

Summer Of Peace 2012

Dot Maver

[0:00:00]

Philip:

Hello everyone. This is Philip Hellmich with the Summer of Peace. I'm the director of peace for The Shift Network and I am just delighted, delighted that we're continuing this journey into education this week. This week, we're looking at education from multiple different angles. Yesterday, we had David Newman and Abdi Ahmed from Winnipeg talking about the grassroots efforts up there, the involvement of rotary clubs, and also the involvement of the chamber of commerce. Abdi shared his story about having been a refugee from Somalia and then going through Kenya and then becoming a peace builder working with young people in the streets in Winnipeg. So that was quite inspiring. If you missed it, be sure to listen to that recording.

Today, this is another real treat. This is a very special treat for me that we have Dot Maver with this and she's going to be talking about living up to our shared potential. Dot is a friend who I have yet to meet in person, a colleague because we're – yeah, it's quite a fun friendship we've had the last few years without having met in person. Dot is a colleague with The Shift Network. She's on the welcoming committee for the Birth 2012. She's a real pioneer leader there thinking with us. We're also collaborating with Push4Peace with the Pledge for Peace is a real champion behind that.

A little more about Dot: She's an educator is an educator and a peace builder whose keynote is inspiring cooperation on behalf of the common good and let me just say Dot is exceptional at this. She is the President of the National Peace Academy in the United States, a founder of the Global Alliance for Ministries and Infrastructures of Peace. She serves as Executive Director of The River Phoenix Center for Peacebuilding in Gainesville, Florida and again she helps coordinate the Push4Peace. Her work in education, politics, and grassroots community organizing is focused on applied peace building, utilizing a shared responsibility and shared leadership model. There's much more we can say about Dot and probably one of my favorite items is in the world of fast-pitch softball, Dr. Dot is known for her revolutionary fast-pitch hitting technique called The Maver Method: Secrets of Hitting Success. She is also the co-author of the book Conscious Education: The Bridge to Freedom. So, Dot, my friend, welcome. It's wonderful to have you here on the Summer of Peace.

Dot: Thank you, Philip. Thank you very much and thank you Amy behind the scenes. We've got quite a team there and deeply appreciate all that The Shift Network and the Summer of Peace is doing.

Philip: Yay, wonderful. Thank you, Dot. Dot, so we want to get started just to get to know you a little bit more and then we'll get into the work that you have been doing and are doing. So, Dot, what inspired you early on to get started into the area of peace building?

Dot: Well actually, Philip, I didn't know it as peace building at the time, but when I was young, two things happened, actually one when I was very little. I had what I called the marshmallow experience where I just was lying out in a green field of yellow flowers, dandelions, and looking up in the sky, this plane went overhead and I had this experience of melting into complete oneness with everything around me. Kind of like that Kodak commercial where you think you're looking at the fly on the guy's shoulder or cheek and all of a sudden you're out there in outer space looking at earth. It took my breath away. I was too little to even talk about it. When I was in my teens, I had another experience which was visceral and to put concisely, I was going to do harm to my brother, my sibling and I looked into his eyes and I had a visceral moment of realization that he and I were one. He was me, I was him. I had a meltdown, not total levels, that changed me.

So later in my 20s, I'd be able to articulate that as I began coaching softball teaching and teaching at the high school level at first and then university level and coaching softball throughout that I really wanted people to be able to get along together and no more meanness. Like let's make violence history. So it's been part of my DNA, I think I came in with that kind of mission statement and it took me a while to realize it and I'm so grateful for so many opportunities to serve.

Philip: Wonderful, Dot. Wonderful. Nice. It's interesting. Many of the speakers that tell us, they had talked about early childhood experiences just kind of redirected their past. Now you've had quite a long --

[0:05:06]

Dot: Eclectic.

Philip: Yeah, very eclectic. Let's start off with one of my favorite ones the Maver Method in softball and how did that whole adventure come about and how does that relate with what you're doing today?

Dot: So softball has been a passion, baseball in the very early days when I was about four or five years old, but as I got older and girls softball started to come into view, that become my passion and I have played and coached

at various levels all the way through it in this country. It's a great joy to coach a team, I'll say it from that perspective, recognizing that every player on and off the field has a unique contribution to make and no, the team is not a whole without every player offering that contribution. So it taught me a lot about cooperative competition and of course the definition of competition if you go to the etymology, competere is to rise together. So it's bringing people together around a common purview where everybody does the best they can not so much to out best anybody else but to bring out the best in self and others. So that was my style of coaching and it turned into what I penned later on in another as a shared responsibility, shared leadership model where everyone shows up and plays their part and the whole is greater than the sum of its parts.

