



## **Bringing Peace to Rye and Beyond**

*– By Georgetta L. Morque –*

The song “Let There be Peace on Earth” came to mind when I learned about Meditation for World Peace, a powerful guided meditation program and CD created by Theresa Joseph of Greenwich. I hadn’t thought about the song in years, but the philosophy behind this program rings true to the lyrics, “Let there be Peace on Earth and Let it Begin with Me.” This is exactly what Joseph hopes to achieve with the help of Rye’s Linda Fallo-Mitchell, who works with her.

“This isn’t just a feel-good meditation,” explained Joseph, whose mission is to create a new world order in which peace reigns upon the earth. “It’s been scientifically proven that our thoughts and emotions have energy. When we have peace, so will others.”

During the Israeli-Lebanese war in the early ’80s, terrorism incidents, emergency-room visits and traffic accidents all declined when people trained in Transcendental Meditation made a concerted effort to meditate and create peace in their bodies. These findings were the result of the International Peace Project in the Middle East and presented in “The Divine Matrix” by Gregg Brandon.

From this study, scientists calculated that the minimum number of people required to jumpstart a change in consciousness is the square root of one percent of the population. For a world of 6 billion, only 8,000 people are needed. For a city like Rye, 12 could make a difference. “That’s all you need to make a shift if it’s sustained,” said Fallo-Mitchell.

Theresa also noted another interesting finding: there was a spike in the earth’s geomagnetic field for several days after 9/11 which has been attributed to the outpouring of compassion and mass emotions after the attacks. “The power of the heart is 5,000 times stronger than the brain,” said Fallo-Mitchell, adding that the heart can train the brain and shift behavior.

Joseph and Fallo-Mitchell, who’ve been Reiki Masters and teachers for many years, met in a master class several years ago. They’ve been working in Rye and Greenwich, respectively, and have cultivated a following among those interested in meditating for peace. Fallo-Mitchell noted one Rye mom who purposely schedules a meditation at 2 p.m. on weekdays before school pick-up.

Both women were put on their paths through channeling. Fallo-Mitchell, who used to work in marketing, said her interest in Reiki stemmed from a spiritually-based book group in Rye. She also received a channeled message to have a healing practice. At first she didn’t understand, but then followed the cues. Similarly, Joseph, who has a background in corporate finance, received a channeled message to expand Meditation for World Peace beyond her local circle. Roland Comtois, an internationally-acclaimed channel and author, told Joseph that the world needs this and that she could do it.

Meditation for World Peace is a 20-minute guided meditation with music, art and soft words that allows those new to meditation and experts to send out a vibration of peace and love to the world. For those interested in a group Meditation for World Peace, the two women will be leading the program at Lululemon in Rye, June 14 at 9:30 a.m., and at Wainwright House, June 28 from 7 to 8:15 p.m.