

Summer Of Peace 2012

Peace Activator Call 1

[0:00:00]

Philip:

Hello, everyone, and welcome back to the Summer of Peace. This session is all about you. This is all about what you're doing to cultivate peace in yourself and your family and in your schools and community. So we're really looking forward to hearing from you.

We're going to start this call the way that we like to start our peace calls when we had James O'Dea as a faculty. That's with a brief meditation. So what I would like to do, because the Summer of Peace has really been focused on peace from the inner to international, is if you're in a safe place and if you're inclined to do so, I just invite you just to close your eyes and just take in a deep breath and then exhale. Then now take in another deep breath, inhale and tense your whole body and then exhale slowly. One more time, just inhale, tense the body, and then exhale, letting go of any tension and distractions.

As you allow the breath to come in and out of its own become aware of as part of yourself that is witnessing your breath, allowing the breath just to happen on its own, this part of you that is witnessing and is witnessed. As we go into it deeper, it can open up to the vast realms. We've heard speakers. Ervin Laszlo talked about quantum consciousness. We've heard Brother Satyananda talk about super consciousness. We've heard from Don Oscar Miro-Quesada talking about tapping into the universal field.

As you sit in this space of the witness just to become aware that we're all connected on this phone, that there's people from over 106 countries around the world who registered for the Summer of Peace and that we're all connected by this field of consciousness and our doorway into that field is the witness.

As we sit in the witness longer and longer, we can start to experience an innate peace that exists inside of us and that peace just rises up out of the heart and then permeates our being. As more and more of us tap in to this sense of peace, we start to feed the field that connects us with the vibration of peace.

During the summer of peace where hearing from mystics from many different traditions talking about using the power of meditation and prayer for peace. Here it is just right within under our nose, just by tapping into the witness observing our breath. We just start to go into

this field of peace. We're hearing more and more of the scientists, neuroscientists, and others talking about how we are all connected. How there's a consciousness and wisdom that rises up through us.

You can think of it as a muscle that the more you exercise tapping into this vast field through the doorway of the witness, you become stronger and stronger allowing this peace to vibrate through you, through each of us and allowing it to inform us and guide us so that all of us can become instruments of peace in very creative ways and join the millions, if not billions, of people around the planet who are giving rise to a new wave of peace, a peace that is focused on creating possibilities, a peace that is grounded and rooted in being the change that we want to see in the world.

Now, if you are ready, I invite you to bring your attention back to this call. Again, this call is all about you. Let me just do brief announcements and then what I'll do is I'll introduce our esteemed host, James O'Dea.

[0:04:46]

The announcement is a reminder about call tomorrow morning 9:00 a.m. we are having a call with live from Kathmandu, Nepal with Serena and Rajendra who are part of Search for Common Ground. They've been pioneering the use of media and outreach activities to affect a societal shift in Nepal in helping it go through a tenuous peace process. So I encouraged everyone to be part of that call tomorrow morning. It's going to be quite an amazing one.

Now, it's a distinct pleasure for me to introduce James O'Dea. James O'Dea is a friend and mentor. I've known James since 1991. He's also the lead faculty and co-mentor of The Shift Network's Peace Ambassador training program which is an advanced course that provides rare access to lead peacebuilders around the world. James is also creating a new peace course called Teaching Peace which we'll all hear about.

James is also the co-director of the Social Healing Project funded by the Kalliopeia Foundation. It just led him to work in Rwanda, Israel, Palestine, Northern Ireland, and elsewhere. James also was the previous director of Amnesty International in Washington, D.C. He also is the past president and continued faculty with the Institute of Noetic Sciences.

James brings together this very rare combination of in the field, hard-nosed, practical human rights experience together with the cutting-edge around scientific research around consciousness. He bridges it all with the heart of a mystic who can poetically describe to us this new wave of peace that's emerged around the world and then guide all of us into

where we're looking at stepping forward into how we can all be instruments.

There's much more I could say about James. You can read about James on jamesodea.com.

James, I just want to welcome you and thank you for being with us during the Summer of Peace and for your leadership throughout the years with peacebuilding and for being the host for this call. So thank you, James.

James:

Well, thank you. Thank you very much, Philip, and as you said what a strong and powerful journey we've had together over these years. Really tonight we're focusing on the activation process of the peacemaking and we really hope to hear from our participants on the call this evening about what they're doing.

