



Enlace Internacional

Friends of Peace Pilgrim

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"Blessed are they who do God's will without asking to see results, for great shall be their recompense."

Peace Pilgrim

Kathy Miller sings for Peace

Since she was a child, she has loved to sing and make up songs. As an adult, she learned to accompany herself on the Spanish guitar.

In the spring of 2000, she was talking with John and Ann on the telephone. Although, she was planning to volunteer at the Peace Pilgrim Center, she had to tell them that she was not ready yet. Ann quoted a message Peace Pilgrim had written to her: "Live the present. Do what you know needs to be done. Do all the good you can each day. The future will unfold." And Kathy said, "That sounds like a song!" And so began her journey to produce a CD, *Walking the Path, Kathy Miller Honors Peace Pilgrim*. The CD contains ten songs. Peace Pilgrim composed the words and music for *I Am What Man Call God*. Five songs including *Restful Darkness, Peace and Freedom*, and *Walking the Path* are Peace's words and her music. The remaining four were composed by Kathy.

Recording in a studio was lots of fun, says our friend. Although there was a huge sound board, only two tracks were used, one for her voice and another one for her guitar. She arrived at the studio at 10 pm, after working her eight-hour shift in an office products store. She sat in front of the microphones where she played her guitar and sang until 1 am. It was a wonderful experience, she says.

This simple and beautiful folk style musical expression is available on CD or cassette from Friends of Peace Pilgrim in California, United States.

Kathy has a fervent desire that we assist the emergence of peace in our world and help the future unfold in miraculous ways.

A Golden Chain

I remember the cornfields,
And a dream of oneness with all mankind,
That was stretched out across the land,
Like rustling links in a golden chain.

Hermes

Appreciation of Peace and Her Work



Waves of the sea, musical rainbow, fragile petals of a rose.
Friend, eternal companion in the struggle for world peace.
All that is, and all it always will be, our unforgettable sister Peace..

Martha María Morales
Costa Rica



Shalom, Salam, Peace be with you!!!

I continue sharing the writings of Peace Pilgrim. Today I made some photocopies and arranged them as a book wrapped in gift paper for my friends.

Hans Frederiksen Ayala
Bolivia



Friend and sister Mayte: I feel very happy and moved to have had the opportunity to know the work of Peace Pilgrim through her booklet "Steps Towards Inner Peace". For me, Peace Pilgrim was an incarnated angel. I found this booklet only a few days ago when I attended the Amma center - built by a Hindu teacher fulfilled in God - for meditation, and there one of the members gave it to me. Reading it, I felt my soul move. I don't have words to really explain what I feel and I believe that Peace Pilgrim, for her great love and detachment also attained a fulfillment in God.

Adrianna María
Spain



Today I went to the post office and found two publications: Steps Toward Inner Peace and Peace Pilgrim. The first I read immediately and have advanced significantly in the second. I was in a waiting room for more than two hours and was fascinated with the reading. The part that until now has impressed me the most was about relinquishments. I feel these books arrived at a precise and precious moment.

Guillermo Calderón
México



The Inner Way

With laughter comes the realization that all things come to pass, that life evolves through cycles of change. We can enjoy this cycles or resist them.

Have you noticed how much better you feel after a good laugh?

Laughter stimulates the production of endorphines, the body's natural painkillers. It also improves respiration, activates our immune system, relaxes our muscles, and relieves stress.

"The Tao of Inner Peace"
by Dianne Dreher



Initiatives of Our Circle of Friends

Many people in our circle of friends feel inspired to share the Peace Pilgrim messages with those who are receptive. Here we share some of these activities.

I am using the teachings of Peace Pilgrim with indigo children, because in truth, she was an indigo child who came to this world to accomplish her mission. It is surprising the confidence they have, at the point of accepting and accomplishing the mission for which they have been born. {Néstor Hugo Almagro, Argentina}

Soon I will begin to work as a nurse in my hometown hospital. It is a new challenge in my life and I ask God to be with me always and give me health, courage and strength to fulfill as best as possible my new way of life, trying to bring God's peace to each person I tend to. I believe this is the great task which is ours to do and brings us closer to heaven, as "Peace Pilgrim" says in the chapter "From my Correspondence" when they ask her, 'How can I feel nearer to God?' and she answers, '... God is love, and whenever you meet someone with loving kindness you are expressing God.' {Pedro Roblejo Ramos, Cuba}