Then when I did my graduate work at the University of North Carolina Greensborough, I had a wonderful advisor who encouraged me. I was fascinated by Don Mattingly's swing and the compact swing and this and that and why it could be so hard to hit that ball. So I developed based on martial arts and the biodynamics of the actual swing from a kinesiology, kinesthetic purview the Maver Method, which it breaks down the swing. But it's more than that, it's not just physical, it's emotional and mental because the mental game is 90% and that's in peace building. You know, it's really important we have to remember that energy follows thought and we are the very ones creating the society we live in.

Philip: Hmm, hmm, hmm, hmm. It's interesting, Dot, what you just said, energy follows thought and we're the ones that are creating it. Nice. Nice.

Dot: Yes. So isn't it exciting what's going on right now and as you were sharing earlier, Philip, this great infrastructure for peace that we are beginning to realize on the planet. We don't yet have the storyboard for it because it's so new. I mean we're really in a new emergent cycle in terms of this great history of humanity on planet earth. It is an astoundingly exciting, painful, and joyous time to be in human form.

Philip: Hmm, hmm, hmm, nice, Dot. It's interesting because there's been so much emerging quietly around the world and as we talk about the Summer of Peace, it's to highlight many of the different sectors, not all of them and how that's doing and when you take it collectively it's quite a symphony that's starting to come about. But let's drill a down a little bit more or open up a little bit more into your path here and some of the colleagues you work with. Because you just talked about institutionalizing and Dr. Bernard Lafayette also talked about Martin Luther King the last **[0:08:54] [Indiscernible]** and he was with him so we must institutionalize this work.

Dot: Yes.

Philip: It sounds like with you, you're one of the people like Dr. Lafayette and others who have been helping institutionalize the education of peace. Can you tell us a little bit about the National Peace Academy and then also the Global Alliance for Ministry Infrastructures?

Dot: Sure. Yeah. I think as you say that, actually from my perspective one of the critical points for all of us to realize that we live through form. So when you look at the law of creative manifestation and we begin to bring through thoughts and feelings into the dense physical, I mean for me the definition of health or being healthy is a free flow of spirit through form. When I say spirit, it's kind of like the vital energy, what we breathe, what makes us alive. So when that's flowing freely, then whatever the form is from the physical body, to Mother Nature, to our political system, to our education system, to all of it, our healthcare system whatever you want to name. When there is that free flow based on our shared values and our shared responsibility and leadership with everybody, offering them towards that, wonderful things happen.

[0:10:18]

So yes, we're in that moment and the National Peace Academy I realized a number of years ago that for me in my way of thinking education shapes society and I'm going to put a period after that. Education shapes society. What I realized was it doesn't matter formal or informal; we're always being drawn forth in the true sense of the word education. So with that, to educate intentionally, to live in right relationship with self, others, and the world around us seemed a part of wisdom as we are in this great cyclic changing.

So the first thing we did was to find peace and we took it straight out of the earth charter. Peace is the wholeness created by right relationships with one's self, other persons, other cultures, other life, earth and the larger whole in which all are a part. Then we said there's no part that's separate because that's kind of... Well and another way of thinking about it, we think of archery, what's a sin, it's when you miss the mark, you miss the bull's-eye. So separateness is not what we're going after. We're going after unity and our togetherness, our interconnectedness.

So we are educating through five spheres, personal to ecological. So that includes personal, social, institutional, political and ecological so that it's a whole systems approach. The whole person beginning with the personal practice of peace leading to implementing a project or plan in community whether it's your bodily community of your physical, emotional, mental essential self or the community you live in or whatever community. With that as we continue work with and through existing learning institutions and groups that are striving in the same way, we are finding a tremendous positive response to this way of educating.

Some would call it reflective or experiential learning and for me it's even beyond that. We've coined a phrase peacelearning, one word. All the time we are the student and teacher, all the time we are taking facts and experiences and we are vetting it through whatever our existing cultural bias and worldview is. So how do we open up to be more holistic ourselves and then help, yeah, as you say institutionalize peace. But I would say institutionalize living in healthy and right relationship with ourselves, with others and the world around us. So that's what we're doing.

Philip: Nice, Dot, nice. So tell us a little more about the Peace Academy, the National Peace Academy.

Dot: The Peace Academy itself, we have a national certificate program and you can check that out at NationalPeaceAcademy.us. In fact, we have an online course coming up just down the road here that has to do with peace education and even though it says part 2, don't be tricked. If anybody wants to join in, please do so. In offering that certificate program, we also offer every other summer a weeklong peace building, peacelearning intensive and that's where people come for residential experience. It's fun, it's deep, it's transformational, and come away with that project that I mentioned, Rebuild Detroit One Household at a Time or helping to get peace education and policy in states throughout the country or River Phoenix Center for Peacebuilding, which was already on its way and got really fleshed out at the TPI 2010.

So that also in our way of thinking, we're a combination, education and community organizing because you really can't get away from that in these times we're living in. It really is all about local to global. We need to focus locally --

Philip: Right.

Dot: -- domestically.

Philip: Nice. The global part leads into then the Global Alliance for Ministries and Infrastructures of Peace?

Dot: Uh-hum.

