

# Summer of Peace™ 2013

## “Discovering Peace Within” with Sister Usha (Sep. 15)

[0:00:00]

Philip: Hello and welcome to the Summer of Peace, a celebration of our common humanity. This is Philip Hellmich, the Director of Peace with The Shift Network, and it's a delight to welcome you to another session of the Spirituality and Peace Series. This series is a co-production with the Gaiafield Project. It is designed to highlight how different structural traditions use subtle activism, meditation and prayer to assist people and to promote world peace.

Before I introduce our very, very special guest, I would like to invite you all to join us on social media for the Summer of Peace this year. Please like us on Facebook. You can search for Summer of Peace and look for our logo, or look up [facebook.com/summerofpeaceshift](https://facebook.com/summerofpeaceshift). We welcome comments, shares and engagement and look forward to seeing you there.

Also, please follow us on Twitter. You can search for @PeaceSummit, that's all one word, the @ sign, PeaceSummit or just look up [twitter.com/peacesummit](https://twitter.com/peacesummit). Again, we encourage you to engage in dialogue with us there.

Also, please join the Global Care Room where you can see a map of the world and the people who are meditating at this time. You can go to [www.globalcarerooms.org/rooms/login/gaiafield](http://www.globalcarerooms.org/rooms/login/gaiafield). That web link is also in the email that went out announcing this call.

Our speaker today is from Self-Realization Fellowship. For more than 90 years, Self-Realization Fellowship has been dedicated to carrying on the spiritual and humanitarian work of its founder Paramahansa Yogananda, widely referred as the Father of Yoga in the West. Yogananda is the author of the spiritual classic "Autobiography of a Yogi." Former United Nation's Assistant Secretary General, Dr. Robert Muller referred to the "Autobiography of a Yogi" as an ambassador of light illuminating the eternal ideals that have ever been our surest guide on the path of life.

Self-Realization Fellowship is a worldwide religious organization with international headquarters in Los Angeles, California. As expressed in the ancient ideals formulated by Paramahansa Yogananda, the society seeks to foster a spirit of greater understanding and goodwill among the diverse people and religions of our global family and to help build up all cultures and nationalities to realize and express more fully in their lives the beauty, nobility and divinity of the human spirit.

Paramahansa Yogananda founded Self-Realization Fellowship in 1920 to make available the universal teachings of Kriya Yoga, a sacred spiritual science originating millenniums ago in India. These nonsectarian teachings embody a complete philosophy and way of life for achieving all-around success and well-being, as well as methods of meditation for achieving life's ultimate goal, union of the soul with Spirit or God.

Now, it is a delight to introduce Sister Usha. Sister Usha has been a senior nun of the Self-Realization Fellowship monastic community for over 40 years. Born and raised in New York City, she had a desire to serve humankind early in life. By the time she was 12, she was actively involved in social outreach effort, including mentoring to students from inner city areas by helping them with their studies and exposing them to the city's many cultural opportunities.

Sister Usha, whose name means "dawn", personified as the daughter of heaven, currently serves as one of a dedicated group of nuns who provide spiritual counseling to SRF members throughout the world and conducts weekend programs at the SRF Retreat in Encinitas, California.

So Sister Usha, thank you so much for being with us today.

Sister Usha: Certainly. It's really an honor to represent Paramahansa Yogananda and Self-Realization Fellowship for this peace initiative. Thank you for inviting us to participate.

Philip: Yes. You're welcome, Sister Usha.

Now, I know that Paramahansa Yogananda has a lot to say on the subject of world peace. Can you please share us some thoughts and then lead us in a guided meditation?

Sister Usha: Yes, of course. There are a number of powerful ways that Yogananda's teachings and techniques show us how to uproot the underlying causes of war and enable us to discover a sustaining peace within, and I'm really eager to share these thoughts with our listeners.

**[0:05:02]**

But first, when you look historically, you see that so many wars throughout the ages were due, unfortunately, to religious animosity. So it was very bold of Paramahansa Yogananda to teach that beyond the superficial, out of differences of various religions, their dogma and rituals, we find a profound unity. We discover a common scientific foundation of all true religions.

And what is that unifying force? The goal. The goal of all religions is the same, to teach us how to actually experience the bliss of God. Whether it's called ecstasy, nirvana or Samadhi by the different religious traditions, it is the same experience of our oneness with the overwhelming love and joy and that all-encompassing peace of God.

