



Peaceful Journey Newsletter

Friends of Peace Pilgrim

April 2010

“Blessed are they who after dedicating their lives and thereby receiving a blessing, have the courage and faith to surmount the difficulties of the path ahead, for they shall receive a second blessing.”

Number 46

Peace Pilgrim

Wholeness in Living: Kindling the Inner Light

Mission in Life



“Michel Montaigne expressed that the great and glorious masterpiece of man is to know how to live to purpose. A golden stepping stone to the awareness of wholeness comes from a dedication to the fulfillment of our deeper purpose. We are the artists of our life and shape our experiences with our own brush. When we find our unique mission, we know it with certainty from within. We attain that which we came to do by expressing the richness of our own personality, using our special talents, and sharing it all with others in everyday life.”

www.WholesnessInLiving.net



New Peace Institute in the United States

The Castleberry Peace Institute has been recently approved under the auspices of the University of North Texas (UNT), through the College of Arts and Sciences. This College houses the UNT Peace Studies Program, the only peace studies program at a 4-year university in the southern and southwest regions of the United States.

A Community Advisory Council will be established to advise UNT on the operation of the Institute. This will be a significant step for Peacemakers Inc. (formerly Women’s International Peace Conference) and a monumental stride for the entire south/southwestern regions of the United States. The Institute will facilitate research on peace and peace-related issues, develop peace studies curriculum, and enable students, faculty and staff to provide tools to empower peacemakers locally and internationally.



Messages from our Friends around the World

"Breathe in the magnificent gift of Life
Breathe out the powerful gift of Love
Breathe in the essence of Grace
Breathe out your perennial Light."

Janine Fafard, Costa Rica



"To love everything and everyone at the same time, is the art of living in wholeness."

Néstor Hugo Almagro, Argentina

"The better you feel, the more you facilitate the connection with the source of universal energy; you are a vibrational being in a vibrational environment."

*from "Ask and it will be Given" by Esther and Jerry Hicks
Shared by Siliva Ruth Crespo, Argentina*



News from Friends of Peace Pilgrim International 'Steps'



Steps toward Inner Peace by Peace Pilgrim has been translated throughout the years into many languages by people who have been inspired by a deep desire to share her messages with people who speak the translator's home language. We have available 25 of them in electronic format which can be [downloaded](#) from the [Peace Pilgrim website](#). You are welcome to reprint them in whatever ways you find meaningful.

Friends in Oklahoma City, USA

Our operation in Oklahoma City sends "Peace Pilgrim: Her Life and Work in Her own Words" and "Steps toward Inner Peace" in English, Spanish and Chinese. Our friends also send Steps in Arabic and Hebrew.

We offer our publications freely to all who ask. Many of our friends inquire about sending a donation. These are always welcome but are not necessary to receive our offerings. Friends of Peace Pilgrim is an all-volunteer 501(c)(3) non-profit organization.



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News from Friends of Peace Pilgrim (continued from p. 2)

To request any of these materials or for more information about the complete list of available Peace Pilgrim materials, including the Peace Pilgrim newsletter, audio-cassettes and DVDs please contact: Friends of Peace Pilgrim, PO Box 2207, Shelton, CT 06484 or call (203) 926-1581 or email: friends@peacepilgrim.org

Peace Pilgrim Book in Kiswahili

People of the Religious Society of Friends are the original translators of the Peace Pilgrim book into Kiswahili, which is the common language in Tanzania and Eastern and Central Africa.

Emmanuel Haraka, project facilitator, tells us, "The first day I read the Peace Pilgrim' message it made me a new man! It changed my life style and I was ready to do its work by committing myself voluntarily to translate her book into Kiswahili! We formed a committee called, "Friends Committee of Peace's work" to focus on the translation. John Rush was very supportive of the process. The Peace Pilgrim book is a wonderful and unsuperable book for transforming behavior into peaceful ways."



Mayte's Musings

Focus is Manifestation - Part III

Now I would like to focus on some of the keys I have developed that have worked for me in managing life challenges, during the second phase when we go through a stage of chaos and confusion, with high emotional stress, without knowing what to do next... (For antecedents on this topic please see my previous blogs, Focus is Manifestation – Parts I & II) Now I would like to focus on some of the keys I have developed that have worked for me in managing life challenges, during the second phase when we go through a stage of chaos and confusion, with high emotional stress, without knowing what to do next... (For antecedents on this topic please see my previous blogs, Focus is Manifestation – Parts I & II)

Stage II. Uncertainty

- Strengthen meaningful relationships.
- Do small things well.
- Test talents in new areas.
- Learn at each new step.
- Read.
- Listen to favorite music.
- List strengths.
- Celebrate small achievements.
- Revisit old goals.
- Keep moving!
- Expand a hobby.
- Initiate a daily period for reflection/meditation.
- Don't act just for the sake of action.
- Develop new ideas.
- Transform ideas into action.
- Relax and think in an effort to develop poise.
- Realize plans can change as situation changes.
- See strategies to manage new circumstances as sources of strength.

Artistic Expressions

Flowers Open

"Flowers open every night
across the sky, a breathing peace,
and sudden flame catching."

Rumi - Early thirteenth century-1273

*from "A Year with Rumi",
Shared by Patti Hudson, United States*



My Dream

Carried on the wings of Love
I see my footsteps on the earth;
And each step is another birth:
Becoming what I need to be
While seeing what I need to see,
I bring down the One Sound
From above.

(words & music: © Maria Talis)

[Listen](#)

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World Peace Academy

A new program leading to a Master of Advanced Studies in Peace and Conflict Transformation began in March 2010 at the [University of Basel](#), Switzerland. All courses are taught in English by leading scholars and practitioners in a wide variety of disciplines from around the world.



The program is for students from any discipline interested in peace and conflict resolution. Some of the participants will include young diplomats, government officials, private organizations, teachers, journalists, lawyers, social workers, psychologists, and anyone interested in solving conflicts by peaceful means. A bachelor's degree is required.

Sabian Corner

"The flow of self outward in a sharing with others stresses the oneness of all."

Marc Edmund Jones





Please send your comments about inner peace, contributions and artistic expressions to [Mayte Picco-Kline](#). "Peaceful Journey" is published four times each year.

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 read our companion publication, Words of Inspiration, please [click here](#).