

If Not Now, When?

Well my dear peace readers, it is nearly April and I am 2200 miles away from Los Angeles and 800 miles from D.C. These Celtic feet sure were made for walkin. It is becoming painstakingly obvious to me on my little walkabout how much time I spend being over there(future), instead of here. I have been practicing observing my mind and the river of thoughts that flow through it and I can tell you with all the truth in my heart that I am crazy. At least my mind is. Thank God I am not my mind even though it thinks I am. I have noticed how when I am here, I want to be there. Let me give you a clear example of what I am talking about. I get up in the morning at 6am and I sit and meditate, but my mind wants to be finished and making my lunch for the day, while making my lunch for the day, my mind wants to be sitting eating breakfast, while eating breakfast my mind wants to walking, when I am walking my mind says I wish we were finished and resting with a cup of tea, while resting with my cuppa, my mind wants to be making dinner, during dinner, my mind says oh i'm so tired from all that walking, when are we going tob ed?, in bed it wants to be asleep already and when I awake at 6am, well here we go again Paddy.

I spend very little time if any in the present moment and yet the present moment is the only place to be. There are no worries in the Now. I have spent nearly forty years allowing my mind to do this, to worry, to stress, to project and so on. When does the madness end? well it ends when I choose to be more present, which is exactly what I intend to do.

How about this for a crazy idea, lets all spend less time in the past and future and make the Now or present moment the most important thing in our lives and just see what happens. I am starting to experience great peace in the Now, not happiness, because happiness I'm learning is based on an outside cause or condition being a certain way, but Peace is purely an inner experience not reliant on anything external. The wise old turtle in Kung Fu Panda summed it beautifully. "Yesterday is history, tomorrow is a mystery, and today is a gift, that is why it is called the Present." So that's my story and I'm sticking to it.

Now for all you seekers of peace and great music. There is a Concert in Washington D.C on April 11th. We are having a Peace Walk at 9:15 AM on the same day outside the Lincoln Memorial. I am sending out a second newsletter that will be the flyer for the concert and the walk. Please forward it to all the people you know who might like to attend. We are also looking for a Sponsor to help fund our Peace Walk further.

Events

We Are The Dream Concert

Information supplied on second newsletter

Big Thanks

Zimi at the heritage Inn in Brinkley, Arkansas

GPW Daily Diary

Would you like to know what we get up to on the road?

Go to website for a link to my Daily Diaries and then click on My Blog :)

GANDHI T-SHIRTS

Dear friends we are now selling t-shirts to help with gas and food costs. If you would like to support the walk by buying one, please e-mail me at dermotmb@yahoo.com or if you would like to sell five t-shirts in support to some of your friends, we will give you one free for yourself. T-Shirts are 20 dollars. More info available on our website

SUPPORT OUR PEACE WALK

The walk is primarily being run on kind donations which are gratefully received at www.gandhipacewalk.org or if you would like to make a tax deduction for your donation please mail a check made out to earthways/gandhipacewalk at 20178 rockport way, Malibu CA 90265. The Gandhi Peacewak is a project of Earthways a non-profit 501(C3) organisation.

Please FORWARD this newsletter to anyone you think would enjoy reading it.

Peace and Truth,

Dermot Butterly, aka Gandhi Rollingstone :)

PURPOSE OF PEACEWALK

1. Create Peace within ourselves and on Earth
2. Plant trees to reduce global warming
3. Build a Community Center in India

We invite you to promote peace within yourself and in your Communities.

"The greatest gift we can give the World is to banish fear from our own heart's" Gandhi

Thru tv, radio, internet, peace concerts, and environmental discussions we will educate communities on simple ways to help heal the Earth while inspiring people to create more PEACE inside so we do not create more WAR outside. Wouldn't it be nice to live in a world that is environmentally sustainable and where Peace is not just something you see on the back of a bumper sticker but is an everyday reality. This can be our future only if enough of us begin to act NOW.

We invite you to help spread the word, Dermot