To emphasize the oneness of the heart of all faiths, he established SRF, Self-Realization Fellowship, as a fellowship of all religions. And that our beautiful Lake Shrine retreat in Pacific Palisades, California where the Mahatma Gandhi World Peace Memorial is located, Yogananda also created a Court of Religions, as he called it, where the major world religions each are honored with a little shrine. He would tell us that if the great prophets and leaders of all religions were to gather together in the same room, Jesus, Krishna, the Buddha, Mohammad and Moses and so forth, there would be perfect harmony. It's ludicrous to think there would be any quarreling. Why? Because they all have experienced their oneness in God. They were and are all lovers of the divine.

Yet, Yogananda would say, "If you bring their followers together, they'd be at each other's throat." Now our ashrams, our spiritual communities, we come from diverse religious backgrounds, but these differences all melt away because we are focused on the goal of our religious practice, actual communion with God, personal ecstatic experience of God. To recognize that there is an essential unity of all religions is really a powerful peace-provoking concept, isn't it? There's the possibility of peace at last.

The second concept that I'd like to stress again from the historical perspective, you see that another major source of conflict has been wars of aggression, one country or one tribe or one ideology or ism trying to conquer or rule over another to attain power, to subdue.

Here, Yogananda introduces a most beautiful concept in his teachings. He places before us the Divine Mother. He invites us to approach God not only as father, friend, beloved; but he also unveils the mother aspect of God, the all-embracing, nurturing reflection of spirit which lies within each of us, and this is as true for all the men listening today as well as the women.

And what are the qualities of the Mother? Certainly not to conquer and dominate obviously, but to love, to protect, to care for tenderly, to give and provide for all those in need. When each of us individually in our private lives and overall as nations cultivate these motherly qualities, it becomes a transformative force. Before the soothing, healing power of the Divine Mother manifest in each of us, all conflict vanishes and we start to establish on this earth and in our hearts a divine and magnificent peace.

There's another related concept to this. In "Autobiography of a Yogi," Yogananda describes the attributes of his own spiritual master, his guru, saying, "I often reflected that my majestic master could easily have been an emperor or a world-shaking warrior had his mind been centered on fame or worldly achievement. He had chosen instead to storm those inner citadels of wrath and egotism whose fall is the height of a man."

**[0:10:08]**

Through the practice of spiritual living, we begin to realize that the real conquering that's necessary in our lives is not outer but inner, the eradication of our desires and angers, our moods, destructive habits, and the cultivation of that self-control and selflessness that brings true peace between individuals and ultimately nations.

Yogananda says we then become "spiritual warriors" who are ready to protect the inner kingdom of peace. Isn't that a powerful thought?

Yet another cause of war has always been greed, the desire to amass possessions, whether it be territory or riches belonging to others. Here again, Yogananda provides us with a very simple antidote. He lets us in on a secret, and that is everything we have ever really wanted or needed, the joy and peace and love we've craved, we already have.

He would describe it as a "portable paradise." That's the term he used to describe the bliss of God felt through our practice of meditation, our portable paradise; or as Jesus put it, "the Kingdom of Heaven lies within you." If more and more of us had the spiritual maturity to really understand that, it would be a safe bet that wars of greed would begin to dissolve.

We've looked at some of Yogananda's antidotes to annihilate conflict. He also gave us a simple but potent method to enable us to work toward world peace when he established many years ago what he called the Worldwide Prayer Circle. This consists of individuals throughout the world who are determined to do their part to promote peace.

Every morning and then the evening, the monks and nuns in our ashrams are joined by our students and friends in every country who, in the privacy of their homes or in our temples and meditation groups, hold the prayer service with the healing of those afflicted in body, mind and soul, and especially for world peace. This becomes a dynamic and ever-expanding force for healing peace.

And you are all invited, if you'd like to join in the work of the Worldwide Prayer Circle, you're welcome to register to participate on our website. But praying for and working for world peace has little meaning if we ourselves are not at peace in our hearts and minds, and in the little universes we dwell in.

Our late president, Sri Daya Mata, went right to the heart of the matter when she said, "How can we effectively pray for peace? How can we send out powerful thought of peace? How can we give peace to the world unless we ourselves are peaceful beings?"

And our current president, Sri Mrinalini Mata, has expressed this concept in her wise and beautiful words. She said, "The ills of society and the world will not be cured by conferences and talk of cooperation and peace if the very persons at the negotiating table have not the peace of true selflessness in their hearts."