I must say when you were doing the meditation it reminded me of that issue in the activation process where some of us start in a place of peace and meditation and then go into the field of action. Some of us start in the field of action and in my own case, in Amnesty, we had to hump a lot of moral outrage and infuriate the injustices, the grave and serious injustices against so many people in the world.

Then what we found was that we needed to cool off that we were burning out in that kind of activism, and we went to the pillow to meditate, to anchor in, to change the story by becoming more peaceful ourselves and mirroring peace as you said from the inside out.

Now, what we're looking at in that activation process is that synthesis of two, of how we hold our passion for the world, how we hold our spiritual peaceful natures, and how we blend them in such an effective way that we are effective instruments of peace, that we spend more time imagining and designing solutions than we do critiquing the problems. Yes, we need to do that but not get pulled into what I call the snake eyes of the problem would suck us into that entropic force.

I think there's that aspect of the peacebuilding, of becoming the peace. Really the other element that we deal so much in our courses on peacemaking is building the culture of peace, and again it's a new advanced task for us. It's to blend the healthy psyche and the and the healthy system and have them match each other.

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Creating a culture doesn't happen overnight. Sometimes when we were out demonstrating against unjust wars and arm sales and so on, we talk

about peace now. We want it now, now, now. There is something in our activation work now in peace activation work that tells us it's like that cultivation process of cultivating seeds.

So this Summer of Peace is a million seeds being cultivated across the world that we may not see all rise and flower this summer, but the igniting of this work and the imagination of The Shift Network and Philip's work and Stephen Dinan's imagination, they're helping us and helping you and helping all of us plant those seeds so that the cultural change begins from the inside out.

We have less violent families, less sexual molestation, less domestic violence, less violence on the streets, less armed robbery. All of these things are connected, less arms sales and so on. So building the culture of peace is the winning strategy. So many of the events that I've been hearing about across the planet, in cities, in towns and initiatives on the internet are about liberating the imagination in this way that says we're going to build the culture, the global culture of peace.

Let me just say a few more words, and then I'll pass torch back here or maybe to Molly. I'll introduce Molly in a moment with you. In terms of my work then, what I've been doing this Summer of Peace, well, I was privileged to be in the launch of the Summer of Peace Conference put on by The Shift Network in Auckland, California, and that was live streamed I presume. Many of you have seen it. If not, it's part of it which is available now on YouTube and well worth looking at. It's a very inspiring conference. There's a concert and then an all-day conference.

One of the memorable moments for me was having made a point in my own talk about standing in power. Then I was followed by Marianne Williamson who of course is so profoundly articulate. She was again hammering that issue to activate the peace that we need to activate. We peacebuilders must become comfortable with a notion of power and the power of peace, not an intrusive power, not an enforcing power but a subtle power, a healing power, an ultimate power in some ways because it has the patience. It has the capacity to release, to forgive, to restore, to heal.

So standing in that power is really the permitting, is the channeling of that power. It isn't so much we create or enforce that power. We open it up to those forces in the universe as our truly peaceful and that guide nature. I know that's irrelevant theme for us tonight as we think about our own activation. How do we stand in that power?

One of the arenas is an ancient but true one that the power we invoke comes from standing in courage. It takes courage to speak to your family

about family matters that involved oppression or abuse or whatever of those elements are. It takes courage to stand in your community and say, "I am a force for reconciliation and healing." It takes courage to speak to your government the truth that needs to be spoken. What we are now saying is adolescent behaviors by our politicians.

[0:14:50]

It takes truth to speak about total systemic transformation, about the alignment of spirit and systemic transformation. It takes deep courage, and we are awakening that courage at this time. It's a brilliant courage that so-called average people are now demonstrating.

I've also been designing the Teach Peace course which we'll launch. We'll have an introductory conversation very soon, and then we'll launch early in August. It's a radically different kind of course because it's a course that when you completed, you will have your own modules to go out and teach peace to your church, to your office, to do workshops that are in your name. So we give you a very interactive process in the Teach Peace course, and we say each week here are the elements that you need to add in your quotes, your ideas, your stories to make it your own.