Philip: Yeah.

Dot: That was founded, a group of us found that in 2005. At that time, I was working with the Peace Alliance in the US and we were building a grassroots-lobbying infrastructure for the Department of Peace in the

United States. We have many colleagues around the world who now have – there’s close to 50 countries now with campaigns and efforts to institutionalize politically around peace with the department or ministry for peace of something like that, by whatever name it will embody and reflect the principles and processes of peace.

[0:15:33]

Philip, what most of us in the US are not aware of is last July 9th, humanity made history when heads of state announced that Sudan has split into north and south. South Sudan is the first country to form in our recorded history with a minister of peace at that top level recognizing it. In spite of the day-to-dayness, I mean we’re all dealing with the day-to-dayness so I know lots of times people push back and they say, yeah, but there’s still violence and there’s still this and that. Well, yes, and how do we move through this because we are helping to create all of this.

So yes, it’s very exciting and in 2009 when President Oscar Arias in Costa Rica welcomed over 200 delegates from over 30 countries in San Jose, he said, he announced a ministry for peace and justice in Costa Rica, which is very exciting. Then the group of us there decided we would expand the call to national peace academies or whatever institution you would call, put the name to that. So there’s the National Peace Academy in Costa Rica now, there’s a National Peace Academy in Rwanda, there is soon to be one in Nepal, and in fact there’s a ministry of peace in Nepal as well and the Solomon Islands. Canada is exploring a national peace academy and there’s a training institute in Romania and on and on. It is happening. It’s time to tell this new story and celebrate it with one another and then offer whatever it is we want to offer each one of us so that we become part of the weave, part of the fabric as we educate for a culture of peace.

Philip: Nice, Dot. I want to actually extrapolate on a few things here. I mean you’ve gone from your own personal to then softball and then national and then global. Early on you said a couple of things that stood out, energy follows thoughts and we are creating, basically creating and then also you talked about healthy is the free flow of spirit into form. You’ve been working with others and throwing yourself into service in the creation of these institutions and yet at the same time it’s clear that you’re speaking from principles that are being studied in quantum physics that are being explored --

Dot: Yes.

Philip: -- by mystics. Can you tell us a little bit about how you personally tap in and stay centered and then allow what wants to flow through you, spiritual through you to manifest?

Dot: Yeah.

Philip: And how that place out. Because, yeah – if you could do that please.

Dot: Yes. Yes. Yes. Thank you for asking the question because again we can't really separate out our spiritual journey from this actual oftentimes pragmatic looking journey that we're on. It is all one and the wellspring for me is the ageless wisdom that true studies at the heart of every great religion and philosophy on this planet. So one of the questions that has been with me since I was very, very young is that Delphic injunction who am I. There were times, I mean I'm sure everyone on this call has asked that question at least once in this lifetime, who in the world or who on earth am I and why am I here, what is going on and what is the purpose. As I have said to many youths over the years, you've got to have a reason to get up each morning and it can get tough sometimes.

Philip you and I have talked about this, about joy flowing like a river and going to that river and throwing yourself in it. Joy is a special wisdom and that's straight out of Agni yoga. So that wellspring, the great sages all say it in their own way, but the truth is we all try to hold on at the banks and we fight change. The banks of the river not the – well the banks too but the banks of the river and we fight change. If we would just let go and swim with the current, the current of life, the very river of life and love flows consistently and needs get met and it is so inspiring and so joyful and here, Amy this one's for you. [sings] *You've got to get up every morning with a smile on your face and show the world all the love in your heart.* So we could go on but we won't. I said this Philip, before the call to all others out there, how can anyone go an hour without music of some sort because it is a great symphony that we are a part of.

[0:20:38]

So if on a daily basis, I not only plug in intentionally with my own practice, I also make note at noontime and 5 o'clock and with the new moon and a full moon rhythm with colleagues around the world who most of us have never met, but we are very intentional about being with the flow of the river on mother earth and being with her systematically and lovingly because we are of her. So that's what I do and there are studies and there's this and there's that, we all have our own path. But I would encourage each one of us to find what it is that makes our heart sing and then sing that song whatever that looks like in life.

Again, this week being about education and educare, drawing forth or leading out. Can you imagine, Philip, if each one of us were living true to our essential blueprint, some call it that astrology chart that we come in with at day one. But we each have an essential blueprint as we come in and the more we are aware of that and willing to give ourselves to that and live from the inside out, the happier, the more whole, the more fulfilled all of it we will be. Humanity is going through a chrysalis

experience so we're going to be the butterfly and we need to take care that we don't get lost in despair in the process.

Philip: Beautiful, beautiful, Dot. You remind me so much of Ervin Laszlo talking about we're all interconnected. We've heard it from brother Sachinanda, we've heard it from Don Oscar and then to hear it again from you and then how you articulately describe tapping in and then serving and then allowing, bring it into form what's happening. Let's keep with this theme in terms of two things. One is you're not doing it alone.