"Who are the truly happy, peaceful people in this world?" she went on. "The truly contented are the saints and sages. They have learned to create right within themselves a kingdom of happiness, a fortress of unshakable peace and security, a temple of divine communion at the feet of God."

The great glory of Yogananda's teachings is that he shows us how to create for ourselves the temple of divine communion and sit at the feet of God. First, he makes sure we understand that we are not just a jumble of ego-driven thoughts and emotions; but we are essentially souls, reflections of God, and that peace is the very nature of our souls.

**[0:15:18]**

But he then takes us a step further. He gives us the means to experience that peace inherent in our souls by teaching us the scientific techniques of concentration and meditation he has given in his home study lessons.

This ancient science of Kriya Yoga enables us to interiorize our consciousness, to still the mind and abundantly experience the peace and serenity that lie like a haven within us. And how important that is, for earlier, we talked about religious wars and wars of aggression and greed. But equally devastating are all the other wars we experienced in our lives, conflicts in our workplaces, between family members and all the wars going on within us, between our higher and lower natures, our good and bad habits, our spiritual, undecidedly unspiritual tendencies.

One of my favorite quotations from Paramahansa Yogananda is this little gem. He said, "Human consciousness, ego consciousness is a most dangerous state for people to live in." But we are safe when we have established ourselves as pillars

of peace through daily meditation. When we learn to remain unruffled by the frictions and pressures of daily life, then we rise above the ego and can begin to quell and ultimately conquer all the inner and the outer wars that engage us on the battlefield of our lives.

When we start to realize who we truly are, the ever-peaceful soul, it is that much easier to control our moods and reactions, to give kindness rather than an angry word, to remain even-minded. What a kingly, queenly state that is, even-mindedness. Then we have a fighting chance, so to speak, to really manifest peace in our conduct, in our decision-making, in our relationship with others. And very importantly, our inner peace and tranquility become an antidote, a fortress against the stress and worry that is so rampant in our lives today.

A few years ago, I made from myself what I call the "Peaceful Being Proclamation" and I keep it on hand as a means of introspection, outlining the ways I could try to become a living manifestation of peace, not just talk about it. It's filled with affirmations from Yogananda that are really strong and reassuring and packed with his practical guidance and principles that nourish my attempts to hold on to my inner peace.

Yogananda always encouraged his students to introspect daily, to write down our thoughts and aspirations and keep a record of our progress. It's a great practice. We have a book entitled "Inner Peace" which you may want to use to compile your own list of supportive affirmations and principles if you decide to write your personal declaration of peace.

Throughout history, there have been declarations of war. Isn't it about time we have declarations of peace?

Shall I share some samples from my proclamation? I found this affirmation from Yogananda's book "Metaphysical Meditation." It's very empowering especially when I'm feeling totally overwhelmed by all that needs to be done.

The affirmation is "I am a prince of peace sitting on the throne of poise, directing the kingdom of activity." "I am a prince of peace sitting on the throne of poise, directing the kingdom of activity."

And this one from Yogananda has really worked well for me. He says, "I relax and cast aside all mental burdens, allowing God to express through me his perfect love, peace and wisdom."

**[0:20:00]**

Then I came upon this simple concept from Yogananda's writings. It's very effective to hold on to. He said, "Everything you do should be done with peace." That is the best medicine for your body, mind and soul. It is the most wonderful way to live.

I've never thought of that before that peace could be the best medicine. And then I jotted down some personal discoveries such as realizing that the tendency to be negative or to criticize others or myself, which afflicts all of us, is really an act of aggression. To give understanding, to not be judgmental, to be forgiving and patient, these are the real acts of peace.

So when we begin asking ourselves "How can I become someone who can truly contribute to peace in the world?" we discover that in countless ways throughout the day we can do just that, through little acts of kindness, through self-control and compassion.

And never underestimate the power of your personal example. Yogananda gives this graphic and inspiring illustration. He says, "Each drop of water contributes to the existence of the ocean." So even if one's life seems no more than a droplet in the sea of humanity, that life can have a significant influence. One who makes himself Godlike automatically uplifts countless others on the divine path.

For a deeper exploration of this whole subject, I'd recommend you listening to the recording of one of our senior ministers, Brother Anandamoy. It's called "Is Peace Possible in Today's World?" As he said, "If we have peace within ourselves, we don't even have to make an effort to spread it, we radiate it." And that does help to lay the spiritual foundation for world peace.

