

• JANUARY 2010

Edited by Nancy Butler-Ross

To win the war out there, we must win the war within.

~~Thich Nhat Hahn

The purpose of this newsletter is to connect with millions of people in a global community of positive change.

The beginning of a new year and a new decade is the perfect time to renew our intentions and efforts for creating states of peace. This issue will focus on “beginning within”—ways we can plant and nurture seeds of peace within ourselves as individuals, in addition to our global actions.

It is my hope that the outpouring of love and the focus on helping the people of Haiti can become a new model for how we engage as citizens of the world—undefined by boundaries and ideologies that focus on separation. May our focus remain on unity, grow and be present always and all ways, not only in times of disaster. What joins us is truly greater than what separates us.

If you’ve missed or would like to revisit previous Peace Muse newsletters, they are now archived on the TheHarmonyProject.org Web site. Please take a few minutes to explore the HP site’s vast resources, articles, interviews and the Sacred Paths of the fourteen major spiritual traditions.

Please scroll down to explore:

- An Inner Peace Syndrome Worldwide Pandemic
- Five Minutes of Serenity
- The Institute for Individual & World Peace
- The Peace Portal
- TheHarmonyProject.org
- Peace Declared!

[Inner Peace Syndrome World Pandemic](#)

First identified 25 years ago by Saskia Davis, R.N., the Inner Peace Syndrome is sweeping nations, worldwide. Insidious and highly contagious, it creeps silently through societies, infecting one heart at a time. Some symptoms are: A tendency to think and act spontaneously rather than on fears based on past experiences. An unmistakable ability to enjoy each moment... To see if you're (hopefully!) infected visit:

<http://symptomsofinnerpeace>.

Five Minutes of Serenity

“The Gift of Inner Peace” is a free, 5-minute flash movie offered by Joseph Bharat Cornell, author and founder of Ananda Meditation Support. It is offered as a way to encourage us all to live in greater harmony and love. You don't have to meditate – the beautiful images and soothing music will refresh and renew your spirit. Visit

http://www.giftofpeace.org/play_movie.html

The Institute for Individual & World Peace

In 1982, the Institute for Individual and World Peace (IIWP), began the work of studying, identifying and presenting the processes that lead to peace. Founder John-Roger says, “We are moving inside, where we can have peace... and let the peace flow into the world.” Believing peace starts with each one of us, the Institute is sponsoring a worldwide “50-Days of the Worldwide Prayer for Peace” from February 14 to April 4, 2010. To explore the Institute and find events near you visit <http://www.iiwp.org/events.php>.

The Peace Portal

The Peace Portal is a Global Network for Enlightening Peace Activism and is a new model for business and humanitarian living. A global alliance of extraordinary people – peace activists, artists, authors, entrepreneurs, spiritual teachers and visionaries who share resources for the success of a common purpose: to Affirm Unity & Declare Peace. To explore or join their Departments and Ministries for Peace, GAIA—Global Artists in Action, and more, visit <http://peaceportal.ning.com>

The Harmony Project

The Harmony Project.org is a Web site at the forefront of an emerging new paradigm of conscious inclusion. The goal and intention of the Harmony Project is to provide a learning platform for those who wish to grow stronger in the practice and demonstration of their own faith while honoring and appreciating the sacred in other spiritual paths. Visit www.theharmonyproject.org

Peace Declared

Please make a commitment to Declare Peace in your life. It may take some time, but with awareness, you can add peace to all of your daily actions and interactions. Join us in the Peace (Muse) Corps and *choose peace whenever possible*.

In order for this newsletter to reach millions of readers (who will then *choose peace*) we need YOU to send it on! Be BOLD—send it to your friends, co-workers, family. Together, we can shift and elevate consciousness ~ and create peace. Imagine Peace Now.

Thank you,
Nancy

About ~ Contact us

Nancy Butler-Ross is a freelance editor, published author (*Meditation Express, Stress Relief in 60 Seconds Flat*, McGraw-Hill/Contemporary, 2001) the associate editor of *Velocity* magazine, and a former *Miami Herald* columnist. She is currently accepting fiction and nonfiction editing projects. Please visit www.TheBookMuse.com or contact her at TheBookMuse@aol.com.