I'm very excited, Philip, about Teach Peace. I think it's a new level of interactive teaching itself that will help. Essentially what we want in envision is -- I don't know I an army is the right word, but what we're going to envision is the multiplication effort in teaching peace. We can now really translate all of those skills into more and more teachers and give people a practical skill which is go out and teach peace. That has almost a Biblical resonance, isn't it? Go forth and teach peace. So more about that soon.

Finally, I have been working on the work that needs to be done to market a book these days. I've written a book, *Cultivating Peace: Becoming a 21st Century Peace Ambassador*. It's been enormously well-endorsed by my colleagues. I'm very happy about that. What I think we want to have the humility to do is to say I want to get out of the way and say let's push this book into the mainstream where it belongs so that it has movements changed, movement building work that it's doing.

It isn't just a coffee table book. It's a movement book. It's about the emergence of the new global peace movement that integrates science, psychology, mediation, dialogue, nonviolent communication with those other elements of truth, justice, law, reform, and it brings that whole vision of the integration of those together. There are so many books on the market. It's challenging to do that work but also very exciting.

So I thought, Philip, I don't know, I'm probably running over on time here. But if you think this is a good time to introduce Molly, then we'll do so.

Philip: Sure. Yeah, that sounds fine. What we'll do, James, is while Molly -- while you introduce -- James, I'll invite people to press *2, the people who are ready to share, and I'll get those lined up right after Molly.

James: Molly Rowan Leach is my outreach manager and a visionary herself. She has her own program that she does, teleseminars on restorative justice where she brings together the world leaders on restorative justice. If you haven't seen that work, please Google her and you will find out more about those brilliant teleseminars.

Molly is going to talk to you about this next part of the campaign for the Cultivating Peace Movement and also about your own personal reviews if you read the book on Amazon.

Thank you, Molly.

Molly: Well, thank you, James, and thank you, Philip. I was just thinking how wonderful it is to be with here with you both. What an appropriate introduction you gave, Philip, with James. For me, I see James as a symbolic and international peacebuilder. What's so special about the work that comes through him which I think that's a very important distinction to make with Cultivating Peace that this is a systems change, this is a symbol.

[0:20:01]

It's not about James as the author but rather about this hugely shifting world that we're living in. A new world is emerging very quickly, and it's bringing to the table cross-sectorally. James has such an eloquent **[0:20:21] [Audio glitch]** in this book as well as incredibly profound stories from his own map of service. So this a great act of love.

Next week on Tuesday, we have the opportunity to bridge this book, *Cultivating Peace: Becoming a 21st Century Peace Ambassador*, to the world at large, making ripples much further than just within our own circles locally and networks. We know that peace is of course universal and inherent. In fact, today even, I discovered that Facebook has created a section of peace on Facebook for people to come and gather and talk about peace issues.

So it's very clear that we're living in a very extraordinary time right now, and we're bringing together and collaborating and knowing that we each have a key place in this collaboration.

So I just love to invite you, all of us together tonight, to take part in some form or another in this Tuesday's Cultivating Peace campaign that's coming up. If you haven't received the copy of the book and you just can't wait to buy it on Tuesday, you might also enjoy the Kindle version too and you can find both hard copy and Kindle version at Amazon. So far the book is receiving five star reviews across the board, a wonderful feedback from our global community. We would love your help in that realm as well if you're willing.

Let's see what else. If you would like to share to your networks on Tuesday, please feel free to pop me an email from how -- Philip, maybe we can get my information to people tonight. I just --

James: Let's hear it now, Molly.

Molly: May I go ahead and share it now? Okay, molly@mollyrowanpresents.com. So please do email me with any of your questions. If you'd like to become a partner for this campaign, we'd love to collaborate with you and link back to your organization.

So please do email me with that information and also check out the book website which is cultivatingpeace.net. Do I have time to close with one of my favorite little excerpts from the introduction here?

Philip: Well, we've got a number of people with their hands up.

Molly: Okay. I don't want to take up too much time. So thank you, everyone.

Philip: Yay! Wonderful. Thank you, Molly.

Molly: Thanks, Philip.

Philip: Thank you, James. I must say, it's just such a delight to see Cultivating Peace come out because having been working in the peace in conflict resolution field since '85, I haven't seen one like it. It's really the first of its kind. So it really covers the full dimension of Cultivating Peace.