Dot: No.

Philip: And you're great at community and can you tell us a little bit about how that community – it sounds like you have a community through your practice and you create community quite well in the work you're doing. Could you talk about the role of that community both in the support of your practice and also the work that you're **[0:23:19] [Indiscernible]** doing?

Dot: Yes. I will start by saying that my dad was one of my greatest teachers. When I was a freshman in high school, I ran for class president and the day that they announced who the two of us were running against one another for class president, I came down with pneumonia or pneumonitis or whatever it was, put me in bed for 20 days. So my little team of friends and my dad says to me why don't you invite them over and they all have to sit in the living room, you can be here, but we'll figure this out. Because the greatest thing you can do, Dot, whether you get elected or not is to give everyone a sense of belonging to your team, which is really a team, it's not really yours and give everybody a share of the responsibility and then they can do what they can do at school and you can just remain cheerful here at home. So I learned a very, very good lesson and you know what, I won that election and I wasn't in school for the entire campaign.

So that sense of shared responsibility I mean on a deep, deep level brother, sisterhood, that took me to my knees at a very tender age. In education, the research shows that the greatest risk factor for our children and I'm going to say for any of us is a sense of belonging. I mean we don't have to look no further than gangs in this country. We all want to know that we belong.

[0:25:00]

So how is it that we create community coming together in the spirit of unity and here's the key for me, Philip, around a shared purpose. Because there's a huge difference between a bunch of people getting together and saying, oh what do you feel like doing and a group coming together intentionally around a common effort able to articulate that, able to think

deep into that and discuss and dialogue and discover what the shared principles are and the processes and why they are giving their valuable time to be together. The bonding, it reminds me of Lynne McTaggart's book, *The Bond*, excellent book and she gives a lot of pragmatic ways to get to that place where we recognize the depth of our oneness and shared responsibility, shared leadership on this planet again by whatever name.

So that's what's happened and then I've just taken that through every aspect. I love to come together in group and help inspire people to offer what's theirs and when we all play, you named it earlier it is like a symphony. The conductor can't sit in every chair; in fact the conductor doesn't even play an instrument. But we have to know the score; it's another song, right?

Philip: Uh-hum.

Dot: That great symphony that's playing out on this planet and I will go so far as to say there is intention on this planet unless we think otherwise and we are not making it up. So how do we play, how do we play in that symphony and on that playground widely and beautifully and lovingly.

Philip: Beautiful. Well look let's keep with that and I want to come back to community building and how you're doing it with things, but let's keep with this question of like there's an intention in the earth that's emerging. Can you elaborate like what is the big question that is humanity is asking and what's the relationship to that and the intention that you sense is arising in the world?

Dot: Well that is the huge philosophic question and we need to retreat to go into deep into that. But I will say for me, you've heard me say this before probably, Philip, one of the things that I have recognized over the years and I'm sure others think about this too, every time humanity asks a big question, some big thing happens on the planet. Now it might be in the topic of the planet or whatever. But for example take the suffrage movement, when humanity started or pockets at least started asking well let's see, should women have the vote, a huge thing happened. Now as Amy was in the conversation earlier, you know, it's so painful in the mid-east right now, but a big question is being asked right now, a big question on the planet, is peace a human right. Is living in right relationship and having our needs met a human right. We're struggling with that but that's the good news. I mean when we started asking the good news is slavery okay, look what happened. We're still not perfect. Humanity is not perfect but that's kind of like wabi-sabi right. I love that philosophy, wabi-sabi nothing is perfect, nothing is ever finished, nothing is permanent so wabi-sabi.

But we're in that moment. We are in an incredibly sensitive and intense moment where the more intentional we have the capacity to be without taking ourselves too seriously, the better off we're all going to be.

Philip: Touch up on again how you see there's a larger intention that's emerging and we're not creating – I mean we're not – it's bigger than any of us.

Dot: Exactly. Well one of the youths asked me a few weeks ago, so define your spiritual practice and I said well I call it the discipline of freedom. So there's one thing that I can count on every single day and that's called sunrise and sunset. I cannot control that. I don't know anybody on the planet who can. Sunrise and sunset happens every single day and so I have learned to ask myself what is my sunrise and what is my sunset. Within that, there is a tremendous amount of freedom and yet as anyone of us on this call, I think would attest to, if we push the limits of our freedom to do harm to another, to material gain at the expense of another, and I could list more but I won't, we get the idea after a while, it comes home to roost. You cannot push that river upstream. There is a flow.

[0:30:14]

So there's a greater flow that's happening on the planet and there was this game years back OPOH, Our Planet, Our Home, and the way you played the game was you get all these pictures. Phil Gang developed it actually with GATE, the Global Alliance for Transforming Education in the '90s. So it was not funny but it kind of was. You got it after you played the game. The only pictures that you could take out of the entire game and everybody else would be better off for it was humanity. Because every time you plugged humanity in, stuff happened to the earth or the animals or the vegetable kingdom or something. Anyway, it was quite a good game.

