

We are a growing community of mindfulness practitioners from different traditions and disciplines working together with a common aim of shaping, contributing to, and sustaining an emerging culture of mindfulness.

Peace-building

Charles Eisenstein

Here are a few excerpts that I'd like to share with you from a recording of a live call I hosted on peace-building. The basic premise we worked with is that all levels of peace and conflict, from the international to the relational to the internal, are interconnected. I think about 2 or 3 minutes of it are "political." I don't avoid that level—that's called spiritual bypassing. However, we must also be aware of (to coin a phrase) "political bypassing." What I mean by that will become clear as you listen.

Here is the video: <https://bit.ly/39AJd4A>
You might want to skip past the team introductions although they are sweet.
And here is audio: <https://bit.ly/39urWtB>

When you wage a war against the self by exiling the parts you condemn as bad, then inevitably, even without any mystical causality, conflict will erupt around you. Peace is the capacity to hold the parts that we are uncomfortable with.

In this moment where there is a war going on it is more important than ever to practice. Even if you don't directly talk to the leaders of warring countries, in those moments when you have a choice to be peace or to be war, to demonize or dehumanize someone, or to hold them in the fullness of humanity, you can choose the latter and generate a field of peace. And if enough of us do that at every opportunity we get, then it is going to change the climate so that there will be a negotiated settlement.

The Intelligence of the Heart

Does it seem like time is moving too fast sometimes? We might hear ourselves or others ask, "Where did the week go"? When life seems to move too quickly with too many changes, it can lead to annoyance, frustration, and hasty decisions. While the heart likes balance and flow, the mind is always pushing.

Patience gives us time to recalibrate and tune into what is needed. Commitment to patience at a heart level, not just as a mental idea calms the system and brings the mind around increasing resilience. Often, our good intentions fade due to an inability to wait for results while working toward them. Impatience fragments our emotional and physical energy making endeavors more difficult to accomplish.

Here is a gentle exercise: Acknowledge your frustration. Stop momentarily what you're doing to breathe in calm and ease from your heart. After a few days, you'll be more conscious of when impatience pops up and it will be easier to release.

With patience comes inner ease with life's events flowing more harmoniously. Energy that would usually be wasted on frustration, fatigue and mistakes that need correcting can be used productively and to enjoy whatever you are doing.

This is a summary of a HearthMath blog. The full post is found at this link: [Increasing Our Hope By Strengthening Our Care | HeartMath Institute](#)

The art of being a warrior is to balance the wonder and the terror of being alive.

—Carlos Castaneda

SOMETHING TO THINK ABOUT XVI

Jimmy Toyama, Founder of Mindful Hawaii

On January 20, 2021, Amanda Gorman became the youngest poet to ever deliver a reading at a presidential inauguration. The poetry she wrote was not only memorable but powerful, inspirational, aspirational, meaningful, and hopeful for a nation that nearly came to an end on January 6, 2021. On that day, insurrectionists stormed the Capitol with the aim of reversing the outcome of the presidential election. Thankfully that never came to pass but the anger, acrimony and scars remain and continue to grow. We are a nation divided in need of healing, reconciliation, and harmony.

Amanda's poetry was like a spiritual salve applied to the wounds of the nation. It has been nearly a year and a half since the failed insurrection but the wounds of the nation still fester.

Gorman released this poem, "New Day's Lyric," at the end of 2021 to honor the hurt and the humanity of these challenging times.

Let's help each other "leave the known and take the first steps." America's transformation begins with your awakening..

New Day's Lyric

Amanda Gorman

May this be the day
We come together.
Mourning, we come to mend,
Withered, we come to weather,
Torn, we come to tend,
Battered, we come to better.
Tethered by this year of yearning,
We are learning
That though we weren't ready for this,
We have been readied by it.
We steadily vow that no matter
How we are weighed down,
We must always pave a way forward.

This hope is our door, our portal.
Even if we never get back to normal,
Someday we can venture beyond it,
To leave the known and take the first steps.
So let us not return to what was normal,
But reach toward what is next.

