



*The Lion and the Lamb*  
a path to peace

by

*Lorna DiMeo*

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A Path to Peace

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Lorna E. DiMeo, M.S.W.

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*To all my teachers, past, present and future*  
*My love and admiration*

## **Introduction**

“Your Body is precious. It is our vehicle for awakening. Treat it with care”

The Buddha

I am writing this book for the person who is searching for another way of looking at the world – a way that will bring peace and happiness. I want you to know that it is possible to live peacefully within yourself and in the world.

Each of us can only be who we are. Our sense of who we are comes from our family, our culture, and human history. It also comes from the stories that we, and others created about ourselves. If our stories are filled with self-criticism and self-loathing, then we will attract unhappiness and dissatisfaction. If our stories are filled with self-love and admiration, then they will attract happiness and satisfaction.

We have a choice about how we view ourselves, how we feel about ourselves, and what we tell ourselves.

I believe that all of us are precious, no matter our size, shape, age, or color, or whether we have two legs or four. We are a manifestation of the creator, the life force that moves through the universe, through this world, and through each of us.

How amazing to live on this beautiful planet, earth: an incredible blue globe floating in space with millions of other celestial bodies. How lucky to live on a planet filled with such an abundance of plants and animals. A planet that has such a variety of color and climate, from huge blue oceans to expansive tan deserts, from steamy green jungles to majestic purple mountains.

And how amazing to be alive in these bodies, to have life moving around and through us, and to have this whole world in which to play and create.

This book is a journey of self-discovery, filled with exercises to help you along the way. My hope and wish for you is that this book in some way contributes to your finding peace and happiness.

## Chapter 1 – The Lion and the Lamb

The lion lying down with the lamb is an image derived from the Bible's book of Isaiah. It has fascinated me since I was a small child. Two so called enemies sitting peacefully with each other, coexisting in the same space. How could this be?

I would ask myself "why can't human beings live this way?" There appears to be enough of everything in the world. The world is so vast, so abundant in all things. Yet people are always at war within themselves and with each other. What makes living at peace so difficult, so elusive?

How does each of us interpret what we see? Do we see our kinfolk, our friends, or do we see someone to fear? We are all human beings, all from the same stock. Scientists are saying that we all originated from the same region of Africa. So why has our vision become so clouded? Why can't we see each other as people who are all related?

As I grow older I encounter more research about the brain and how it operates. I realized that we are animals just like any other, and yet our brains are far more complex. We can process information to build and to create more. So why don't we have more capacity to love more and live in peace?

I realized that we need to feel peace inside ourselves before we can act peacefully in the world. If we feel conflict within ourselves, then we cannot attract peace or act in a peaceful way. We will take that conflict into the world and then make up what I call **dark stories** about others. If we have armies fighting inside ourselves, we will create these dark stories about the armies in others.

A man once told me about the warring armies he experienced inside himself. Since his experience was one of hate and conflict, his internal enemy camps never rested. He was always looking out for the enemy in the world and attracting situations of conflict to himself. As a result, he felt unloved and alone. How could he ever be at peace if he was warring **in his heart and mind**? How could he possibly be in touch with his soul, with his divinity?

How can any of us?

Recently I remembered experiences that I'd had many years ago when I was in a shamanic training program. The message I kept getting from my teachers was "remember who you are." At the time, I was not sure what the message meant. One day I had a vision of angels from heaven working with me. They robed me in white and placed wings on me. When I asked them if I could stay with them, they said, "no." They told me that I had more work to do on the earth.

I realized that I am a messenger from heaven living on this earth but a short time. I am part of the divine as we all are. Imagine that the divine, creator, God is the ocean and we are a part of that ocean. Imagine that everything we see and touch in this ocean is part of the divine.

Years later, I had the opportunity to swim with humpback whales in their breeding ground 70 miles off the coast of the Dominican Republic. I signed up for a seven-day group retreat/ wilderness experience that was designed to connect with the whales and with our-selves. After an overnight crossing from Puerto Plata we reached our destination at the Silver Bank, a sanctuary for Marine Mammals. Upon our arrival, we saw dozens of whales. We excitedly donned our snorkeling gear, bordered the tenders that moved us closer to the whales and jumped into the water. About 25 feet ahead suspended below the water line and illuminated by a shaft of light I saw three whales, a baby, the mother and the male escort. They were looking at us as we were looking at them. At that moment, I felt as if time stopped.

