

World Peace Telesummit 2021

BARRY: Welcome to the 7th annual World Peace Telesummit! My name is Barry Bettman. I'm a Professional Certified Coach and I'm so happy to be here today. For the next hour, I will be helping this call goes smoothly. Please use your earbuds or your headsets and turn off any extra speaker phones or noise in the background. If difficulty hearing, just disconnect and reconnect.

It is my pleasure to introduce Dr. Elaine Christine, host of the annual World Peace Telesummit and author of [The Peace Prophecy](#) trilogy. She's on a mission to bring peace to every mind and is dedicated to uplifting humanity to the new Peace Consciousness. Elaine was recently inducted into [Who's Who in America](#). She earned a Ph.D. in Computer Science from the Florida Institute of Technology and joining us today from Merritt Island, Florida is Dr. Christine.

ELAINE: Thank you, Barry. I am delighted to facilitate the 6-Step Peace Process on the 7th Annual World Peace Telesummit. We are gathered to help celebrate the International Day of Peace and to strengthen the ideals of peace among people. All participants on this call are making a difference through the education and awareness of the 6-Step Peace Process. Barry, can we take a poll to find out the gender of the folks on our call?

BARRY: Absolutely. I have it up now and you can click on your screen, take the poll and after a little bit of time we'll show the poll.

ELAINE: While the poll is open, Barry, let me take a minute to share the Peace Process Story. The 6-Step Peace Process was inspired in 1998 after I attended a spiritual conference in Miami. Everyone seemed to want world peace, but nobody had a plan. I had an idea to run the thought of world peace on the Six-Discipline Model recently published in my textbook, [Managing Risk](#). Developed with my husband, Tom Gorsuch, the Six-Discipline Model is a simple process model of the mind that can run any thought. I wrote 'World Peace' at the top and changed the generic process to a specific thought of peace and love. Later, I realized the process for world peace was the same as inner peace. The model scales perfectly from universal to personal!

Okay, Barry, do we have the results from the gender poll?

BARRY: I'll just put them up on the screen. You should see them now: 66% male, 33% female.

ELAINE: Thank you, Barry. Now let's go through the 6-Step Peace Process, which is color coded to the rainbow. I'll be asking the questions as we go together, step by step on our journey to world peace. When you raise your hand to answer, Barry will call on you and you can unmute your own microphone.

Let's begin with the discipline of Discover, it's the color red. And so, it's the first root chakra. And we will Discover the Problem. The first question that I have for you is, "Why don't we have world peace?" So, who would like to weigh in on that question?

SAMARAH: Hi Elaine, so good to see you. My sense of why we don't have world peace is that most of the world is still not quite even adolescent in terms of really focusing on me, me, me, what's in it for me, what can I get? What do you have for me, me, me? And I think that in order to have world peace, we need to have an evolution from that. I used to teach 6th, 7th and 8th grade kids and I loved them, but they were still in this part of their development where it was always about them. And I think that as a global society right now we are still in the throes of that not even quite adolescent way of being. And so, I think the work that you do, Elaine, and that so many others do in the world to become rather than a me-me-me society to become a we society, so that certainly we want to take care of our own concerns and needs etcetera, not give everything away, but if we began to look at it much more like the seven generations idea that has been around for centuries from the tribal communities and we began to look at the fact that we're all on this fragile planet. Just moving from me-me to 'we' is the answer. Now, how do we do it? I'll come back to you for that one.

ELAINE: Well, it is interesting, Samarah that the difference between illness and wellness is the difference between I and we.

SAMARAH: Well, I got chills when you said that. Exactly!

ELAINE: Thank you. Aaron, what do you think? Why don't we have world peace? You can unmute yourself.

AARON: Pretty much for the same reasons I think, because we're also focused on ourselves. And I also think with that it's all about competition, like people are competing against one another instead of living with one another. And it's like competition seems to be built into the whole thing in living in society, even though we don't think that we're competing against one another. You know, we're all kind-of living with each other that we think in peace, but one little thing, like when in the past year or so. I mean all the stress levels are up and people are at each other socially and politically and things like that. I think a lot of it's just we're trying to get, find their place and wanting to compete.

ELAINE: Thanks Aaron, appreciate that. Jak, what would you say? Why don't we have world peace?

JAK: Elaine, you know, I have a little bit different view because I'm more of the planetary naturalist. I look at the planet and lately I've been watching some older movies and the castles and the wars and people attacking each other, stealing their goods, enslaving each other. Whatever there was all the details of what we don't want to see in this world. I'm aware one way to look at the world is being a citizen of the United States. Another way of looking at the world is being a living being of planet Earth. Now you're gonna say, what's the difference? You're still walking on the planet. What is the difference between one view versus the other view?

One is very social political view, which really blinds us because we're so involved with this political viewpoint. We don't understand the planetary viewpoint, the laws of the planet. We discover many of the laws of this planet and we put it to work like gravity gave us the ability to fly. And so, we understand some of the laws and we write about it and we talk about it, but there is one law that always fascinates me and how the planet operates and the planet has one specific law that says balance. I hope I explain it clearly what balance means. Not one species can take the entire planet and cover it. The planet has lost an order, planetary order.

