that's the kind of simplistic advice I would expect from my grandmother!" But then something shifted.

She could see her future out in front of her like a line, and she saw how her constant obsession with her husband's faults would lead to an unpleasant separation and divorce. Then she imagined making his good qualities more important than his bad ones and simply enjoying his company and could see a long and increasingly happy life together stretching on out into the future.

When she imagined herself continuing to obsess about her unhappiness, her image of the future became cloudy and grey; as soon as she imagined herself "doing more happy feelings", it brightened up and just thinking about it made her smile.

Since I knew her to be someone who was generally very happy and whose marriage, while no doubt not perfect, seemed perfectly wonderful, I asked her how she had made the change.

"It was actually quite easy", she replied. "Once I really saw the impact of my obsessing with what's wrong and compared it to the possibility of focusing on what's right, I just naturally started to do less of what wasn't working and more of what was."

"But what about when you were caught up in a negative spin?" I asked.

"I either waited it out, knowing it was just a low mood and would pass," she said, "or sometimes, I just changed my mind."

Now it was my turn to be nonplussed.

"You just changed your mind?"

"Sure. Haven't you ever had a negative reaction to something but then, as you learned more about it, you decided that it was actually a good thing?"

"Of course. When Nina first told me she was pregnant, I thought it was a disaster and that I was going to have to give up my work and become a plumber. As soon as my son was born, I realized how gloriously wrong I had been and now having kids is one of the most wonderful things in my life."

My friend smiled at me mischievously.
"Do more of that."

Today's Experiment:

1. Think about a situation in your life you would like to change for the better.
2. Divide a piece of paper into two columns. In the left hand column, jot down everything that's wrong with that situation and how you behave in relation to it.
3. Next, use the right hand column to note anything that *is* working and how you behave in relation to it when you are at your best.
4. Look at the left hand column. Imagine how this situation will wind up if you keep thinking about it and responding to it like this.
5. Now, do the same with the right hand column. What would it be like if it kept getting better and you kept responding to it in this way?
6. Whatever you discover that works in the right hand column, do more of that!

Have fun, learn heaps, and when you're convinced there's no hope, realise that it might be time to change your mind...

I hope you have enjoyed this edition of Beams of Love. I would really appreciate any articles, feedback or suggestions for future editions. Your comments are always welcome and can serve to create more of what you want! THANKYOU to those of you who kindly gave your thoughts and time to send in articles and make this edition possible. Rena Smith.

Dates for your Diary

- **August 22 & 23rd – Art of Living in Peace workshop.** Unstone Grange, Unstone, Derbyshire.
- **September 20th 10am – 3.15pm – Peace and well-being day.**
- **Sundays: 10th August, 14th September, 12th October, 9th November, 7th December.**
Support & Development group.

For any queries regarding the work of PFN or articles in Beams of Love,
Please contact

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