



Day 63

Beloved Peacekeepers,

As we continue our practice 64 days/64 ways we are reminded that what we do as individuals impacts the whole of our communities. Today, our practice continues its focus on the wholeness of community. Our principle/practice today is the power of release and letting go of that that no longer serves - thus allowing for us to be at peace with ourselves and the world....

Today's Principle, Today's Practice - RELEASE

A Sufi proverb says, "When the heart weeps for what it has lost, the spirit laughs for what it has found." Today look back on how far you have come during this 64 day journey. Release the weight of your past judgments of yourself and others, and the idea that world peace is not possible by acknowledging that you do make a difference.....

Ask yourself: What does it mean to release an old way of thinking? How does holding on to the past (i.e., weeping for what we have lost), limit us? How can you release the past with regard to nonviolence? What do you need to release in order to be the person you want to be?

Activity - Make your own personal set of "flash cards" of the 64 Days/64 Ways - create pictures on one side that represents the principle, on the other boldly write the principle....use the flash cards to play charades with your family and friends.

Release an old "grudge" - write about what happened; look at what/why you have kept holding onto the grudge - forgive yourself and those involved - read your paper out loud to a friend, your family, and as a gesture to the world of your intention to move on....

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

Consider these Quotes on Release:

Am I willing to give up what I have in order to be what I am not yet? Am I willing to let my ideas of myself, of humanity, be changed? Am I able to follow the spirit of love into the desert, to empty myself even of my concept of emptiness? M. C. Richards

With release comes Peace. Let me learn to love without holding, to give without expecting to receive in return - Joan Walsh Anglund

"It was all right to talk about it. They made plans. They had a moment's vision, a fleeting dream. But in the end, some lack in their moral fiber, some gnawing, nibbling fear held them back. They never started. They stayed where they were. They dropped back. They failed somehow to release within themselves that power which lies in every individual, and is released only when he starts forward in a straight line for the object about which he has dreamed. The man who never starts, never feels that sense of power." - Ray Dickenson

"Courage is the price that life exacts for granting peace. The soul that knows it not, knows no release from little things; Knows not the livid loneliness of fear." - Amelia Earhart - American aviator, first woman to fly solo across the Atlantic Ocean

"Let your imagination release your imprisoned possibilities." - Dr Robert Schuller

In Religious Science the 5th Step of Treatment is Release - the willingness to let go and let God. We know when we release our prayer, we know that God and the Law of nature are now in charge. Our release is total, and the Law does what it knows to do simply saying "as you wish".....the "as you wish" is to our beliefs, not necessarily the prayer request. I share this, from the perspective of the Spiritual nature of release - from the importance of our beliefs (consciousness and unconsciousness), to the power of the word....my gift this day - accept, bless and release all that keeps you from living a life of peace - a non-violent life. Allow yourself all the wonders and mysteries of Spirit, to unfold, and allow for the fullest expression of God's Grace, as you, through you, at all times.....as the song says "I release and I let go".....Thank you Ricki!

Blessings,
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