“That’s it,” I thought. “I can go home now. I don’t need anything more.” The message I got from the whales was twofold: I felt that not only was this place, the sea, their home, but it was our home as well. I felt that we were all connected. I saw in them the face of God. We are all God. Not the physical form but the force, the energy that flows through us.

God is the force.

I am God in the form of a human being.

The tree is God in the form of a tree.

The polar bear is God in the form of the polar bear. We are all God manifesting in different forms.

The earth is a manifestation of God.

The stars are a manifestation of God.

We are all made from the same stuff: people, the stars, and every plant and animal.

The lion **can** lay down with the lamb, and when that happens, the lives of each of us will be changed forever.

## Chapter 2 – Divinity

Jesus said, “The Kingdom of heaven is within you and it is outside of you”

The Gospel According to Thomas

So, what has happened to us that has put us at odds with ourselves and others? Perhaps we have forgotten who we are. When we were born, we knew who we were, we knew how to welcome the world. When I look at a baby, I see this being of love and light, God made manifest. Children know what they are here for, what they must do. They smile at everyone. They begin by dancing and playing and singing. Unfortunately, the powers that be – family, culture, and society – put lids on their outbursts of exuberance. As a result, the children slowly forget who they are. They forget their divinity.

Once we forget who we are and lose our sense of divinity, life loses its luster.

We hide our thoughts and feelings.

We no longer freely express ourselves.

We tell people what they want to hear.

We turn into a chameleon, concealing our true self so people will like us and want to be with us. Or so we think.

The more we cut off our outer self from our inner self the more we forget who we are. Once the process of forgetting is complete, we become empty and sad. A river of sadness runs deep within us, so deep that most of the time we don't notice it. But sometimes the sadness wells up within us and we become confused. “What's causing this?” we ask.

If we are lucky, we notice this emptiness and sadness and question what we are missing. If we have enough money to live comfortably, we still believe we don't have enough. We are not satisfied with ourselves, our spouse, our friends, our job, our community, or our government. We wonder why we're not happy. Even if we change houses, jobs, locations, and spouses, the lack of happiness follows us like a curse.

And if we are really lucky, we find ourselves asking, “How can I end this emptiness and sadness?”

The first step is to get in touch with our divinity. Know that the Divine, Spirit is moving us. Our body is the container for this force. Leave behind the idea that our bodies are us, our feelings are us, or even that our thoughts are us.

**We** are that force, that energy, that moves through us.

Second, spend time dancing and singing. Listen to songs that uplift you and make you happy. Move your body to the music. Sing. You don't have to do it well, just do it. No one can feel down if they are singing. These experiences will improve your mood, help you feel lighter and bring you closer to the knowledge, the experience of your divinity. You may want to go to my site, [www.freepowersong.com](http://www.freepowersong.com), where I have created songs that uplift and raise vibration.

Third, take walks in the woods. Back in the 70s, Carole King sang, “I feel the earth move under my feet.” So, feel that earth move under your feet, feel the wind in your hair, hear

the birds singing, see the sky, breathe the air. Know that you are walking on God, feeling God, listening to God, seeing God, and breathing God. Let the experience of God feed your heart and mind. God is within every manifestation of the natural world, believed the pantheists of ancient Greece.

When you take a shower in the morning, feel the water on your body and say to yourself, “this is God taking the form of water.”

When you wash your body, say, “this is God taking the form of this body.”

When you use shampoo, say, “this is God taking the form of shampoo.”

As you go through your day you might find yourself saying, “This is God taking the form of a car,” “this is God taking the form of a tree,” or “this is God taking the form of a bagel.”

If you do this every day, your experience of God being manifested everywhere will increase in its intensity.

I first began to experience peace when I realized that I was more than just this body. I began to experience the non-physical part of me, the spirit that is me and the energy of creation that moves through me. Eventually, much of my internal conflict disappeared.

When I realized that I was spirit and not the body, my heart and mind were no longer in conflict with each other.

When I felt that force, the energy moving through me, my whole being changed. I realized that I was not the physical me, nor the empty me, nor the wanting me. I was the entirety of me. I could now feel a connection to all things.

## Chapter 3 – Love

“Love is stronger than darkness.  
Love is stronger than death.”

— Bruce Cockburn

Millions of books have been written about love. Millions of songs have been sung about love. Yet so many of us still hunger for love. Love is all around us. Love is the energy that flows through all things, all beings. Love is the energy of the creator, God. Love flows through the trees, the water, the wind, the sky, the earth, and us. Love is eternal. So why is it so hard to find? And if we do find it, why is it so hard to hold onto?