Now, James, we've got some people who would love to share what they're doing, and I would like to start with Frank Tacker **[Phonetic]**. Frank is in Westerly, Rhode Island. We're going to hear, Frank, what you and your colleagues in Westerly are doing. So please, Frank, go ahead.

P1: All right, there's a lot of stuff going on. First of all, it's great to talk with you especially, Philip, thanks for all your support. James, I'm reading your

book, *Cultivating Peace*, and I love the idea of not so much protests in something but creating a new culture.

But, anyway, here in Westerly, which is a town of 25,000 but it swells to like 50 or 60,000 people there in the summer because it's sort of a resort town, I got inspired when I saw this. So the first thing I did was create a website, local website. What happened, the town council did a presentation, and they actually issued a resolution of support. We created our own little peace pledge and they actually signed. All of them signed that.

[0:25:00]

That's going on. There's a local church that every Wednesday, from 12:00 to 1:00, they are doing a peace meditation. The church is open, just come in. It's right in downtown Westerly so a lot of people see it. Come in, spend an hour, half an hour, ten minutes just reflecting on peace and nonviolence, praying for that. There's all kinds of literature as you come in to the church as to the Summer of Peace and what's going on.

There is also the thing they do on the town beach. We're right on the Atlantic Ocean. They do a series of concert throughout the summer, and they are supporting the Summer of Peace 2012. There is actually a banner hanging up on the pavilion where the bands play.

So Monday nights and Wednesday nights, there is a concert. At each of those events, the emcee does a little presentation on the Summer of Peace. So people are doing that. We're working with the artist co-op to do kind of like, for lack of a better word, a contest on how peace and nonviolence, the best visual image of that.

We're trying to get on the homepage of the town website a link to the Summer of Peace 2012, and that's probably just a matter of another week or so before we get that. We actually have a local paper that comes out every day, and they did an interview with me about the Summer of Peace. I suggested to the editor that they do that on a Sunday front page, and they did that. Two days later, the editor actually did in his editorial a whole comment on the Summer of Peace. The local radio stations, we've done a couple of interviews with them on the Summer of Peace.

So there's a whole lot of stuff. There's another church that's doing a monthly prayer service for peace and healing. There is also a local band. I know one of the guys in the band and every performance they do they're passing out literally on the Summer of Peace 2012.

So it's amazing to me the energy that's been created and the way things that happened serendipitously, for lack of a better word. So there's really tremendous energy going on here.

James: Wonderful. Congratulations.

P1: Yeah, it's really powerful. It's unbelievable. It's like the waves of the ocean are washing up on the shores of Westerly. So really good stuff here.

James: It just was an example when one person stands up and starts to move it, how the ocean moves with you.

P1: Yes, exactly. It's amazing. Just today the local state senator, I'm trying to get him involved in some stuff and I've been calling back and forth. I was out this morning I said, "I think I'll go home and get a cup of coffee." As I drove into the garage, my wife said, "Senator Algieri is on the phone." I hadn't thought about that whole thing but just the way the spirit and the energy moves. So I said, "Okay, great. I'll come in and get his call."

So it has been truly, truly amazing to me the energy that is being created. I love what all you people are doing out there. It's just rippling out over the universe.

James: Thank you, Frank.

P1: You are more than welcome. I love your book. It's really good stuff.

James: Thank you. Can you get in the local bookstore?

P1: Huh? Say what?

James: I said can you get it in the local bookstore?

P1: Well, there is a local bookstore. Well, that's another thing. The library does -- they have a corner every two weeks where they do a topic and so they're going to do a corner on peace and nonviolence. I'm trying to get the local bookstore actually to do and set up a little section for books on peace and nonviolence. So definitely, I will be doing that. I'll tell them I talked to you, and you had a special request.

James: Very good. Thank you. Wonderful.

Philip: Wonderful. Frank, first I want to thank you too because your enthusiasm and the way you preached out. It has been really fun collaborating with you. So thank you, Frank.

P1: Yeah, I have enjoyed it. I love your support. I hope the **[0:29:56]** **[Indiscernible]** do a little better this year, but we'll see. I love the personal contact and all of you. If you are on the East Coast, come down to Westerly.

[0:30:08]

Philip: Oh, sure. Frank, I think you'll enjoy this. We just secured today, we'll be announcing it. Metta World Peace will be interviewed during the Summer of Peace.

P1: Oh, really?

Philip: Yeah.