But far beyond any other strategy, outer strategy, to hold on to our inner peace, amidst the crash of breaking worlds, as Yogananda described life here on Earth, is the practice of meditation. Now, some of you may be thinking that this is far too simplistic. How can one individual in his or her private meditation seeking to experience the peace of the soul influence the whole world? But when that one seeker is multiplied by thousands and millions of earnest peace seekers, then we have a mighty force for peace.

We recently had our annual convocation, when about 4000 SRF students from around the world gather in Los Angeles for a week of classes and meditations. And the harmony of Spirit, the peace we all experienced is profound. It's like walking through honey. It's a prototype for world peace. And everyone listening today can enter that mighty stream, that transforming force for world peace by the way we conduct our lives, and through our efforts in meditation.

There's a beautiful graphic example of this collective power of meditation described in "Autobiography of a Yogi." As World War II raged in Europe, the leader of the SRF Meditation Center in London wrote to Yogananda. He said, "We have indeed learned the value of meditation and know that nothing can disturb our inner peace. In the last few weeks during the meetings, we have heard air raid warnings and listened to the explosion of delayed action bombs. But our students still gather and thoroughly enjoy our beautiful services."

So let's have our own beautiful meditation service now. What we'll do today is follow the pattern for meditation given by Paramahansa Yogananda. First, he makes a very practical and helpful suggestion. He recommends that we take what he called a mental bath when we begin to meditate, or actually before, that is, cleanse our mind of the worries and the problems and the fears that may be preoccupying us.

**[0:25:15]**

So let's just take a moment to consciously do that now, to take our mental bath.

Next, he explains it's important to have good posture to meditate effectively. So make sure you're sitting with a straight spine, but with your body relaxed. You might tense and relax the body parts a couple of times to release any tension. Let's do that for a moment. Tense and relax. Tense, relax.

Now, close your eyes and gently lift your gaze to the point between the eyebrows. This is what we call the spiritual eye. It's the center of will and concentration, the center of spiritual perception within us where it's easier to become aware and feel the divine presence.

So with our eyes comfortable focused at the spiritual eye, let us feel that we are in the living presence of the divine, in whatever concept we most relate to, whatever form is most compelling and appealing to our hearts, as father, as mother, as friend, or as one of the great saints, or in one of his manifestations of qualities such as love, light, bliss, and especially peace, divine, abounding, all-pervading peace.

Now, we'll begin our meditation with an opening prayer, pray to God simply and directly in the language of our hearts as Yogananda so often encourage us to do. Please repeat after me.

Heavenly Father, Mother, Friend, Beloved God, saints and sages of all religions, we bow to you all. Bless me that I may experience this morning your peace within my heart as a tangible and powerful reality. And may that peace transform my life.

Yogananda often told us that peace is the first proof of God's presence in meditation. So let's experience that divine peace as I share these excerpts from Yogananda's Affirmation for Peace from his book "Metaphysical Meditations." As you listen, actively visualize these images. Experience them and let them saturate and expand your consciousness. It begins:

Peace flows through my heart and blows through me as a zephyr.

Peace fills me like a fragrance.

Peace runs through me like rays.

Peace stabs the heart of noise and worries.

Peace burns through my disquietude.

Peace, like a globe of fire, expands and fills my omnipresence.

Peace, like an ocean, rolls on in all space.

Peace, like red blood, vitalizes the veins of my thoughts.

Peace, like a boundless aureole, encircles my body of infinity.

**[0:30:00]**

Even now, can you feel it? We have begun to identify ourselves and no longer as a little limited body and mind, but as that vast ocean of peace.

Then in our meditation services, we include one of Yogananda's spiritualized chants, meaning that by singing them, either audibly or mentally, with yearning the devotion, we too can find actual response from God.

As he suggests, "Feel that in the temple of silence, you are coaxing God to come, that you yearn to meet Him, to touch Him in devotion, and to keep Him there on the altar of your peace."

The chant goes, "In the temple of silence, in the temple of peace, I will meet thee, I will touch thee, I will love thee and coax thee to my altar of peace. In the temple of silence, in the temple of peace, I will meet thee, I will touch thee, I will love thee and coax thee to my altar of peace."

Now, deepen that experience of peace, feeling that Yogananda is leading us in the practice of this soul-stirring affirmation and visualization. First, he began by telling the congregation, "Inhale deeply, exhale." We'll take a moment to do that. Inhale deeply, exhale.