First we need to realize is that love never dies. This is because the non-physical part of ourselves, our consciousness, does not die. Only the body dies. But before we can experience the love around us, we have to love ourselves, to feel and experience the love that flows through and within us. Only when we love ourselves can we love others.

In my job as a psychotherapist, I often hear people say things like, “How can I love myself when I think I am a bad person? How can I love myself when I don’t think that my parents love me? How can I love myself when I don’t work hard enough, make enough money, have many friends, or make so many mistakes?” There are many more of these types of questions.

Early in life we made decisions about ourselves and then kept score of situations that reinforced those decisions. Because we made these decisions in early childhood, we did not have the thinking ability to challenge these ideas. Yet when we got older, these ideas became unchangeable beliefs. Even though these beliefs *felt* like the truth, they were not true.

So, what happened? We spent our life refining and sustaining beliefs that we created as a child. And the most powerful of these beliefs is **“I don’t deserve love.”**

Such beliefs become so strongly attached to someone's sense of self that when I reveal them to people, they can't see them. They feel they are unlovable. I then ask them “How can the divine be unlovable?” How can a being that is eternal be unlovable? How can someone who is a manifestation of God be unlovable?

We've come to a place where we have forgotten who we are: spirit with a body. We have taken on the beliefs of our childhood, family, culture, society, and world. But they are not our own. They caused us to forget that what animates us, that moves through us is love, is divinity. When this love, moves through us, we can behold others with the eyes of love, and as a result, behold ourselves with the eyes of love.

When that happens we no longer focus on others’ mistakes. We begin to see them as humans who are the manifestation of God.

When this happens, we are on the path to realizing the love within.

It is important to realize that you are enough. That you are not in competition with anyone or anything. There is no one else like you, you are unique. Because you are unique you have something to offer to the world that no one else can offer because there

will never be another you. So, to devalue yourself instead of admiring and loving yourself is a tragedy for both you and others. Express your love because love is amazing, full of surprises and is the message of the soul.

## Chapter 4 –Admiration

“You yourself, as much as anybody in the entire universe, deserve your love and affection”

The Buddha

Admiration and love go hand in hand. To find love in this life, we must learn to admire ourselves. We need to admire ourselves as a human being with all our faults and frailties. We need to admire our body because without a healthy body we won't be able to do what we want to do in the world.

Our body is a miracle. It performs millions of functions each day without a single thought from us. Blood circulates automatically, our heart beats automatically, and our lungs expand and contract automatically. Yet we mostly take our body for granted.

It's so important to admire our body for what it does for us and love it for what it is: whether it's thin, fat, tall, short, light or dark. Our body is such a magnificent manifestation of the divine. Only when we begin to love and admire our body, only when we fill ourselves with admiration and love, will we have enough to give another.

I've found it doesn't work to love someone in order to receive love from that person. I know because I've tried it. Before we give love to another, we have to feel love for ourselves. If we feel empty of love, then we don't have enough to give another. If we try to fill our emptiness with love from another, it doesn't stick and it never feels enough.

It often happens that when the object of our affection leaves us –either for a moment or a long time– we will eventually feel a void again. Only our own self-love and admiration can fill us up and make us feel whole.

Odd things can happen to us when someone loves and admires us and we don't love and admire ourselves. We have difficulty believing that they can love us. The relationship often ends badly. We begin moving from person to person in the futile hope of obtaining that love and admiration and vicious cycle ensues. Nothing works, because we cannot truly accept love without loving and admiring ourselves first.

The people I help in my clinical practice do not understand how I can love and admire them.

They do not understand why I do not want something from them. They are suspicious that somehow the “other shoe will drop” and they will know the real truth: that I do not really love them and that they are unlovable. What an awful place to be. To deny ourselves the love and admiration that we deserve and thereby deny who we truly are?

Often perfect strangers **do** sense the love and admiration for them I try to impart. People I talk to in bank lines, fellow passengers seated on airplanes. One time I interviewed a business consultant for a mental health agency; a few days later I received a letter from her saying I'd saved her life. After only a ten-minute conversation! It is so important to love and admire ourselves, to see ourselves as light. To have the courage to go deep inside and find that inner light.

When we hear our internal negative voices, have the courage to say “no” to them. Let yourself know that you are worthy and deserving of admiration and love. Remember who you are, a manifestation of the Divine.