P1: That will be interesting. Who's going to interview?

Philip: It's going to be a couple of people from Metta Nonviolence.

P1: Really?

Philip: Yeah.

P1: Okay. Well, that would be interesting. All right, that would be fun.

Philip: Yes, it would be fun. James, I don't know if you're an NBA basketball fan, Metta World Peace is a professional basketball player. He was one of the best defensive players. He also got into a little bit of trouble a few years ago.

P1: Yeah, didn't he? Yeah, yeah. That would be really interesting.

Philip: Yeah. His response was to go to therapy and his therapist helped him where he changed his name to Metta World Peace.

P1: Yeah. That would be great.

Philip: Yeah. Okay, thanks Frank. I wish you luck to the New England Patriots, but it's just hard to do.

P1: Yeah, we'll see, we'll see.

Philip: Okay.

P1: All right, so great talking to you all and keep the energy going. I love you all.

Philip: I love you, Frank. Thanks a lot. Bye-bye.

P1: All right. Take care. Bye.

Philip: All right, that's Westerly, Rhode Island. Yes, all right. Now, we have someone who called in on an anonymous number. Please say your name and I'll repeat it back to you.

P1: It's Kennedy.

Philip: Yay! Kennedy.

P1: I'm doing my best not to be anonymous. Hi, Philip and James and Molly and my family here. I just have to say this. I'm reading James' book, and I have to say it should be in every planetary backpack as we go through this incredible ignited time of possibilities. That's all I have to say. It's just an essential backpack item for the planetary travelers.

James: Thank you. Thank you.

P1: I'll be kind of quick. There are several things that are continuing in motion here. The peace dinner's idea that I've been putting out there, I'm beginning to pair up with more of the local and statewide magazines. There's one particular called Local Flavor. We may view an article and put some things out there having the Local Flavor be peace this summer and promoting dinners with local foods and peace dinners and discussions and things like that. I have another meeting set up with the council folks here for International City of Peace and signing us up.

One of the more exciting things I love working on is working with a great visionary, Emilie Conrad, who is out of California with the continuum global movement. We're putting together some plans for a synchronized -- it sounds like an Olympic event -- Global Peace Dive is what she calls it which we'll send out I think an incredible, palpable wave of peace when we set that up all across the globe.

Then I've been interfacing a lot with the science community and igniting peace through the infinity of connectivity as we all know is key in doing the cosmology biology resonance to radiance, teachings and talks and linking up people. So that's a little bit of what I'm up to.

James: As always, Kennedy. As always just so inspiring and we're going to always hear in your own tone and resonance the frequencies of that vibration

and compassion and peace that you carry and you extend out so skillfully into the world.

P1: Thank you. That will keep me going for decades.

Philip: Beautiful. Thank you, Kennedy. Kennedy, where are you calling from today?

P1: San Jose, New Mexico.

[0:35:02]

Philip: Love it. Wonderful. Kennedy, thank you so much. Okay, all right. Now, if you would like to share what you're doing for the Summer of Peace, please just hit *2 on your phone. That's *2, and we'll be able to take your call.

We have another person who is an anonymous caller. Just say your name, and I'll repeat it back to you. Hello there if you called in. Yes? Just say your name, and I'll repeat it back to you. All right, okay. We'll try that one again later.

Now, we have Lynne Mystic-Healer. Lynn?

P1: Hello. Thank you so much for taking my call. Yes, my background -- I don't know if you know -- healing arts and peace work since 1974, and I was a registered nurse in two countries. Anyway, I'm obviously very involved in healing arts and peace work and new nursing so to speak. Since we all have guide within it and we're waking up in Jesus' power. I came out with three books, and I have six healing and recovery CDs that go way beyond any of our world paradigm, drug therapies, and what have you.

My third book is the Spiritual 911 Healing Handbook, and it's about the soul activation processes and how to access divine source with someone else go through a medical chart. I have started workshops and trainings. You can go through this questionnaire for all the body systems and mental systems and diet and belief systems and what have you. And then you use breathwork, relaxation, opening of the chakras and divine source direct contact so that we can work for inner peace, for world peace, that all the answers are inside each of us.

So if someone's angry, they can help one another access divine source, direct source contact with the Holy Spirit realm, with the guardian angels and get direct contact or with the light if they're afraid of the Holy Spirit realm. Once that light goes through their chakra system and it always

registers different, it's connected to the chi energy lines, the acupuncture and acupressure points.

