



A Season for Non-Violence, Oakland

Day 8
February 6, 2004

Beloved Peacekeepers,

The journey continues, deepening our personal practice, or as Gandhi said, turning the search light within.....today's word is "healing" - emotional, physical, mental, or spiritual healing

Today, we exam our individual beliefs of healing and what is required to understand our wholeness and original divinity.

Today's Principle, Today's Practice - **Healing**

Writer, poet, activist and professor Maya Angelou turned a traumatic childhood experience into a catalyst for creativity and achievement. Today, choose a painful incident in your life and find the "gift" it is giving or has given to you. Consciously choose to accept the blessing and share this gift with others.

Ask yourself: What does healing mean to me? How can I heal my trauma, and in turn heal that within the world -- how do I move to peace through healing?

Journal Activity: Journal your thoughts of healing.

Consider these Quotes on Healing:

Healing takes courage and we all have courage, even if we have to dig a little to find it
-Tori Amos

Physician heal thyself

Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs- and becoming who you are.
- Rachel Naomi Remen

Healing is a matter of time, but it is sometimes also a matter of opportunity
- Hippocrates

There is in all visible things....a hidden wholeness - Thomas Merton

Every time a seed has an occasion to manifest itself, it produces new seeds of the same kind....if we plant wholesome, healing, refreshing seeds, they will take care of the negative seeds, even without our asking of them....Healthy seeds function similarly to antibodies...Each of us needs a reserve of seeds that are beautiful, healthy, and strong enough to help us during difficult moments - Thich Nhat Hanh

Today - plant your garden - give yourself the wonder of playing in the soil, planting the seeds that heal, and produces tomorrow's flowers and beauty.

Blessings,

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Tell a friend about the healing taking place during the Season of Non-Violence!