Connecting to the Internet



Sabian Assembly
www.sabian.org

Friends of Peace Pilgrim - Connecticut
www.peacepilgrim.com

Enlace Internacional - English and Spanish
English - www.peacepilgrim.org/news_sp/enlace32.htm
Spanish - http://www.peacepilgrim.org/news_sp/enlace32e.htm

Free the Children
www.freethechildren.org

Circles of Light
www.circlesoflight.org/index.html

Great Grandma June's Peace Pebbles
<http://peacepebbles.org>



Sabian Corner

Peace is the realization that life is as it is made to be and that the soul with hope in God or life in divine realization is forever sustained in a universal unity that assures its own individual unification or being.

*Shared by Patti L. Hudson
Lancaster, Pennsylvania
U.S.A.*

Satisfaction is Fulfillment

Creative self-projection into the ideals of the spiritual group and a creative and purposeful use of the reciprocal vitality thus made available is spiritual living.

Affirmation for Health

Within my body the healing peace of God abides.

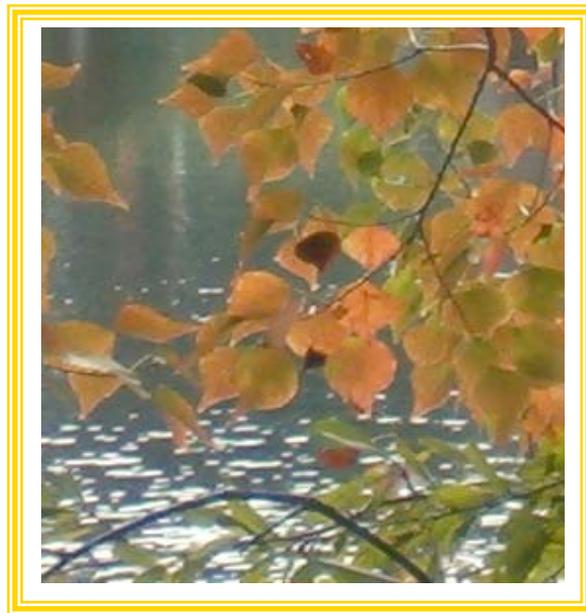


Photo by Linda Moyers Stewart

Artistic Expressions

From the deepest silence of being is born soul-full peace, so that man can expand it with action, with his life in constant becoming.

SFC, Argentina



Love is eternal.

*Gloria Salas
California, United States*



Snow, the silent decorator, falls
upon the woods and towns once more,
as nature pauses to restore
its vigor. Confused and hungry, small
birds wonder what to eat.

We also, in due season, meet
with difficulties, suffer pain.
Sought in silence, faith can warm,
regenerate the heart, transform
our weakness, send us forth again.

*Stan Carnarius
Pennsylvania, United States*

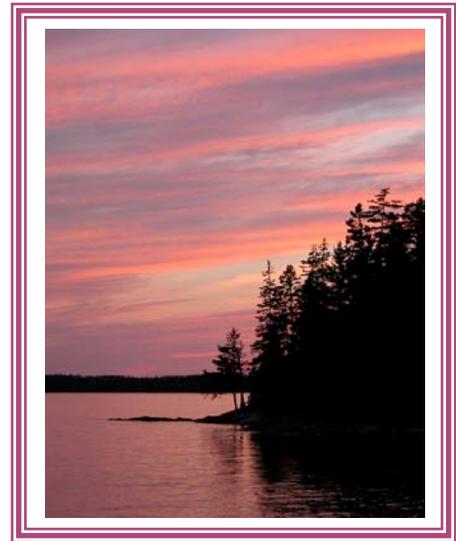


Photo by Bruce Nichols

Richard Bach in saying to us that no place is distant, is reminding us that to know the value of prayer we are always close and everything is possible with Love.

*Néstor Hugo Almagro
Tunuyán, Argentina*



The most beautiful is the feeling of love that comes from one's heart
for all beings of divine creation..

*Pedro Roblejo Ramos
Granma, Cuba*



Inner Peace and Meditation

by Mayte Picco-Kline

-- Excerpt of an interview by Charito Calvachi with Mayte for Radio Centro WLCH, 91.3 FM, Lancaster, Pennsylvania, United States --

[What do you recommend today, Mayte, to facilitate our process of living in harmony and peace?](#)

I consider it very valuable to dedicate several minutes a day to meditation, to a voluntary retreat that permits us to center ourselves and make our lives the best we can. The Mantra of Good Luck of Nepal suggests: "Spend some time alone." Marc Edmund Jones suggests that it is necessary to maintain a balance between the requirements of the external life and the simple calm that resides within the being, in solitude or in company.