So it has always seemed to me that there is like this plan of action and we have free will within that and we're all in this together, nobody gets to make it up and yet every day we do. I mean it's like that great contradiction paradox in terms.

Philip: Beautiful. Beautiful, Dot. You remind me of a mutual friend of ours Michael Singer the author of the Untethered Soul. I was once asking him, how could the world be like this, this and that and he looked at me and said well who asked you how it should be. Then when I first heard it that he said well if Pluto was orbiting the way that you didn't like, what are you going to do about it? It took me years to reflect on that and then he also just said, you have to learn to follow the energy.

Dot: That's right.

Philip: It will do things much more creative than you could ever dream of.

Dot: That's right.

Philip: Yeah. Yeah. So Michael Singer's Untethered Soul, beautiful.

Dot: I mean his neck of the woods actually and we are involved at the River Phoenix Center for Peacebuilding here in Gainesville, Florida in a co-creative emergent design process. It's very organic and yet we're very clear about what we are doing. We are helping to educate so that everyone learns to resolve conflict through healthy communication and relationship leading to breaking the cycle of violence and building a safer community. So the intention is clear, the shared purpose is clear, and every day is a wonderful surprise.

Philip: Beautiful. Can you elaborate on this because we've gone from personal to the global, let's come back to the tangible Gainesville, Florida because you see this as a potential model for other communities. Can you elaborate and then --

Dot: Yes. And --

Philip: -- nuts and bolts.

Dot: Yes, absolutely. To be clear a tangible model, a process model absolutely and we're very intentional that it's translatable. Like because we're living in a time, nobody, there's no one outside of myself who's going to tell me what to do or how to do it. However, we can learn from one another, processes that work. So we are in Gainesville working now, excuse me, with the University of Florida, the United Way, the law enforcement including the court system and the first time juveniles on probation doing community service hours and more and talk to public schools.

What we're doing is a combination of things so I'll just give a couple of examples. We're in conversation about partnering to offer volunteer training throughout the communication based on basic skills of communication and self-esteem and anger management and all that kind of stuff so that we learn how to really relate with self and others and that would be for every volunteer in the community. We're working in concert with some law students at the University of Florida right now offering conflict resolution and peer mediation in the public schools beginning with their lab school. We're doing that with student governments and they are so excited, the youth and then they become the ones who share it with the other students. So faculty is involved and everybody is involved.

Nothing that I'm going to share, Philip, as I'm so aware there's so many best practices and so many projects we could do shout-outs throughout this country. There's so much great stuff happening. Our intention is to demonstrate that this is possible community-wide to move through to creating a safer community across the board.

[0:35:01]

Then with the court system and this is one of my favorite most recent story is we just completed our first seven-week course, one hour a night for seven weeks and there were a number of young people who needed community service hours and it's now being court ordered and the young people themselves offered the final class. Of course with the help of our folks who are facilitating but sharing their stories, what they learned, the realization of how their actions impact it. Again, I mean I've talked to lots of people throughout the country over the years, this is happening in lots of places. When this happens across the board, we brought them the Interrupters, Ameena Matthews from Chicago and there's all kinds of possibilities here.

So as we develop this systemic approach, this whole systems approach, we will as a community here in Gainesville be creating the society we want to live in. For me that C word is the key. There are other C words that I'm not interested in like complain, criticize. [Laughs] But the creative C word, I'm all over it, creative emergent design process, law of creative manifestation, we create our own reality, that's a good C word for me. So that's' what we're doing, creating the community we want to live in.

Philip: [Laughs] I love it. I just love it. Oh my gosh and I love also how you mentioned a sense of belonging and --

Dot: Yes.

Philip: --to do with a shared purpose, shared responsibility and it's just beautiful--

Dot: Yes. We already have two of the young folks asking can they work with Jeffrey to apprentice or whatever so that they can help their peers in this way. Now that's a beautiful story and that's our -- we're like three months, six months, what are we old? We're not that old in the community. So for me it's a very hopeful time. For me, as I come full circle, Philip, what really juices me is we are going to demonstrate the need at a national level in this country for institutionalizing these kinds of policies and programs to be able to live together in a society that we want to live together in, instead of all the problems and the issues that right now we have a great tendency to over focus on. So where are the move through points, where are the solution oriented people? We're all

working it and so the story needs to start to be told here because there's a lot of good stuff happening. Thank you Shift Network for starting to tell that story. It is a wonderful contribution.

Philip: Yeah. It's quite a joy, Dot, quite a joy to hear the music coming from so many people around the world. Now you've been again very creative with the Push4Peace and our collaboration with Take the Pledge. Can you tell us how Push4Peace came about and then tell folks about Take the Pledge?