Anyway, it's the new age birthing for their future, and it works into peace as a peace workshop training program, spiritual emergency healers and working with divine **[0:37:46] [Indiscernible]** energy medicine laying on the hand, breathwork, like I said, chakra work, straight contact so that people can find out anything. Anything that's bothering them emotionally and physically, the answer is chronic illness, anything. Direct source contact can help. It's always there and will always help that person.

It's just an incredible inner peace or world peace training program. People can find out more about it on at www.angelencounters.net. It led me into a petition that I have on mind right now that's working to develop all kinds of programs. We're in a depression again pretty much and how to develop a new workforce actually and a new CC department that really honors everyone's soul purpose, why they're really here. That's the soul energy work. Why they're here and how to get new products and jobs and services for our health and human service division, new social services, new natural foods and remedies, the green energy workers.

That's part of their soul purpose. Out of a landscaping, human rights is your soul purpose and global networking programs, animal healers jobs, all these jobs, new and ancient healing arts. There's just so many beautiful, spiritual, metaphysical, indigenous healing art forms and then the firemen and the heart teachers and green infrastructures.

We just really need to get a new focus, new thought focus, new, new focus away from all the drug and killing and policing so that we refocus and recreate and really the petition is to help create this new work worldwide and develop these cities, international cities of peace, enlightened love, love, love. It's on avaaz.org, and it's called the New Earth Heavenly Civil Services. So please check it out and sign it, and pass it around. Thank you.

[0:39:59]

James: Thank you so much. What an abundance of work and love and light. Thank you. Thank you.

P1: Thank you.

Philip: Thank you, Lynn. Thank you. Again, if you're on the line and like to share, please hit *2 on your phone. If you're on the webcast, please just go ahead and type in your question.

James, I was wondering if you could share with us a few -- we just got several more people wanting to talk. James, can you share --

James: Then let's hear from them. I know you have **[0:40:33] [Indiscernible]** actions around the world.

Philip: Sure. Let's go to Escondido, California. Again, just hit *2 on the phone, and then we'll be able to see with your hand up. Going to Escondido, California, please go ahead. If you called in from Escondido, California, area code 760, please go ahead. You have the mike. Okay, Escondido, California, if your phone number ends with 8888, please go ahead and say your name and I'll repeat it back to you. Okay. We'll come back to that one. Please make sure your phone is not on mute. Now, let's go to Stacey Bellem **[Phonetic]** from New York City. Stacey?

P1: Hi. Hi, everyone. It's nice to be on the call with all of you. Yeah, I'm calling from Long Island, New York. I very much admire all the work that you are all doing with The Shift Network. It's remarkable and such a service to humanity in the world. I'm glad to be on the call with you all today.

My story is a little unique. I recently founded a nonprofit organization called The Unifying Center, and it's dedicated to the emotional health and well-being of men and boys specifically healing men and boys that have endured some type of trauma or abuse and my journey to get to where I am now with this organization which hopefully will be locally, nationally, and internationally offering advocacy and program development and healing and treatment programs for men and boys but also for women and girls and families and communities.

My journey was a little bit unique getting here, and I actually started in the field of domestic violence and mental health. I was working a lot with victims of domestic violence. I'm sure many of you know that over 90% of violence in the world is done by men against women and children. So many of the victims that I saw were in fact women and children and some of the children were boys and girls. I didn't work a lot with men in the beginning. It wasn't until a colleague suggested "You should try working with the men and sit with the batterers and see what it's like on the other side of this."

So I decided to during grad school join some support groups and help co-facilitate them working with the men. It was really during that time and during grad school that I started researching more about the impact of trauma on both men and women. I did that because I noticed in these groups which are mostly psychoeducational, they weren't treatment-based. They were basically education around power and control and

relationships and how do we end domestic violence from that perspective.

So many of the men had histories of trauma and abuse. So many of them had histories of child abuse. I felt that they needed something more curative than what they were receiving. Many of them had histories of drug and alcohol abuse, addictions, dependencies. So I really went on this quest and this journey of what's going on, what programs exist out there, and why don't we have more treatment programs for men?

