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## Citizens For Peace Minutes 01-09-07

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## CITIZENS FOR PEACE

Minutes

January 9, 2007

The meeting opened at 7:00 pm with a welcome from Colleen Mills to the many members and guests who were here to share in “The Secret”.

Colleen introduced each of our Directors to the group:

- Our Inner Peace Director, Caroline Trout, welcomed those in attendance and read “The Art of Peace” by W. Peterson.
- Education Director, Rosemary Doyle, spoke about the 324 titles in our Library Peace Collection project and stated that we have given the Livonia Civic Center Library their first installment to purchase books.
- Political Director, Mary Albertson, spoke about the upcoming National DoP Convention in Washington D.C.
- Public Relations Director, George Mills, spoke about our major fund-raiser to be held in March of this year to benefit the Library Peace Collection project.
- Treasurer, Rick Abdoo, gave a summary of our Treasury status and noted that we need to give Rosemary another \$500 for the Library project.
- Secretary, Linda Lieder, announced that she has membership forms available.

Each person in attendance received a handout: “A Season for Nonviolence – 64 Ways in 64 Days, Daily Commitments to Live By”. The principles were inspired by the 50<sup>th</sup> and 30<sup>th</sup> memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr. The Denver Area Task Force created it for A Season for Nonviolence – January 30 to April 4, 1998. Colleen asked the members and guests to vote, via email, on your four top choices. The results of the poll will be shared and the top four items voted overall will be what we, as a group will focus our energies on during January through April.

Our special presentation for the evening is the movie, “The Secret”. As the movie is a little lengthy, the members and guests viewed the portion titled, “The Secret and the World” to allow those who couldn’t stay for the entire movie to share in our focus for a Peaceful World.

After that portion of the movie, Colleen shared with the group how remarkable it was that she was able to teach well-mannered children. She merely focused on the behavior she desired. How amazing it was that she was practicing The Secret in those days.

Those who could stay then viewed the entire movie. Some of the highlights include:

### The Secret and the Law of Attraction:

- The Law of Attraction gives you whatever you focus on – good or bad.
- How you feel is the message you are sending out to the Universe. Your thoughts are important but how you feel that is more important.
- Do not define yourself by your current state of affairs. Let the variety of your reality thrill you into action.
- Do whatever it takes to feel good. Get a pet, go outside and enjoy nature, etc.

To Get Started:

- Make a list of things for which you are grateful. Wake up in the morning and say thanks.
- Visualize what you want. Dwell on the end result. Put yourself into the feeling of having what you want. Create a Vision Board with pictures of what you desire and look at it every day and visualize having what you desire.
- Don't worry how you will accomplish your vision. The "hows" are the domain of the Universe. The Universe will answer you.
- Live in the magic of life. The Secret absolutely works if you apply it.

The Secret and Money:

- Don't focus on getting out of debt, focus on creating prosperity.
- Wealth is a mindset. Everyone has the ability to change his or her relationship with money.
- Life is meant to be abundant.
- Focus on Inner Peace and all else will follow.

The Secret and Relationships:

- Be good to yourself and others.
- If you don't enjoy your own company, how do you expect anyone else to?
- Free yourself of controlling those around you.
- Fall in love with yourself first.
- Have a healthy respect for yourself.

The Secret and Health:

- This is a world based on well being.
- All disease is a result of some sort of stress.
- Eliminate all stress and replace with gratitude and joy.
- Don't focus on or talk about the disease.
- Incurable means curable from within.
- Happy thoughts lead to happier biochemistry.

The Secret and the World:

- Focus on what you want, not what you don't want. Thus, be pro-Peace, not anti-War.
- Create the world you choose.
- There is more than enough good, power, love, joy etc. to go around.
- Open your vision to see what is around you, not what is lacking.

The Secret to You:

- Everything in the Universe is energy. Everything in the Universe is connected.
- Don't blame your present on your past. (85% of families in America are dysfunctional.) Every one has a story – so what.
- You have the power to create your world.

The Secret to You –continued:

- Use the Law of Attraction to break yourself free.
- Manage your thoughts - manage your world.
- Your purpose is what you say it is.
- Follow your bliss.
- There is a future of unbounded possibilities.
- See yourself with the good that you desire.
- You are a magnificent creator. Collect data and give thought to what you want.
- What you give thought to and how you feel is what you will attract into your life.

Some quotes from the movie:

“Imagination is everything – it is a preview of life’s coming attractions.” - A. Einstein

“If you say I can’t, the Universe says: Your wish is my command.” - The Secret

“Whatever the mind of man can conceive, it can achieve.” - W. Clement Stone

Colleen thanked all for coming. She stated the Citizens for Peace is a true manifestation of “The Secret”. The DVD is available online at [www.TheSecret.tv](http://www.TheSecret.tv).

Meeting closed at 9:10 pm.