## Chapter 5 – You Are Enough

“We are all so filled with knowing that we are emptied of understanding.”

E.e. cummings

Inside each of us is a world of experience and knowledge. Everything we need is there. All knowledge lives there. We are the creator of our world. No two worlds are alike. Even if we are very close to someone, even if we love them with all our heart, there is only our world and the other person's world. In a relationship that I once had, I remember thinking, “He should know what I want and need. If this person really loved me, he would know.” I didn't realize that what I perceived and what he perceived would be colored by the specific worlds that we each inhabited, worlds of our own particular experiences. So much anger and disappointment between people arises from the assumption that the other person should know what we are thinking. The wish that someone else should know and meet our needs is common but unrealistic. They can't possibly know. They're not us. They don't live in our world. This wish, this assumption, creates so much anger and disappointment for everyone.

We have everything inside of us. We have all the knowledge, all the capabilities that we need. By looking within our self, we start on the road to happiness. Realize that, while others come and go, we are always with ourselves. No one else is as constant. They can't be. They have their own needs and wants. It is unrealistic to assign any person outside of ourselves the job of fulfilling us, of making us feel complete. We need from them because we don't think we are enough and all we feel is the emptiness inside. Traveling down that path of wanting and needing just brings us pain and heartbreak.

Our job is to cultivate our garden, our world. See the beauty that is who we are. Give ourselves the love that we would lavish on another so that we fill ourselves.

Try this exercise. Look at your body and see the miracle that it is; so incredibly beautiful, so filled with the energy of love. Give your body love and admiration for all that it does for you. Say thank you to your body. Say thank you to your legs and feet as you walk upon the earth, to your arms and hands as you pick things up and carry them. Say thank you to your eyes for seeing and your ears for hearing and your mouth for tasting.

I cannot emphasize this enough. To be happy, to be at peace, we must love and admire ourselves. Only then can we admire others. Forgive ourselves for the mistakes we make in life. When we can forgive our mistakes, we can forgive others' mistakes. When we have compassion for our struggles, then we can have compassion for others' struggles. Everything starts with us.

According to the Buddha: “the way is not in the sky. The way is in the heart.” Our mind and our heart each have different jobs to do. The mind sorts and sifts and interacts with the world. The heart connects to the eternal. It is where the Divine lives. As different as these two are, they need to be in harmony with the other. We need to find out what our heart needs and communicate that to our mind. Bear in mind that this is a joint decision-making process. If either the heart or the mind is left out, then only half of us is involved in our life.

In the Western world, our culture tells us that our mind should dominate our life, that all decisions should be mind based. Because this idea is so deeply ingrained, it is often hard for us to get in touch with our heart.

Please don't believe it! Don't be afraid that if your heart is involved in important decisions that you will not be able to stand for yourself. I once feared that I would be a doormat if I listened too closely to my heart. How wrong I was!

Here is the key: let the heart and mind converse with each other. This may take a little practice, but we all can do it!

Before making a decision, ask your heart “what do you want?” Then wait for the answer. Sometimes you will be surprised by the thoughts and ideas that come. They're often ones that you didn't know you had. If you practice this often enough, the mind/heart communication becomes easier. A link has been established.

A word of warning, however: When we practice this form of communication, we might become overwhelmed with feelings. You could become afraid that as the feelings rush in, you will not be able to function “normally” in the world. You may even weep. Don't be afraid. Such feelings **are** normal when you open communication to yourself that has been missing since you were a young child. It's okay to allow the tears. They will stop. Once you pass this hurdle, you will then feel more at peace, more able to love.

Realize that you **are** enough, that you **can** accomplish these things that your love of self **will** extend into love of others. This is the key to experiencing the peace that we all yearn for.

## Chapter 6 – Allowing

“The heart has its reasons of which reason knows nothing.”

Blaise Pascal

Here is another key that will help unlock doors. Practice tolerance. Realize that all roads are correct. All paths are correct. All beliefs are correct. Then move on to find out which path or belief resonates with you. Once this door is unlocked, the path will present itself before you to follow.

However, this path may not be the only one available. There are always many paths we can choose, so right now, choose the one that resonates most with you. Leave the other paths for other people. Yet allow – no, celebrate – these different paths that others have chosen. If we celebrate them with them, we can relax and appreciate the different colors and textures that make up the world and its people. If we see the divine spark in everyone we will live in a different world.

Allow this truth into your life: Divinity flows through everyone no matter what his or her cultural or philosophical differences. When the heart and mind are intertwined with each other, then we can allow both for ourselves and for others.