I won't go through the entire story right now because I'm sure you have other callers on the line, but through my research and my journey and my personal experience and my professional experiences, I really felt that there was a gap in the services being offered in communities locally, nationally, and even in some cases internationally where it was addressing men from understanding both the impact of masculinity on them and the impact of the realities living in a patriarchal world that we live in.

I would say masculinity runs in a continuum like femininity, and so many of them are exhibiting examples of hyper-masculinity that are higher on that end of the scale. How does that impact their health? How does that impact their emotions if they've been traumatized at a young age and told that they are not allowed to cry or to have a full range of emotions and to be fully human. Where do they go with those feelings?

[0:44:57]

I often say that so many of these men were allowed to be either neutral or happy or angry. Those are the three emotions that they were permitted. It's actually very socially sanctioned for them to be angry. That's almost permitted and acceptable. It's not surprising.

So looking at masculinity and understanding how that can shape in difficult ways the health and the wellness of men, I decided to start looking into gender-based mental health care and the work that's being done there. I really felt that taking that perspective and healing men and boys would be so helpful. But during that journey, I went through my own personal changes.

So I find myself now where I was very much educated with Western medical model. I've embraced very much a spiritual perspective now, and I have a deeper spiritual foundation before and part of that is through professional readings and research but also through my own personal journey and my own growth, my own healing process that I went through.

I feel like I've moved through the old paradigm and shifted into this new paradigm in so many ways and very much understand the work that you're all doing and how important it is and can see very much where our world is today and understand where so many people are and so unconscious, not aware of where we are and where we need to move to and the urgency behind it and how the old paradigm and where we are is not where we can stay, and it's not sustainable in the long run.

So for my own personal journey in my own shift and developing this greater spiritual awareness and finding my own inner peace, I'm still working on that. But through my own healing process, I've really decided to want -- I feel very inspired to create these programs and to partner with other groups and other agencies that share in this kind of paradigm and want to do this work as well hopefully to help bring greater peace.

I focus on men and boys because we still are in a patriarchal world. They are the leaders in many families. They are the heads of the family still, and they have the power. They're the heads of our communities. For the most part, the majority of judges and the majority of politicians, and the president of the United States is a man and has not been a woman yet. So if their health and well-being is not in a positive peaceful place, then where does that lead the direction of everything and where we are going? How can we all find peace? If we don't have inner peace, we can't realize outer peace.

I really still very compelled to do this work specifically with men and boys but also understanding the larger picture here and the shift the whole world is going through.

James: Thank you, Stacey. I mean, what you're describing is really the essence of cultivating peace or the essence of creating the culture of peace. This is the new heart of peace work, making sure that at the psychological, emotional roots of our society, the intimate level of the family structure, the social search, we are dealing with the wounds of the past and transmuting those, doing the kind of advanced psychological work that is really now part of the peace curriculum and without which we will not have peaceful society. We'll have kinds of acting out not only in the home but in the social sphere, the international sphere. So thank you so much for what you are doing.

P1: Thank you. Thank you for all of your great work as well.

James: Thank you.

Philip: Beautiful. Thank you, Stacey. All right, James, we've got a number of other calls here.

James: Now, let's **[0:49:12] [Indiscernible]** before we get to the end of the hour.

Philip: Sure, sure. Next we have Andrew. Again, if you would like to speak, hit *2. We have Andrew from Los Angeles.

S4: Yeah. Greetings, Phillip. Greetings, James. Thank you both for your work and the work of The Shift Network and for this great conference going on.

I think it's quite appropriate that I'm following the last caller, Stacey, and I can't agree more with what she said, everything she said about the state of our world. I did not plan this the way this happened, but I decided in the beginning of the call that I was going to talk about one of the issues that concerns me which is patriarchy and now dominance in the world and how that is not working for our world and what I do and can do and plan to do to change that, bring balance to the world as a man.

[0:50:21]

I feel as men, it's up to us to do our part to make space for women in the world and bring balance. I think women do need to step into their power, the power that they have a right too to share with the men in the world that it is up to us men to welcome them to the table, to the circle, to make space for them. So that is what I try to do right now and sphere works in interesting ways and the universe will support when we are doing the right thing.

So here I am following Stacey's call. There are two ways that I do this and suggest that other people do this particularly men but women can do this too but particularly men. Number one, I can overemphasize the importance of this. Well, it may not seem important. Number one, I think we need to address our language. I think our language is patriarchal, is male-dominated. If we think about it, most words we use are in the male context.