*You can continue reading the full poem:
[New Day's Lyric \(poetry.com\)](https://poetry.com/amanadagorman/new-days-lyric)
As well as her most famous poem read at the
Biden inauguration:
[The Hill We Climb \(poetry.com\)](https://poetry.com/amanadagorman/the-hill-we-climb)*

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How HRV, the beat-to-beat changes in heart rate, affect your personal life, your practice or research, if you are a professional clinician or researcher.

Mindful Warrior Project Update

Mindful Hawaii seeks to build an inclusive, organic, cohesive, statewide movement that centers mindfulness as a foundational underpinning of Hawaii's broader culture.

The Mindful Warrior Project draws inspiration from Margaret Wheatley's latest book, *Who Do We Choose to Be?* In it, Wheatley lays out two powerful and prescriptive concepts about mindful leadership: 1) Peaceful Warrior for the Human Spirit and 2) "Islands of Sanity."



Very great change starts from very small conversations, held among people who care.

— Margaret J. Wheatley —

E KOMO MAI ~ ALL ARE WELCOMED !

Community Meeting

Our next community meeting is Saturday, June 25th from 1 to 3 pm. We are pleased to announce that Michael Carroll will join us to lead a discussion on the "Mindful Warrior."

Michael has been bringing mindfulness into the daily lives of business people and leaders for decades. He is a co-founder of [The Wisdom Seat](#) and is an authorized teacher in the Kagyu-Nyingma lineage of Tibetan Buddhism. He is the [author](#) of *Awake at Work*, *The Mindful Leader*, *Fearless at Work* and *Mindful Leadership Training*. For more information, visit [Awake at Work](#).



Save the first Wednesday of the month starting in September for Mindful Hawaii's Mindful Warriors of the Human Spirit, as we come together to share our vision for a peaceful, sane world.

There will not be a meeting in July or August!

Next Book Study Meetings:

September 7th, October 5th, November 2nd
6:30 to 8:00 pm

Zoom: <https://bit.ly/3n3CFi5>

Meeting ID: 827 1496 3994, Passcode: Mindful

The topic for the meetings will be unpacking Wheatley's *Who Do We Choose To Be?* and what are Mindful Warriors of the Human Spirit.

Navigators Group

You are encouraged to join us on the third Wednesday of each month to plan and develop Mindful Warrior Project events.

We are building a team of volunteers for event support—including production and hybrid event coordination, Zoom technical support, recording minutes, event hosting and other roles.

You can let us know about your interests by contacting the Navigators Group at: bemindful808@gmail.com

Next Navigators meeting:

July 20th, 6:30 to 7:30 pm.

Please join us on Zoom: <https://bit.ly/3mUIwpx>

Meeting ID: 807 980 3726

`Olelo

We are recording interviews again. You can watch the recordings on Channel 53. We are currently seeking a volunteer to assist with production of the program.

Book Study

Last August, we launched our first Book Study Group with Dean and Janine Nelson hosting. We met on the first Wednesday of each month, from September through May, and explored Chogyam Trunpa Rinpoche's classic text *Shambhala: The Sacred Path of the Warrior*.

Participants on Oahu, Maui, Kauai, mainland United States and Germany created an "island of sanity" sharing responses to the reading and video teachings provided by The Wisdom Seat.

As the program came to a close, participants reflected that the time together felt like sacred space, providing hope, comfort, and inspiration during dark times. Many shared that the Zoom format for discussions and break out groups invoked community in a new, but surprisingly personal way.

Peace-Building (Continued from page 1)

And I believe that that will happen. The two sides are going to make peace. And you won't be able to prove that it was because of the peaceful thing that you did. But some part of you will know that you are part of it. Because you are declaring what the world is. Because you are declaring what is possible when you have that difficult moment and you hold peace with someone when it is hard, when the old habit was to "let them have it" and go to war against them, but instead you hold peace. It is not the same as capitulating. It is how you choose to see them. When you do that, you are declaring what is possible for human beings to do.

My friends, please do not be cynical. The time has come for our long-dormant naivete to bear fruit. Join me in my intention for today, to find the place within that is ready to be humbled by the enormity of implausible healing and peace-making to flower all over the world.