We will realize that there is no “them and us.”

There is only **us**.

When there is only us, there is no warring. There is inclusion. There is peace.

When I say “peace,” I am not saying “no disagreements between people.” Of course, there will always be disagreements and differing points of view. Each of us looks out from our own world. But once we realize that each of us is divine and that all views are correct, we can work out our disagreements with others and come to satisfactory conclusions that benefit all concerned.

If we listen to our heart and tap into the love and peace within, we can be with anyone; we can interact harmoniously with anyone. People will sense our peaceful, loving energy. It changes our life. Our relationships will be different. We will see everyone as kin.

I once saw a video of an American Marine during the Baghdad conflict. He was rescuing wounded soldiers in the middle of a firefight. My first thought was “how courageous” and I felt tears in my eyes. Then I realized that one of the soldiers he rescued was the enemy, a wounded Iraqi soldier. What an amazing man! A soldier who saw everyone as kin and as a result was willing to put himself in harm’s way.

## Chapter 7 – One

“All you need is love.”

The Beatles

We are all one. Most of us have heard that expression before. What does it really mean? We certainly don't look like we are one. We all have separate bodies. We all look different. Some scientists say that we are vibration, that what we see through our eyes is not an accurate depiction of what we are looking at. Our eyes translate the vibration and make what we are viewing appear solid. We are more space than mass and the molecules are spinning at a very rapid rate.

We are energy, light, and vibration. Our energy touches one another and intermingles. We are a world made up of energy. Everything is energy and light. Scientists now know that as light everything, including us, blinks in and out of existence a septillion times a second.

When we understand, and accept these connections, then we will never be afraid of those different in appearance from us. We will understand that at our core we are connected with everyone. We are God made manifest.

When we see ourselves as vibration and light then we will feel that all is well. The world will then become a place of possibility,

A place of peace,

A place of hope,

A place of love.

Love really is all there is. When we realize this, we can experience the love around us. Everything we see will be a manifestation of this love. The divinity of all will reveal itself to us. Since we are vibration, we are connected to all things. We are connected to the earth and the stars, to all beings on the planet. When we look at a tree we are looking at the same energy and vibration that moves through us. This ball of energy called earth sustains us all. This ball of energy many also called love.

We are all interconnected both within ourselves and outside of ourselves to the world. Our heart and our mind need to be connected for us to be at peace. All peace and happiness will then arise from within us.

All the hypercritical chatter inside our head is comprised of messages born of a source outside of ourselves. We've heard these messages so many times from others that we eventually believed they were true. When that happened, we lost the sense of ourselves that is part of the Divine. We lost sight of our brightness and the joy that filled us when we were a young child. Our goal, our mission, is to return to that state of love, joy and peace.

Once we quiet that hypercritical voice, we can see ourselves and others more clearly. And the pain we once felt that confused and depressed us, can lift from our shoulders like a suit of rusty armor.

When our pain no longer colors our view of the world, we begin to see the light in others.  
We begin to perform good acts for ourselves and for others.  
We feel rolling waves of compassion.  
We find more energy to do the things we love for ourselves and for the people we love.  
We become more alive, more secure, more satisfied, and more content.  
Finally, we feel that all is well in the world,  
That everything is possible,  
That we are fine just the way we are,  
Everyone else is fine just the way they are.  
We too can become free to be; when that happens, we will feel one with everything that lives.

## Chapter 8 – Our Stories

“We look before and after,  
And pine for what is not;  
Our sincerest laughter  
With some pain is fraught. . .”

Percy Bysshe Shelley, “To a Skylark”

Human beings always try to understand the world around them. When they don't have enough information, they try to fill in the gaps by making up stories. My mother and her sister did that all the time. This made them **feel** safe and secure. But it does not **make** them safe and secure. Of course, wild animals are completely different in this regard. The wild animals in our world live in the present. But human beings are able to live in the past, present, or future. So, most of them choose to live in the past or the future. For some reason, they feel uncomfortable in the present, in the richness of the now.

Perhaps by habit you reference everything that happens to something that happened in your past. Day by day we slowly built a way of looking at the world. This is called **continuity of thinking**. It makes everything that happened fit a pattern so that we can (or think we can) understand what has happened to us. It's how we make sense of the world so we don't fear things we don't understand. It makes us think we are in control of the world around us.

