Follow-up to June 5 22 SOH: "Creating Fields of Peace in Minefields of Conflict"

Dear Peace Promoters,

Despite strong competition from alluring spring weather, 23 beautiful souls gathered on Sunday to learn and practice ways to create fields of peace.

You can watch the recording of the program (sans the five breakout groups) HERE. You may have to download it onto your device before you can watch it. Note that the sound comes on a few seconds before the video.

Padme opened our gathering with this Land Acknowledgement with Action Steps.docx. We invite you to translate acknowledgement into solidarity and advocacy by engaging with the action steps at the end. And here's an additional action you can take. Hundreds of water protectors who protested Enbridge's Line 3 tar sands oil pipeline are currently facing trumped up criminal charges in Minnesota for standing in defense of the water, the climate, and the treaty rights of the Anishinaabeg people. Call on officials to drop the charges. They are currently 8000 signatures short of 100,000 needed to appeal to the governor to appoint AG Ellison as special prosecutor for the most egregious cases against water protectors.

We watched 7:50-12:35 of Peace Building with Charles Eisenstein, in which he shared some highlights from his recent article The Field of Peace, prompted by the war in Ukraine.

We watched an 8-minute film about the universal human "needs beneath the noise" of our culture and political conflicts. You can watch it here: Beyond Polarity | KarmaTube

We reflected on some of the human needs listed in this Needs Inventory (inspired by Nonviolent Communication). Our work in dyads helped us identify our own needs underlying our positions, actions and conflicts, and to begin tuning into the underlying needs of people we feel in conflict with. Learning to identify the basic human needs that motivate our actions and *everyone's* actions can be revolutionary. And assuring that at least some of our own needs are being met in healthy ways provides the foundation for being mindful of others' needs and working for a world where we all can get our basic needs met. We invite you to post this Needs Inventory on your fridge to help you train your mind to be alert to them–in you and others.

Padme shared a brief story about a Buddhist monk's simple, contagious approach to healing from the war in Cambodia, which you can read here: Healing from war

We watched this 3-minute account of an extraordinary healing across a deep divide, through honesty and courageous vulnerability:
https://www.facebook.com/watch/?v=2068845569946436

And we ended with this image of What you need to move through conflict.jpg

Here are some more resources we highly recommend, which will help you be more effective in creating fields of peace.

Why I Won't Write on You-Know-What--Charles Eisenstein: a very provocative article about bridging our divisions.

Listening and Speaking Bravely: Bringing People Together: a recent blog by our own Dwain Wilder

What To Do When You Can't Stand What They're Saying.docx : very helpful guidelines by our own Dwain Wilder and Joyce Herman.

Padme Livingstone's website:
www.aquieterplace.com for articles about awareness, meditation, and information about her book Let's Not Call It Meditation: Practical Guidance for Those Who Think They Can't Sit Still and Quiet The Mind. There are also a few copies available in the Monroe County Library System.

MK Gandhi Institute for Non-Violence offers courses in learning more skillful means around needs and feelings. All courses in Nonviolent Communication help us develop skills for self understanding and communicating with more compassion, clarity, honesty, and connection.

7 coalition-building practices that Cherie Brown talked about in her Protecting Democracy talk at Temple Sinai April 22, Cherie Brown_ Healing and Bridging Our Divides_Creating a De…

We are taking the summer off. Our next Seeds will be in September. Everyone who registered for June 5's gathering will receive an invitation.

May your summer give you many opportunities to connect with the wonders, beauty and gifts of Pachamama/Mother Earth.