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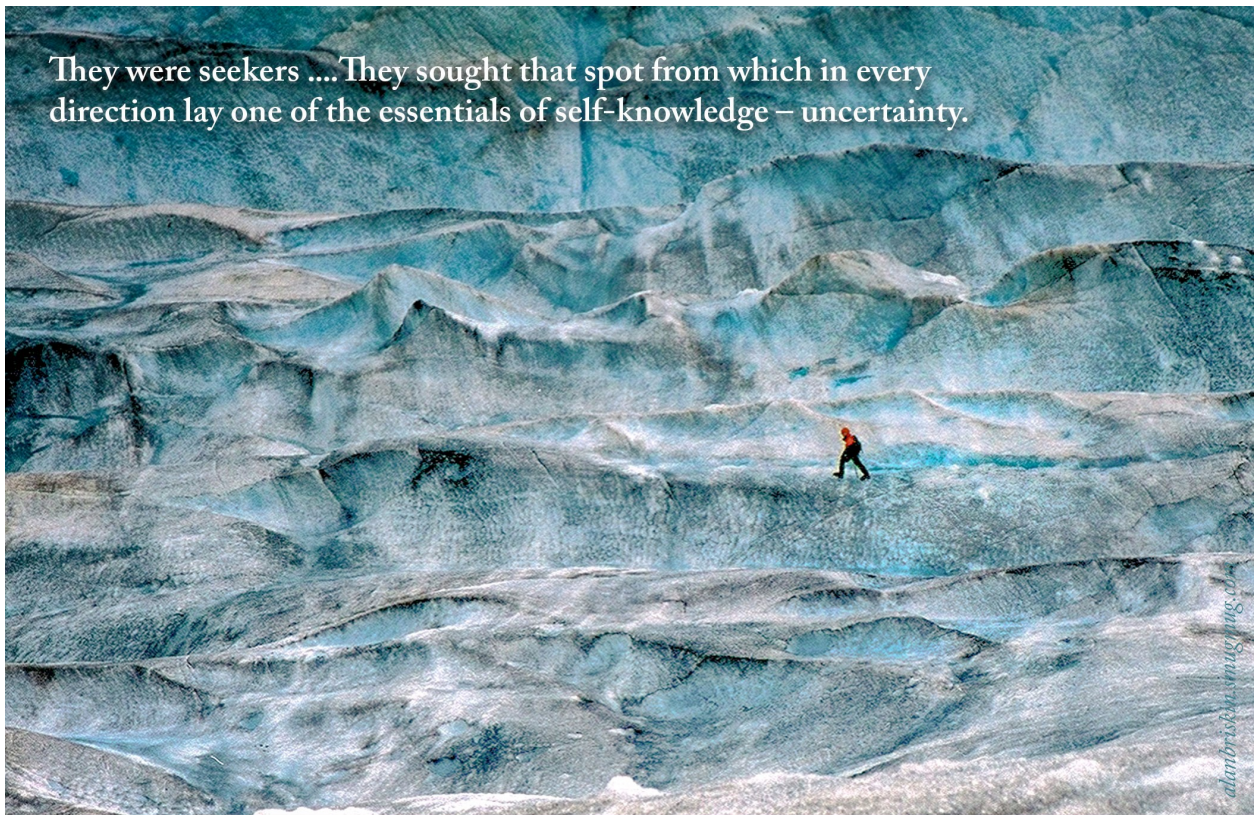
Every Morning

Marion Lyman-Mersereau

Marion helps students learn inner grace at an early age by teaching mindfulness in Hawaii schools

Every morning I sit quiet and still
to witness my mind wander at will
first it looks forward with plans for the day
then reflects backward and continues this way
until I tether the vagabond on a short rope
in a futile attempt to narrow its scope
my breath rises and falls, there is sense of touch
I hear traffic and birdsong and rainfall and such
in these aware moments I'm here and now
then my mind slips its collar, I'm not sure how
and it's off to what is averse or attracts
like the latest news wondering about facts
then back to my breath and body and sound
and a here and now moment is again found
and so it goes as I sit quiet and still
and witness awareness come and go at will

They were seekers They sought that spot from which in every direction lay one of the essentials of self-knowledge – uncertainty.



Words by Alva Simon, Image by Alan Briskin