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Citizens For Peace Minutes 07-10-07

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CITIZENS FOR PEACE Minutes July 10, 2007

The meeting opened at 7:10 pm to dimmed lights as we prepared for our meditation. Colleen Mills welcomed all in attendance, including many visitors. She then introduced Kathy Henning who has been practicing meditation for over 30 years.

Kathy spoke to the group about the heart. Peace is a virtue of the heart. If we're connected with our heart, we can experience inner peace and express peace to others. Through meditation we will focus on the peaceful energy within us. We then meditated for 10 minutes. Colleen thanked Kathy for her inspiring words and the meditation.

Special Presentation:

The topic for this evening was the Science of Peace, by James O'Day, who spoke at the Department of Peace Conference this past February, in Washington, D.C. He started his discussion with an explanation of the Art of War. He quoted Master Sung – "Without a full understanding of the harms of war it is impossible to manage it." He went on to talk of the Sirens in the novel Ulysses, who were a loud distraction. Today, the Powers of War (media, 9/11. Alert codes, etc.) are all very loud now. These modern-day "Sirens" capture our attention and know how to manipulate us. We need to not let these sirens get to us.

He went on to state that today, 60% of Americans are depressed; 40% of kids are stressed and 25% of Americans have no one to talk to. Stress weakens our ability to act rationally. Stress is high in the world also. 25% of the prison population is under the age of 25. The people under the age of 25 are destined to repeat their offense because they're not getting the nurturing attention they need.

Under stress, the body cannot escape from the oppressive conditions. The only way out is to engage in dialogue and listen. We need to talk to people to better understand them. Inner resources will be opened up as a result. Listening to other people has enormous power because we all want to be understood. Science shows that the worst stress is when one is judged by another.

Studies show that a couple of centuries ago there were friendly, lovable apes. Science looks at genes and compares how many we have. Humans have the same amount as an ant and a little more than a banana. The study now is what switches on the genes – how a person responds to the environment. Memes are what is studied now. What are the love memes, the Peace memes. What is arising now is about wounding and healing. The science of healing can heal the heart and the psyche. In 1993, three medical schools offered courses on spirituality and health. Now, more than a 100 courses exist.

We need to rewire the brain. It's either opening for growth or closing for protection. The Department of Peace is about growth. When you don't forgive, your own body will punish you. Let it go. Release it. Every day, accept gratitude, accept peace and accept love. I am you, you are me. That is the Science of Gratitude.

Einstein said, "Imagination is greater than knowledge. The brain can create whatever you want. What path do you want? State to yourself: "I can see the Department of Peace and feel it deep within my heart's core, because I have longed for it, longed for its vision." It will be a celebration of a new day coming!

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After viewing the DVD of James O'Day, each table chose a topic to discuss from the following list:

- Discuss the nature and cause of stress
- Discuss love memes and fear memes
- Discuss the Science of Gratitude
- Discuss the Einstein quote: "Imagination is greater than knowledge."
- Discuss the vision of the Department of Peace

Each group reported on their discussions.

A brief business meeting followed, with reports from each Director present.

- Education Dir., Rosemary Doyle, spoke about the Speakers Bureau
- Political Action Dir., Mary Albertson, spoke about ChildHelp USA
- Colleen spoke about the upcoming Consciousness raising event on July 17th a meditation between 7:11 8:11 am. She and Colleen will be walking the Unity Labryinth at that time.

Colleen thanked everyone for coming this evening. She sent around volunteer sign-up sheets for two upcoming events: Aug 9th, Nagasaki Day and the Sept. 15th, Film Festival.

The meeting closed at 9:00 pm.