We refer to God, the creator of the universe, of everything, as He, as Him, as a male. I think we need to change that. I think that's ridiculous. I think God is not a man. I don't think it's a woman. I think God is all, isn't it? But perhaps we can just show how ridiculous it is to start referring to everything in the feminine, in the she. We can God is she, is her, and maybe we will start seeing how silly it is that we say everything is he.

A policeman, a fireman, a congressman, a handyman, we can correct this by using gender neutral language. It's tough to do and sometimes

awkward and we need to think about it sometimes, but I think we can do that and it will go a long way to creating balance in the world and not making everyone think that men need to run everything, that a person who is in congress doesn't need to be a man, that a person who is the chair, the head of a committee does not have to be a chairman. It could be a chairperson, the congressperson, the fireperson, the fisherperson or just the fisher. I am hoping you folks are getting what I'm saying.

The second thing I'll say and then I'll make space for comment, if you want, the second thing that we can do is we can start holding council in our homes and in our workplace particularly in our workplace since it's businesses that produce all the products and the services and the corporations are running our government it seems. I think that is a great place to make correction, and it seems in the workplace as I think it was Stacey, the previous caller so rightfully noted that most corporations are run by men. Most CEOs are men, particularly White man, unfortunately.

So we need to make space for women and then for people with color. We can do that by encouraging staff meetings and showing up and participating as employees. If we are the managers or the heads or the bosses, we can start holding weekly or daily but at least weekly staff meetings. We can do this in our homes as well with our families or the people we live with or if we live alone, with our neighbors.

I have done this in nonprofits that I founded where we use the consensus process for decision-making where it's not one person who decides the agenda, which is usually the man and the White man but everybody gets to decide what needs to be addressed. We go around the circle and everybody gets to add to the agenda. Then for each issue, we address one issue at a time. Everybody gets to participate on the discussion and add their comments.

So we go around the circle and we set time on it because it's usually the men who will dominate, usually the white men who will dominate and talk and they won't allow space for the women and the people of color to speak and we can include kids as well in that circle. So what we do is set a time on it where everybody gets **[0:55:13] [Audio glitch]** as he needs to do with me.

James: We've just come to the end of our call here.

Participant: All right, I'll end up there. Thank you, James. Thank you for the time.

James: Andrew, what an essential work you're doing, and as you said this theme is central to the culture of peace where we find so often in The Shift Network, in many of the progressive and conscious is the women who are

leading. But as you said, in the structures and systemic structures of society, they have become caught up. We have peace work to do to rectify that. So thank you again.

I am handing it back to Philip to wrap us up tonight.

Philip: Thank you, James. Thank you, Andrew, and thank you everyone who has joined the call. I apologize to those who did not get a chance to share. I just encourage you to continue listening to the summits and then to also be sure to list your events. We have an event section on summerofpeace.net where you can list your events. There is also a pledge that you take and you can share on the pledge what your actions of peace are, and the goal is to have a billion acts of peace. We're partnering with Push4Peace. It's a little ambitious.

Also, on the pledge you will notice the counter will show the world count and also your community granted with a couple cases. Westerly, it's not quite accurate, but most of time it is. So you can see the count in your community the number of pledges of peace and then globally.

So I encourage you to take advantage of those. Also check out the Summer of Peace TV site. We've got the videos from the Oakland even now on the Summer of Peace TV. Again, that's summerofpeace.net and just click on the TV tab.

Tomorrow morning, 9:00 a.m. Pacific Time, we have a live call from Kathmandu, Nepal, people who are just really pioneering the use of media and outreach activities to help the entire country go through a peace process. So you would want to be in on that call.

James and Molly and everyone, James, again, thank you so much for hosting this call with us.

James: You're welcome. What a wonderful call and so much happening that we've only just touched the surface, but it's really good to have these activator calls from time to time to tune in to what people are really up to. It's very exciting.

Philip: Wonderful. So friends around the world, whether it's morning, afternoon, evening, or night, have a peaceful rest of your time there. I look forward to be with you tomorrow morning. Okay.

Molly: Thanks to everyone. Thank you, Philip and James.

Philip: Thank you, Molly.

[0:58:15]

End of Audio