



*Spirit of Peace*  
WITH  
LEIGH TAYLOR-YOUNG

*Gathering of Peacemakers*  
WITH  
JOHN MORTON

IMAGERY AND MUSIC FOR PEACE

# IMAGERY AND MUSIC FOR PEACE

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## 1: SPIRIT OF PEACE

**Leigh Taylor-Young**, actress and spokesperson for the United Nations Environment Programme, and the Institute for Individual and World Peace, narrates *Spirit of Peace*, a beautiful visualization where loving is the catalyst for creating a healthy, balanced, and peaceful planet.

## 2: GATHERING OF PEACEMAKERS

**John Morton**, educator and spokesperson for the Institute for Individual and World Peace, guides us in *Gathering of Peacemakers*, a meditation designed to evoke the spirit of peace in our hearts and actions.

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Words: Leigh Taylor-Young & John Morton

Music: Rob Whitesides-Woo

From his albums: *Miracles*, *Heart to Crown*, and *Mountain Light*. (800) 869-1684

Executive Producer: Leigh Taylor-Young

Cover Illustration: David Jarvis

Album Design: Avallon/Thackwell

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Peace in the world will be the result when we as individuals  
awaken to the peace already within us.

## BECOME A PEACEMAKER IN YOUR HEART AND CARRY THAT PEACE INTO THE WORLD

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This is the challenge contained in these meditations: SPIRIT OF PEACE and GATHERING OF PEACEMAKERS. Ghandi said, "The only devils in this world are those running around in our own hearts, and that is where all our battles should be fought." These meditations give us the opportunity to do the inner work he suggests. They create the means to move to a positive focus and stay there.

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There is a strong spiritual focus in both meditations. In SPIRIT OF PEACE, the repetition of the phrase, "It is good," recalls those words in the Bible and gently asks us to consider a new beginning for our planet. GATHERING OF PEACEMAKERS starts with an inner baptism, a release from errors of the past. It also includes an uplifting modification of the famous peace prayer of Saint Francis of Assisi.

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Listening to these meditations can produce a profound inner alignment with active peaceful awareness and a healthy vision for our planet. Could it be that the promise of our lifetime is one of peace and plenty for ourselves and our planet? These meditations are a good start. As they suggest:

**PLACE YOURSELF IN PEACE FIRST.**

*Peace is the cessation of againstness.*

*If acceptance of someone different occurs,  
peace is being expressed.*

*If sharing with others occurs,  
peace is being expressed.*

*If moving past emotions and judgements  
to understanding and empathy occurs,  
peace is being expressed.*

*If loving and caring are experienced,  
peace is.*

*Each of us has the power to create peace in our lives.  
As we align our personal strengths with peace,  
we create peaceful results in the world.*



**JOHN MORTON**



**LEIGH TAYLOR-YOUNG**