Dot: Okay. So and I would say kudos to you, Philip. Without our partnership and The Shift Network Summer of Peace saying yes to help design this behind the scenes, once it started to grow it would not be where it is. Right now, we have over 200,000 pledges for peace which is awesome and that means that people will take an act at least one action for peace in 2012. So Pledge4Peace.org for anyone on the phone, just go ahead and sign up and say what your action will be.

So what happened, gosh about a year and a half ago now, I was invited to a retreat actually, a two and a half day retreat where there's 20 some of us. Most of us in the room are people who had founded something or were in charge of something that was a little bit outside the box of a more traditional society at our times, although it's becoming more and more who we are and what we are. So at the opening day, I said yes because I spoke to the two young people who were doing the inviting. It turned me on to think that all these people would take time out of their lives and come together and leave both their personal and professional agendas at the door and come into the room in circle and ask a question together. What if all of us put our talents together, what can we come up with that can help the shift, the tipping point on the planet. Because we're living in such a time and we're approaching 2012 and we know that that's a great cyclic turning astrologically, astronomically and according to the Mayan calendar. Which by the way they've turned up the next Mayan calendar which shows a time of peace and right relationship and all that using my words but very exciting as you well know. Yes, it's the end of the world as we know it.

[0:40:31]

At dinner that first night, the guy who was going to facilitate everything got up and said the same thing. He said that what gets me excited about this is all of us in this room, many of whom have not met before because everybody is doing their own thing are going to spend a couple of days together. Well at the end of the third day before we were leaving, we took some quiet minutes and the banner of peace fell into mind's eye.

Are you familiar with Nicholas Roerich's the banner of peace? It's three balls in kind of a triangle with a circle around it. The circle of one

humanity and each of those three balls represents our culture and the arts because without culture and the arts, I mean that's what's important in Gainesville too, very important. When we celebrate one another's culture and arts and acknowledge and celebrate one another's religions and spirituality and the third ball is the sciences we will live in pax cultura, a peace culture.

As that dropped in, I all of a sudden transposed on those three balls were different things. There was a research capacity to proving the efficacy of living right relationship. There were some very pragmatic things and another ball I could see like apps, game apps, mobile apps, Google maps, lighting up as people take actions and this and that. The top of the triangle, the top ball simply said Push4Peace. I was like okay, let's do this. So I shared my insight with the group and two of the guys sitting across the room said, yeah, let's be on that team and the rest is history.

Philip: Beautiful.

Dot: It's a fun ride working with the UN International Day of Peace 2012, Sustainable Peace for a Sustainable Future. United Religions Initiative Youth made an announcement from Rio+20. Take the pledge, www.Pledge4Peace.org and you, Philip, and your team have developed and outstanding web presence. You can check out Push4Peace.org also, we have our own website and now very much linked to Summer of Peace. We're tied in with Birth 2012, we're tied in with Peace One Day. They just announced Elton John is one of the musicians for their big concert. So with the focus on the International Day of Peace, the UN group is now asking musicians around the world and Playing For Change is on board now, and that they want to also speak with others in the music field. Everyone play Imagine on the 21st of September and at noontime in the New York Time **[0:43:24] [Indiscernible]** play Imagine and roll that out around the world. So the momentum, the creativity, it's just beautiful.

Now we're going to have the YouTube channel for Summer of Peace, Push 4 Peace, Take the Pledge, all of that where people can upload, report out what they're doing. Goodness, I find that thrilling that we are creating a virtual community that actually will – it's kind of like the shadow culture of peace, in the most positive sense. We are actually creating that community ourselves. We're going to start shouting it out telling that story and it will have a life of its own well beyond the 90-day Push4Peace that will culminate with Birth 2012, Barbara Marx-Hubbard in LA. I'll be down in **[0:44:15] [Indiscernible]** Australia with Chris Decker of Earthdance and others. There will be events around the world, hub events celebrating the new story as we take a few minutes and flap our

wings to dry after going through the chrysalis experience and start flying as the beautiful butterflies we are.

Philip: Beautiful, Dot, beautiful. Dot, I'm going to invite people who are on the phone and also the webcast to participate with us either with comments or questions. If you're on the phone, you can hit*2 and then we could see your hand raised. If you're online, please go ahead just type a comment or a question. While doing that, again it's Push4Peace.org, correct, Dot?

[0:45:08]

Dot: Yes.

Philip: Push4Peace.org and 4 is a number. So you can check it out there. The beautiful thing about this pledge is it's on multiple websites and you listening are welcome to embed the pledge on your website. You can go to Push4Peace.org or if you're on the Summer of Peace site, you can go to the take action tab and it's right there, you can learn how to download the pledge and place it on to your website. Let's see, we have one comment here Dot, right off the bat from Berkeley from Susan saying callout on behalf of NVC's sister and trainer Mercedes for a greater Sarasota. It looks like she just wants to say hello to somebody there. I don't know if you know those people.

Dot: Wonderful, yes. And of course, NVC, like kudos to all of us **[0:45:59]** **[Indiscernible]** familiar with and facilitating NVC, nonviolent communication.