Then he said, "Now, forget your breath." As I read his words, mentally follow along with deep feeling and concentration and make it your own.

He said, "Father, hushed are the sounds of the world and the heavens. I am in the temple of quietness. Thy eternal kingdom of peace spread tear upon tear before my gaze. May this infinite kingdom long hidden behind the darkness remain manifest within me.

Peace fills my body. Peace fills my heart and dwells within my love. Peace within, out, everywhere.

God is peace. I am His child. I am peace. God and I are one.

Infinite peace surrounds my life and permeates all the moments of my existence. Infinite peace surrounds my life and permeates all the moments of my existence."

We now have the gift of about 10 to 15 minutes of silent meditation. Usually no meditations at this point. Self-Realization Fellowship students would practice the scientific techniques Yogananda has given to still the restless mind and interiorize our energy and consciousness. But in this meditation, let's count on the divine grace that is pouring down upon us today, that will enable us to have a vibrant experience of God's peace.

With open hearts and utmost receptivity, let's just plunge into the ocean of inner quietude right within us. That peace awaits us right behind the waves of our tumultuous thoughts and feelings.

**[0:35:00]**

The moment you get past the business of your mind and emotions, you will find your heaven of peace within. Stay there. And still open as you can, bathe in the peace you feel. It heals and restores you, and will fill you with renewed life and hope.

In these minutes of silence, ask the Divine to reveal to you that oasis of peace. It is your birthright. You deserve it. Feel that the heavenly Father, the Mother Divine is inviting you to come into that inner sanctuary where you will

experience the holiness of your true nature as children, sons and daughters of God, revealed in the peace and stillness within.

As we begin, remember to keep your eyes gently lifted to the spiritual eye, and just be receptive to the gifts that are hidden in the silence. If your mind flies away and gets caught up in all sorts of thoughts, memories, plans, just dismiss them. Return again and again to that awareness of inner peace that will absorb you and surround you in this meditation. Prepare to feel you are in the very presence of God who manifests to you as peace.

Let's begin now our period of silent meditation.

**[0:40:00]**

Feel that Yogananda is whispering to us now, carrying us to greater depths within. In this, as your meditation deepens, you, as a little shallow wave of peace, are becoming the deep wide ocean of peace. Meditate on the thought, "I am a wave of peace. I am a wave of peace."

As you open your heart to the peace and the silence within, begin to also feel a joy arising. This prayer from Yogananda is filled with that sense of exaltation. He prayed, "Into the temple of peace come Thou, O Lord of Joy! Enter my shrine of meditation, O Bliss God! Sanctify me with Thy presence."

Call on the divine in this way. "Into the temple of peace come Thou, O Lord of Joy! Enter my shrine of meditation, O Bliss God!"

**[0:45:00]**

We've come to the close of our meditation. Take a moment to deeply pray that God's divine peace may be experienced by all. Feel that that tremendous vibratory healing force is going out to all who are suffering and in need.

And let's also remember to pray for each other that we may, like the Prince of Peace, be instruments of his peace in this needy world.

So repeat after me this prayer for world peace.

"Divine Mother, breathe thy mantle of peace all over this world that thy children everywhere may learn to live together in peace and harmony."

Take a moment to pray.

And now, let's unite for our closing prayer in Yogananda's words. May the glory of the infinite be with us. On the day of the sun, may the sunlight of wisdom burst forth from behind the darkness of our minds, and may that great outpouring of light, that great outpouring of power, that great outpouring of peace and happiness, that great outpouring of joy, abide with us.

Om shanti, shanti, shanti.

**[0:50:00]**

This wonderful nourishing peace we've just felt is always within us, always accessible to us through the practice of meditation. It's important that we remember that.

We are not stranded on this earth without hope of redeeming tranquility. We are given admittance to heaven of peace every time we sit to meditate. Then we can begin to exude that divine peace to others. Peace ultimately becomes our way of life and that in turn becomes our little gift to this world.

I'd like to conclude by quoting a passage from the book "God Talks with Arjuna." This is Yogananda's interpretation of the Bhagavad Gita. And he says, "Peace (shanti) is a divine quality, a true yogi, one united to the peace of god, which passeth all understanding, is like a lovely rose spreading around him the fragrance of tranquility and harmony."

So we at Self-realization Fellowship are wishing all of you much shanti as we each try to become those lovely roses of peace and tranquility.

Philip: Ah, Sister Usha, so beautiful, very, very beautiful. Thank you so much.

