



Day 41

Beloved Peacekeepers,

As we continue the interpersonal journey of discovery, our practice today is one of OPENNESS. I wanted to share, last night was our InterFaith Service - a service traditionally done mid-way through Season - it was held at the 7th Day Adventist Church, in what we call the "flatlands" of Oakland, our topic "Seeing the Unity in ALL.

Our speakers and musicians played witness to openness, as they shared from their heart center, their truth and faith. They included **Tom Rudderrow**, **New Thought/Religious Science** Musician; **Kokomon Clottey**, Ga-Adagbe (Accra, Ghana, West Africa) Tribesman sharing the wisdom and ritual of his **Indigenous African Tribe**; **Rabbi Harry Manhoff**, shared his wit, humor and the covenant with God, made for all humanity and the openness and wisdom of **Judaism** of the 70 paths/gates to God's Kingdom; **Rev Leena St Michael** a devotee of **Sri Mata Amritanandamayi Devi (Ammachi)** shared Mother's love and wisdom for humanity; **Dr Amar Sandhu** shared the morning prayer, the history of the traditions beginning, and wisdom of oneness of the **Seik** tradition; **Cynthia Slater** shared/witness to the beliefs of the **Baha'i**; **Gabrielle Dolphin**, and **Anthropologist and student of New Thought/Ancient Wisdom**, reminded us of perspective of time from her studies in the beginning (35 Million Years Ago), through the Goddess Era, to the Wisdom of the New Cosmology. Each open to share, each open to hear another's perspective, each bearing witness to our similarities. Dr. Dean Brown, Cosmologist shared "when we look back as far as we can imagine, and forward as far as we can imagine (and he was speaking in the 10 million year timeframe), what one thing remains the same?".....His response "a mother's love for her child".....Last night, I was reminded, regardless of the gate we call our faith.....God's love for all of his/her creation.....the Openness and warmth of this love was witnessed by all in last night's service.....

Today's Principle, Today's Practice - Openness

A Turkish proverb says, "He who builds himself a fence, fences out more than he fences in." Today, be open to understanding ideas and people that you have previously opposed.

Ask yourself: What are different ways of responding to something or someone new and different? How do little children respond to new experiences, objects, people, situations? How do people change as they get older? Why? What are the advantages and risks of being open to new people? New ideas? In what ways do you consider yourself to be an open-minded person? Think of at least one stereotype, judgment or belief that you hold about a group of people. How does your stereotype serve you? What would it take for you to be open to a new idea, a new experience of that group? If you were to let go of your stereotype, how would that change you? Your world? What ideas would you like to be more open-minded about relative to nonviolence?

Activity - At lunch time go beyond your comfort zone and introduce yourself to someone to whom you have never spoken. What happened? What did you discover about yourself and the other person? Ask a family member or friend for some quality time to "interview them" - ask them: What do you believe in? Who loves you? How do you know? What do you hate? What do you love? What is something that most people don't know about you? Is it easy or more difficult to speak about your deep feelings with someone who doesn't know you, or someone who does? -- be willing to share your answers to these questions.....

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Openness:

"Real friends require honesty, openness, and even vulnerability. They also require attention and simple acts of kindness." -Mary Pipher

Love is just a feeling of togetherness and openness in your heart. ~Ken Keyes

The chief executive who knows his strengths and weaknesses as a leader is likely to be far more effective than the one who remains blind to them. He also is on the road to humility -- that priceless attitude of openness to life that can help a manager absorb mistakes, failures, or personal shortcomings. - John Adair

Ineffective people live day after day with unused potential. They experience synergy only in small, peripheral ways in their lives. But creative experiences can be produced regularly, consistently, almost daily in people's lives. It requires enormous personal security and openness and a spirit of adventure. - Stephen Covey



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An open mind is all very well in its way, but it ought not to be so open that there is no keeping anything in or out of it. It should be capable of shutting its doors sometimes, or it may be found a little draughty. - Samuel Butler

Learned that craft of knowing how to open your heart and to turn on your creativity. There's a light inside of you. -Judith Jamison

To relate effectively with a wife, a husband, children, friends, or working associates, we must learn to listen. And this requires emotional strength. Listening involves patience, openness, and the desire to understand -- highly developed qualities of character. -Stephen Covey

I am opening my heart to speak to you... open yours to receive my words. Como, Cherokee Chief

"In Japan we have the phrase, "Shoshin" which means the "beginners mind". Our "original mind" includes everything within itself. It is always rich and sufficient with itself. This does not mean a closed mind, but actually an open mind and a ready mind. If your mind is empty, it is ready for anything. It is open to everything. In the beginner's mind, there are many possibilities; in the expert's mind, there are few." - Shunryu Suzuki, Japanese Buddhist scholar.

What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such. - Henry Miller

An open mind is the key to an open heart - Bob Mandel

Today, be open to the possibilities.....imagine a world that works for all! What role can you play, in making this world happen today?

Blessings,

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