

Yearning for Peace

Part II—by Margaret Rueffler, Phd.



The unconscious collective belief that conflict is an integral part of our existence which has been passed on through the generations prevents lasting peace.

Creation of our inner peace will unfold out of a deep respect for one's self, nurtured by the flow of loving heart energy. It will extend and expand into the outer world, family, work, and environment, and be manifested in interactions with others. It has to begin by honouring and respecting yourself, others and creation. The winner-loser dynamics will then become less important and will no longer determine actions in your life. Conflicts can be recognized as a waste of precious creative energy.

Mankind's relationship to the earth as an enemy to be conquered will have to change. Exploitation and abuse must be transformed into alignment with the earth's deep nurturing life energy. Then mankind will be able to return once more to love, honour and respect the earth as a life-giving planetary entity.

Such an inner attitude will foster peace. Peace is a process of growth, a state of dynamic cooperation, a vibration frequency that calms and soothes the many pains and wounds suffered by humans and the earth. This vibration can inter-weave all beings allowing pain to be reduced and calmed.

In looking at the recent calamities and shaking of the earth, the resulting tsunami and its effects, from this perspective, it would seem that we humans are in a continuous state of conflict with all that which gives us life and nourishment. Wars, atomic explosions and the continuous exploitation of resources and destruction of the earth's atmosphere are abuses that can cause major mayhem on earth.

Long ago, major upheavals made continents move, giving birth to mountain ranges. Most of those changes were caused by the impact of outside shocks, such as meteorites, comets, and possibly small asteroids. Traces of metals foreign to earth have been found on land and in the oceans. Fragments of sea shells found in the Himalayan mountains imply that they were once covered by water.

This time it is different. It is we humans who now exacerbate the changes and movements of the earth. Only in very few places, Bali being one, do people try to align with the earth energies through various ceremonies.

Can we, in spite of the many deaths that are a symptom of the planet's pain, turn toward her? Is it possible to initiate a deep peace with her by aligning with her process? This is what is needed to help her through a process of change and transformation—to begin to return the love she gives us in form of atmosphere, earth, food and nurturing.

If we become more aware of movement of the tectonic plates of inner earth, will we be forewarned of coming earthquakes, and their subsequent volcanic activities which take many human lives? If mankind would learn to turn toward mother earth, lovingly attune to her needs, aligning with her, surely we will know when disaster is imminent, as the animals do, sensing danger in advance and retreating to safer places.

Is it possible for us to love this earth again deeply, respecting her movements and changes? If we are able to create peace, within and without, this dynamic state of cooperation will create a frequency in which harmony can be achieved. The key to true peace within and without is to nourish the earth with love, to thank her for life-giving nurturing and to be lovingly present throughout her transformation and changes.

This is the second in a series of two articles by Dr. Margret Rueffler Phd., a transpersonal psychologist and acupuncturist. She works with the long term prevention of violence and teaches internationally. More info: www.pppi.net email: info@pppi.net



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