Sister Usha: Welcome.

Philip: Thank you. Thank you.

Well, Sister Usha, it's time to say goodbye for you now, and just thank you for sharing these words of deep wisdom and peace from Paramahansa Yogananda. Please thank all the monastic staff at Self-Realization Fellowship for their participation and support with the Summer of Peace.

Sister Usha: Yes. Yes, I will.

Philip: And to learn more about Self-Realization Fellowship, the techniques of Kriya Yoga meditation taught by Paramahansa Yogananda, you can go to the website [www.yogananda-srf.org](http://www.yogananda-srf.org). Make sure to look for the "Autobiography of a Yogi"

and also the SRF lessons which come by mail, so can sign up for those lessons. Also, on the website, you will be able to find the recoding of Brother Anandamoy that Sister Usha mentioned.

And there is also a place where you can submit a prayer request and have the Worldwide Prayer Circle pray for people that you submit on there.

And we're almost out of time here, and I see that [Participant] here would like to share some comments. So we'll hear some comments from [Participant] and then we'll be wrapping up here shortly. So, [Participant], please go ahead.

Participant: Thank you, Philip. Dear sister, thank you so much for the lovely words and presence you brought us this morning. I'm feeling so blessed. My heart is so full from the description you gave us of how we each can take ownership of creating peace on this planet in these very difficult times, especially. I'm honored that you've given us some insights as to what it is we can each do to confront the tensions within, the struggles of our ego and our conscious mind to overcome what it is we do to ourselves and to others through small acts of aggression on a daily basis.

I pledge to work on my own tension and the turmoil so that I might be a space for peace to arrive and spread that peace through resonance across the planet. And I beg others to join me and we may see some shifts.

I'm blessed. Thank you again for being with us. Blessings.

**[0:55:00]**

Philip: Wonderful. Thank you, [Participant].

It's such a good reminder that Sister Usha said for us to make our pledges or our personal proclamations of peace, and what an idea of making a declaration of peace, the proclamation of peace, and particularly with what's happening in Syria now.

I want to thank all the people who participated in the prayer, a call to prayer for Syria. Please be sure to go ahead and sign that pledge and let us all continue to send our prayers to Syria.

And also, I want to acknowledge all the people around the world. I know Self-Realization Fellowship and many groups who are going to be meditating on the International Day of Peace, September 21, and David Nicol and the Gaiafield Project who organized synchronized meditations with [bethepeace.com](http://bethepeace.com). So if you

go there, [bethepeace.com](http://bethepeace.com), and many, many groups are coming together to send our prayers and meditations into the world.

As you know, the International Day of Peace, almost every country in the world will celebrate that day, and a wave of peace goes around the world at 12:00 noon. People meditate for a minute and that wave goes around the world. It has been happening for 31 years now.

And then the BeThePeace has organized free synchronized meditations, so be sure to check out that website.

And I want to give a big thank you to David Nicol and the Gaiafield Project and all the partners, Unify, and others for creating that space where we can all come together and practice prayer meditation together.

And I think with what's happening in Syria, it's interesting to see how the Pope called for a day of fasting and prayer, and the world responded and many people in this community responded.

While it can't be scientifically proven on this particular case, but there have been cases where prayer meditations have been scientifically proven to have impacted to lower violence. And so let's continue to bring our hearts and prayers into these joint actions together.

Also, I want to remind you that we're coming into the final week of the Summer of Peace here and so, hopefully, people have found ways to express your peace in action with the Compassion Games, 11 Days of Global Unity. There are so many celebrations happening around the world, and we can all be part of those.

And then on Tuesday, we continue with the Summer of Peace, and we're going to have a special call with people that I met at the United Nations at the Nexus conference. Oh, just really delightful people. One is a friend I've known for longer than that, Olivia Hansen, who is the founder and president of Synthesis Foundation, and then Eva Vander Giessen who is the creative director of MEET which works for the Israel and Palestine, and then Nathan Otto who such an amazing change maker, leadership coach, and also co-author of a book called "Give Peace a Deadline." So that's going to be on Tuesday.

So my friends, wherever you are in the world, whether it's morning, afternoon, evening or night, I just want to thank you all for your contribution to being the peace in the world. And may we all continue to strive together and help pick each other up when we stumble because we all do that.

So have a wonderful peaceful rest of your time. All right. Thank you. Bye-bye.

**[0:58:43] End of Audio**

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