We reference the past this way, create stories, either good or bad, of what has happened to us then, and what is happening to us right now, and what will happen to us in the future. Whether the stories are based in fact or not is irrelevant. We believe them to be true and in our mind, they are true.

For example, long ago you might have had a bad experience with a tall, dark-haired man. Now, when you meet someone who looks like that person, invisible warning bells start ringing out, “Danger, danger!” And you think, “This tall, dark-haired person is going to hurt me.” You may not even have at the time the conscious awareness of what had happened to you in the past to make you think this now. Your past experience has colored the present. The ancient “fight or flight” response kicks in. If you don't realize this is happening, it can happen to you over and over again. You grow to expect the world will respond in a certain way, and even if it doesn't, you will respond as if it had. You become a prisoner of your expectations, instead of responding to the now.

When our mind is clouded by our past experiences and the belief that our stories are true, we cannot see the other as that person truly is. How can we experience peace or love if we are not living in the now?

Our stories about ourselves, the negative ones, and a life filled with tumult keep us from the peace we yearn for. And if we have lived through a trauma, it is even more difficult to find this peace. Such traumas keep us on “high alert” for possible future injuries. The ancient part of our brain is always looking out for potential threats. It can lead us to falsely identify someone who's different in dress or appearance from us as “other,” most likely “dangerous.” So, if we allow the negative stories in our mind to lead the way through life, then peace falls very far behind.

If you know that a negative story is keeping these fears alive, it's important to ask your heart, "What do you want?" We can then spot the dark story and root it out. To take its place, we can start telling a different story, a bright story, and thereby change the way we see the world. For example, we could say:

"What am I really looking at or what am I really seeing?

How are these people similar to me?

She is also a human being,

She also wants to be loved,

He also wants peace,

He also is part of the divine,

She is also energy; she is also light."

We will then begin to forge an entirely new story with a completely different outcome.

## Chapter 9 – Return

“And we got to get ourselves back to the garden.”

Joni Mitchell

You live in an ocean of energy. Your thoughts are energy, your feelings are energy, and your body is energy. As a result, **like energies** – energies that vibrate at the same speed or vibration – are attracted to each other. In the same way, **like thoughts** are attracted to each other because they vibrate at the same rate. So, if you feel bad about yourself and have hypercritical thoughts, you will attract others with hypercritical thoughts. If you feel happy and have kind thoughts, then you will attract others that think and feel like you.

Similarly, people who have **like stories** are attracted to each other. The old saying “birds of a feather flock together” is all about vibration. It's about like seeking **like**. To live in a world of love and peace, each of us has to seek that pitch at which love and peace vibrate. To feel that love and peace, we need to cultivate peaceful and loving thoughts about ourselves and others. It's important to realize that others are similar to us. When that happens, we change our negative stories about people and begin to see what's truly there to see. While everyone's culture and way of seeing the world is different, they too are nothing more than human beings who want to live in peace.

If we could see similarities as well as differences and allow all of them, we could all live in peace and love. The key is to allow and accept our differences – to allow and accept everything.

To have peace in the world, we all need to do our part. Look within yourself and accept, allow, and love all that you see. This is how you create peace: acknowledge the divinity within each person. Realize that all is well. As my 3-year old granddaughter declared while visiting a local restaurant, “Happy Birthday to Everybody, I Love You.” She is pointing the way.

You were innocent and trusting once. You can be that way again. You can find that part of yourselves that life's rocky journey has hidden from you.

Go back to that part within yourself, not just because of the state of the world, but as a gift to yourself. Reconnect with that pure divinity and find the bright light that shines when you're faced with such joy.

Let children and animals be your teachers, your guides. They will show you how to go back to yourself. Watch them sing, dance, and romp with abandon. They have no self-consciousness, no embarrassment, just pure joy:

The joy of being alive, moving their bodies, being spirit in a body.

It is time for us return to ourselves.

The place is here.

The time is now.

The earth awaits our return.

## About the Author

Lorna DiMeo, psychotherapist, author, recording artist and spiritual teacher lives in Andover, Massachusetts. In 1989 she received the Million Cranes for Peace Award for her work in the former Soviet Union. Lorna has traveled throughout the world studying ancient healing practices which she incorporated into her work with her clients. It is from these ancient practices that her Power Songs originate.

To find out more about Lorna and her Power Songs visit [www.freepowersong.com](http://www.freepowersong.com).

To find out how to work with Lorna, email her at [ledimeo@gmail.com](mailto:ledimeo@gmail.com).

Thank you for reading this book.

With much love and admiration,

Lorna