Philip: Okay. Yeah. We heard from Rita Marie Johnson about be peace on how she's combined nonviolent communication --

Dot: The HeartMath.

Philip: -- together with the HeartMath, yes quite good. We have Lyn here calling in from Oregon. Lyn, do you have a question or a comment?

Lyn: Yes. Thank you so much for taking my call. Dot Maver, yes, I'm just wondering if your different networks are more capable to help pass a petition that is on Avaaz.org right now to create the new earth heavenly civil services so that we actually create a new workforce. Just like during the depression, we had the WPA and then they started the ECC. The youth really need to focus on their soul's purpose, animal healers, body-mind spirit workers, I mean the light workers, the peacemaker. We're all here and we really need to gather in these enlightenment community teaching training programs to go to the next level of the soul vibration work too to integrate these new civil services. So I really want to -- I don't know Dennis Kucinich's new action, his action team, he just started. I

don't know how to do this but I really would love it if you guys could take that project on. Because really we need to get new focus, new jobs, new teaching training facilities in every --

Dot: That's so

Lyn: -- community to start these new earth focused helping healing--

Dot: Ly, thank you, thank you for bringing this up. We absolutely do and as you are sharing that, give a shout-out to Avaaz doing great work. Maybe you're part of that, where do you want people to go?

Lyn: It's called the title of the petition is New Earth Heavenly Civil Services.

Dot: Okay. So if we Google that, we're going to get that?

Lyn: Yeah. Avaaz.org.

Dot: Okay. Yeah. And you can write to me at Dot@CenterForPeaceBuilding.org and send me the information.

Lyn: Thank you, thank you.

Dot: Absolutely.

Lyn: Bless you--

Dot: Absolutely.

Philip: Beautiful, Dot, and, Lyn, thank you so much.

Lyn: I'm sorry, it's Dot@CenterForPeaceBuilding.org?

Dot: That is correct and that CenterForPeaceBuilding.org is the website for the River Phoenix Center for Peacebuilding in Gainesville so check those out also and yes, absolutely send me the info. We're all in this together and we need to support one another. Thank you for giving us a shout-out.

Lyn: Thank you, thank you. Thank you.

Philip: Wonderful. Thank you Lyn. Thank you, Dot. Dot, I just want to say you're a master at community and working together. We have a couple more questions here. Let's see. Let's see. Dot, you are a model and an inspiration for all women and men and I love your attitude. This is Andrew of Los Angeles. If energy follows thought, is it essential we

embrace a belief in the possibility of peace in our world in order to be most effective? Who decides what we believe?

Dot: Oh, what a great question, Andrew so thank you and I will tell you, you decide what you believe, I decide what I believe and some people need to see something to believe it and some people need to believe something to see it. So I happen to be one of those who I believe it and I trust the process and I'm going to see it if I continue to believe it. We all know that whatever we focus on is going to get more attention.

[0:50:04]

So the attention, the intention or the focus of the lower always attracts the attention of the higher, that's just the basic truism so however you want to define lower and higher. So my answer is like a yes and but I will encourage all of us to believe and in fact, I'll say, Andrew, beyond believe to know. We are actually knowers, we know what's going on if we're honest with ourselves and we know that we can make a difference and we know that peace is not only possible, it's probable if we will all put our thoughts, words, and deeds to that. So thank you for the question.

Philip: Beautiful. Thank you. We have Peter Melton who said, he's on the phone. Peter, could you please hit *2 so I can see where you are there? Peter has a dream for a world that he would like to share and a concept and it sounds like it's a perfect video for the YouTube channel.

Dot: Oh, good.

Philip: Peter, please go ahead.

Peter: Hi. Hello, Dot, and fellow listeners.

Dot: Hi, Peter.

Peter: Hi. Hearing you share your tales of experiencing of the oneness and in particular wanting to amplify the unity. This dream that's been brewing in me for a long time is an idea for a new kind of peace sign. A peace sign that can inspire this next evolution of peace as I see it and as all these speakers have been sharing along with The Shift Network that we must come to that deep knowing that we really all are all in this together.

Dot: Amen.

Peter: The only way that we're going to move through this experience is to live that. It's one thing to think it or to ponder it, but how can we amplify this idea of unity is exactly what my idea is. It's this new peace sign that starts with two fingers and moves forward as those fingers come together. I call it the together sign and it says we appear to be separate and we're not.

So it then evolves from the previous peace sign where there's two and comes to one which is very similar to your peace banner where there's a two to one kind of aspect going there. This idea of our togetherness is also – well it's very strong with the ecological situation, our spiritual situation, and our science situation.

Dot: Yeah.

Philip: Where we're realizing from all angles that we're all connected.

Dot: Yes. Isn't that the truth and to jump ship you'd have to go to another planet. I mean go figure.

Peter: Yeah. So that's the --

Dot: So, Peter, how do we check out your new peace sign?