We are speaking about spending a few minutes in silence, every day. Personally I very much like to dedicate time in the morning to this practice. It is an opportunity to pray and focus in the now.

People have used various reasons to practice meditation through time. In some traditions meditation is used as a method of praying. In other traditions meditation is used as a method to discover self-knowledge of ourselves. In modern psychology, meditation is used more and more as a therapeutic practice.

Meditation is easy to do. It is as natural for humans as it is to eat, sleep, drink or breathe.

A general axiom is: methods may differ but the goal is the same. Meditation is simply the discipline to look inwardly. When we manage to relax and suspend our attention to the distractions and complexities of the outer world and we go inward, we open the potential to know ourselves more deeply and to act in a way that better reflects our higher ideals.

I would like to take this opportunity and share some favorite questions I use while meditating:

How can I realize my purpose in life today?

Which is my social responsibility in the activities I've planned for today?

How can I expand my service to others?

What can I change in my life to live more in harmony with the universe? ... in order to live according with my higher understanding? ... in order to live according with the values I consider fundamental?...

Continues on page 7

Inner Peace and Meditation (from page 6)

In other occasions I simply focus in the Now and experience the Divine Presence.

Mayte, what is the best method to meditate?

Any method we have developed which touches the fiber of our being or any method that is more successful in giving us an experience of reality is good. Then we can add a great principle as a test: if our usual approach to meditation has served to bring us closer to life, giving us a deeper understanding or empathy in our daily relations with people, without a doubt in spirit and in truth we have discovered true meditation.

Meditation is conducive for an expansion of self, in compassion and understanding of others.

Expanding the Work of Peace

We are delighted to share that Sue Tarr in Oklahoma, United States completed the first draft of an Easy Reader revision of the Peace Pilgrim book for young readers and those learning English as a second language. Several people are now editing the text and offering suggestions. Sue will continue to coordinate this project.

And speaking of international outreach, the Peace Pilgrim book has been translated into Chinese by Jean Yu in Texas, United States and was printed in Taiwan. Jean donated 100 books to the Peace Pilgrim Center for U.S. distribution.

Each Seed of Peace counts!

Welcome



A warm welcome to our newest friends in the *Enlace Internacional* circle: Jorge Rougier in Argentina, Norma Picco de Cabrera and Zeferino Cisneros in México, Rose Dennis and Ali Picco in the United States.

Reflections

(We invite you to participate in this section by selecting a phrase or sentence from the Peace Pilgrim materials. Please indicate source and page.)

- ✿ That which is touched from the outside must be confirmed from within, before it is yours. *(Jorge Rougier, Argentina)*
- ✿ The price of peace is to abandon greed and replace it with giving, so that none will be spiritually injured by having more than they need while others in the world still have less than they need. *(Emmanuel C. Haraka, Tanzania)*
- ✿ Once you have found inner peace, spiritual growth happens harmoniously, because you, now governed by a superior I, does God's will *(Emilia Kuri, México)*

Favorite Quotes:

- ✿ Although others may feel sorry for you, never feel sorry for yourself ... that has a deadly effect on your spiritual well-being. Recognize all problems, no matter how difficult they may be, as opportunities for spiritual growth, and make the most of these opportunities. *(Mayte Picco-Kline, United States - 1994; Maria A. Romero, United States - 2002; Emilia Kuri, México - 2005)*
- ✿ No external thing, nothing or no one else can hurt the inner me, psychologically. *(Zoraida Consuegra, United States - 2000; Amparo Vila Pérez, Spain - 2005)*
- ✿ Whenever you bring harmony into any unpeaceful situation, you contribute to the cause of peace. When you do something for world peace, peace among groups, peace among individuals, or your own inner peace, you improve the total peace picture. *(María Elena Trubiano de Zaffuto, Argentina - 2002; Rosemary Southwell, South Africa - 2005)*



Send your questions concerning inner peace, contributions and artistic expressions to Mayte Picco-Kline. Enlace is published three times yearly. If this is the first time you've received it and wish to be a part of our circle of friends, please send a confirmation note to Bob Kline at Bob@RAKline.com.

Enlace Internacional

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