

March 2010

edited by Nancy Butler-Ross

May our heart's garden of awakening bloom with hundreds of flowers.

~ Thich Nhat Hanh

Happy Spring!

It's the time of year when many of us are being pulled outside by the brighter light and longer days, the fresh air and a promise of renewal and new beginnings. Some of us may actually be preparing garden beds and sprouting seedlings. In this newsletter we present ideas and ways everyone can be an "armchair gardener" by planting seeds of peace (no bending or mud is involved).

In its role of supporting activism for a culture of peace, [The Harmony Project.org](http://TheHarmonyProject.org) Web site will soon post videos of "round-table" discussions about various issues germinated by these newsletters. Please visit their [Resources](#)" page (where you'll also find archived newsletters) to view these talks.

Please scroll down to see our **Seeds Of Peace** "catalog":

- The Hope Springs International Peace Gathering
- Grassroots International
- The Smile Revolution
- A Musical Truce
- An Outbreak of Peace

The Hope Springs International Peace Gathering is planting seeds of peace for the planet. Taking place June 23 – 27, the event will feature seven keynote speakers who will share their perspectives to fostering peace on the planet. The event supports, reinforces and celebrates activism, social justice and transformative change; events that build international peace. The gathering will take place at Hope Springs, a 130-acre retreat center in Ohio's Southern Appalachian foothills. For more information visit HopeSpringsPeace.com.

Grassroots International works to create a just and sustainable world by building alliances with progressive movements. Their primary focus is on land, water and food as human rights, and nourishing the political struggle necessary to achieve these rights. Since 1983 they have worked to build local solutions to global problems in the Middle East, Asia, Africa, and the Americas, especially in areas where U.S. foreign policy has been an obstacle to positive change. To learn more about their efforts to fund global movements for social change visit grassrootsonline.org.

The Smile Revolution's goal is to raise conscious awareness to the healing power of a smile. Founder Mindy Fradkin-Mousaa, aka The Princess of Wow, encourages you to (among other things) focus on expressing more love, kindness and joy each day. She encourages you to genuinely SMILE at everyone you see today whether you know them or not. So plant a smile on your face. NOW. Visit <http://www.thesmilerevolution.com/> to learn more.

A Musical Truce: The Al-Andalus Ensemble's music, educational programs and "Seeds of Peace" concerts celebrate the era (711-1492) when Christians, Muslims and Jews lived in peaceful co-existence in medieval Spain. The Ensemble proposes a truce, a time to rejuvenate and pause in solidarity to underscore the culture of peace that dwells within each of our hearts. Their award winning music, which marries the world's music cultures, can be sampled at <http://www.andalus.com/music-player.php>

An Outbreak of Peace: It's not being reported in the media, but the good news headline is: Peace is Breaking Out. The documentary, "Soldiers of Peace: 14 Stories from around the world" (starring Sir Bob Geldof, Sir Richard Branson, Archbishop Desmond Tutu, Gareth Evans, Paul Rogers and narrated by Michael Douglas) showcases the alternatives to conflict, revealing inspiring examples to prove that peace can be achieved through greater equality, emancipation, tolerance and understanding. If you'd like to start focusing on peace visit <http://www.soldiersofpeacemovie.com/>.

Declare Peace: Upon awakening every day, plant the seed of an intention that your day will be peaceful ~ then watch what happens. We'll all enjoy the harvest!

In order for this newsletter to reach millions of readers (who will then *declare peace*) we need YOU to send it on! Be BOLD--send it to your friends, co-workers, family -- and ask them to subscribe (it's easy to unsubscribe, and we never share your email address). 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 that enlighten, enliven and entertain. Please visit www.TheBookMuse.com or email her at TheBookMuse@aol.com.