Peter: Well thanks for asking. There's a website called TheTogetherSign.com and I have a short three-minute video there where I explain. Basically, what I explain there is that I really think that in order to amplify this, in order to change the conversation about peace and our evolutionary process, we need to have these conversations about how is it that we're all connected, how is it that we're all one energy happening. That changes the whole dialogue about peace when we realize that --

Dot: Yes.

Peter: -- well what you were saying, the golden rule, do unto others as you would have others do unto you because they are you.

Dot: Yeah, exactly. That is exactly it. Thank you. Thank you for that, Peter. I'll check it out, TheTogetherSign.com.

Peter: Thank you very much and keep you all your good work.

Dot: Yeah, keep on keeping on.

Peter: Good luck. Yes, together.

Philip: Yeah, thank you, Peter. Thank you so much. I want to give a special acknowledgement to Peter. Peter drove three or four hours down for a couple of different gatherings down here in the Petaluma and Oakland area. So Peter, thank you for your commitment and enthusiasm I love it.

Dot: Beautiful.

Peter: Yeah.

Dot: You know what, speaking of enthusiasm, Peter, you strike me as someone who experiences enlightened enthusiasm, which I deeply appreciate.

Peter: Thank you. I like to feel that too and nice to get to share that on this call and with you and hopefully we can work together somehow on all this.

Dot: We already are.

Peter: Amen.

[Laughter]
Philip: Amen.

Peter: **[0:54:16] [Indiscernible]** keeps jumping in.

[Laughter]

Dot: That's right. That's right.

Philip: Who designed this software package, all right.

Peter: We are rather silly, aren't we? Thank you guys.

Philip: You're welcome. Dot, this is so much fun. Well, Dot, and also we have instructions yet on how people can submit yet or is that still coming on...?

Dot: That's coming. Yeah, the YouTube channel should be live within the next week or so we hope. I should be asking --

Philip: Okay.

Dot: -- you that, Philip. But yeah.

Philip: Yeah.

Dot: It's on its way. It's on its way.

Philip: Great.

Dot: But we do have Facebook. You can check us out on Facebook. Maybe you want to address that, Philip.

Philip: No please --

Dot: Where people can just comment.

Philip: Well first of all when you take the pledge, you'll go to a confirmation page and then on the confirmation page, you can list what your commitment is. Which is kind of fun because at that point then you can see what other people are doing for peace too and we can collectively learn that there's a wide range of different ways to promote peace in the world. We're really all in this together, we're trying to figure it out together.

[0:55:33]

Also there's a Facebook page, it looks like it's pledge for peace is the Facebook page and you can go there and contribute. That's a joint collaborative effort with Push4Peace, Summer of Peace, and there's a number of other organizations, United Religious Initiatives. There's --

Dot: Peace Jam.

Philip: -- a lot that's coming that's just -- Peace Jam, yeah. Quite a few around the world. Again, anybody who'd like to embed the pledge form on your site, it's beautiful. So you can put the form on your site and then people that you know can take the pledge and it goes into -- it calculates together and then you can have a widget on your website that will show how many acts are there globally and then how many are in your community. So it's a lot of fun. It's very creative.

Dot: Our BHAG, our big hairy audacious goal is one billion acts for peace and we're over 200,000 and we've hardly done anything yet so it's looking good.

Philip: Right. Well, Dot, we're at the end of the time for this session and we'll certainly have many more times of collaborating together. Is there anything that you would like to leave our listeners with at this point?

Dot: Yeah. I would actually love to share just a little piece from the Serene Life and dedicate it to everyone on the call.

Live truth, work excellent, reach toward your ideal but trouble not your soul about the meagerness of material results for all spiritual laborers work along invisible lines to unforeseen and universal results. They always seem to miss their aim and always hit a larger and more eternal mark. Let all things move freely around you and float you on the eternal currents.

Philip: Beautiful, Dot. Beautiful, beautiful, beautiful. Thank you.

Dot: Well thank you, Philip, and thank you Amy, thank you everyone on the call. We are indeed all in this together and may we realize the spirit of peace in our lifetime.

Philip: Yes. Yes, very much so. Well my friends around the world, this has been yet another beautiful, beautiful session and tomorrow we continue the journey with a friend of yours, Dot, Dr. Nina Meyerhof and Oran Cohen.

Dot: Oh, Nina, yeah. Nice.

Philip: They'll be looking the genius in inner sense of youth. So you definitely want to hear that, definitely want to hear that session and our colleague Ben Hart who is our in-house gen Y specialist will be hosting that call. So again, Dot, again thank you for being with us today and being in Gainesville and the partnership and again just thank you.

Dot: My great joy, Philip. Thank you.

Philip: Yay. So wherever you are in the world, whether it's morning, afternoon, evening, or night, we wish you a peaceful rest of your time there and look forward to being with you tomorrow. All right. Okay. Bye-bye.

[0:59:01] End of Audio