I realize that somehow the war is not just among the human race, but it's also in the animal kingdom, very destructive. And yet war with the strength of evil and then reconstruction with the strength of goodness. So almost evil and goodness balances each other. And why is that a war? There is a planetary law. And we have to understand that law before we point fingers at one country or another country and calling them the enemy. The real enemy for all the living human race in this planet is the laws of the planet. And once we understand the laws and we learn how to work with the laws, I think we have much easier access to peace then if we tried politically. Politically has never worked in the history of this planet. And I don't think it will ever work for the future of this planet. We have to work no different than a scientist works with the bacteria and figures out how the bacteria operates and find the vaccine or medication or whatever. Because it learned the behavior and we have to learn the behavior of the laws of this planet.

ELAINE: Mm... Thank you Jak. Barry, do you want to weigh in?

BARRY: Yeah, I do, and leverage what Jak said. It feels to me like that balance is natural or organic. It feels like other types of things are more shoved, pushed, contrived. So why don't we have it? We have too much trying to force the outcome, trying to get it a certain way both to the natural organic way of and then fill in the blank, homeostasis, the way the sun rises and sets, the way the forests are. So, I think we don't have it because we're trying to force it, not just letting it be. Having said that, you know in the United States, we have a war department, we have a Secretary of Defense. We don't have a Secretary of Peace. We don't give peace a chance. So, it's not framed. It's a frame more of pushing, shoving. That's my take. How about you, Elaine?

ELAINE: Well, since I'm hosting, I can't weigh in but you can nominate me for Secretary of Peace. I would be happy to accept. But let's go onto our second energy center, which is the color orange. This is our second or sacral chakra and it's the Envision discipline. Now we get to Envision the Solution. This is my favorite and using our imagination, let's do a 180-degree turn around and envision world peace. What does world peace look like now that we have it? I'm going to call on Samarah because I know that she's got something that is a bigger picture and from the heart. So, give us the best that you've got, Samarah.

SAMARAH: No pressure, huh? And well, I love everything that the gentleman offered into this equation. And I think that when we begin to think about world peace, what I'd like to add to the equation is how many thousands and perhaps hundreds of thousands or even millions of people

are engaged in activities to weave together a different vision for the planet. And that's kind-of how I roll. That's what I've been doing for a long time, as Elaine has as well. I don't know you gentlemen, I'm sure you wouldn't be on the call unless you were doing your part. There are many people working to find the common ground.

The common ground is really clean air, clean water, fertile soil—a way to support one's loved ones and family without desecrating the planet. What I see is a meteor shower that is full of wisdom and intelligence that can take us from the plodding, destructive mine, mine, me-me-me into this entirely different illumination. And we've had these throughout history, along with all of the warfare. We've had a renaissance of thought. We've had a renaissance of ideas. We've had new art, new architecture, new solutions come from time to time. What I'd like to see is that it's a global event. A meteor shower is what I'm suggesting. It's a meteor shower of a vibrational field of love that awakens people to the possibility that we can all work together. And as one, create not only world peace but inner peace and peace among nations.

ELAINE: Mm, that's beautiful. Thank you, Samarah. Okay, imagine we have world peace. Aaron, what does it look like now?

AARON: I envision it more in the context of community, living together in community and not necessarily religious community, but that everybody's holding up basically the same values. And you're sharing your resources instead of just talking about it. Instead of competing, you're actually sharing. And that's sharing everything, giving equal footing. Some are dealing with that in other parts of the world that are forming new governments and basically under the gun—warfare and stuff like that. I think it's really important to focus on caring, sharing and humility. Even in the past, Christian communities have taken a vow of obedience. Well, obedience can be abused. And I've always thought taking a vow of humility would be even better, because everybody is wishing the same thing about being humble. I think humility is definitely a big part of it.

ELAINE: Yes, I think humility says a lot about our compassion for other people. If we don't put ourselves at the top of the totem pole, and that goes for being steward of the animal kingdom and all that. Okay, thank you, Aaron. What about you, Jak? What's your vision for world peace?

JAK: Yeah, I like Samarah's viewpoint, which is very interesting. The shower of meteor or whatever almost like covering the entire planet and we do have a lot of times of peace, although we have some world wars and what not, but we still have periods of peace, which I'm very proud of that, we can maintain peace under many different circumstances.

So, there is a little bit more to be done. And I would like to see a Department of Peace. I mean somebody who really enforces world peace. We don't have that. No country has that and I think it's time for us to establish that platform for governmental in each government to understand. And somehow, we have to reach out to explain the enemy is not like they used to be, one group against the other group or one country against the other country. The real enemy for all human

race is the laws of the planet. We have to understand them, we have to work with them. And if we understand that the enemy is the law and not the other group of people, I think we're much quicker to succeed in reaching peace, if we understand it, we understand how to work with it. I don't think it's that easy.

ELAINE: Thank you, Jak. You know, last year on the World Peace Telesummit, we had a new paradigm and what we did was we took the two words GOOD and EVIL and we made a new sentence. We took the I out of EVIL and then we remember that are only function is LOVE. And there were three letters left: G, O, D. And we made that new sentence, "I LOVE GOD." And so, I want to remind everybody that we can have a new paradigm and it doesn't have to be one or the other. It can be all of us taking responsibility for loving everything—all that is, which is God. Barry, do you want to weigh in on a vision for world peace?

BARRY: I look at the trees and the beautiful background of Aarons and I don't see the trees, I see the light in the space. So somehow interconnecting not just us and the things and the stuff, but it's the space in between the other stuff. That's where the peace is. When I go for a walk in the woods and I was near Muir Woods a couple weeks ago, similar to that picture, there's something being in there and it's not, it's not the trees, it's not the stuff, it's the absence of the stuff, but I think it's giving a chance to be with it. Take a breath, listen, and not have to do more.

ELAINE: Mm, thank you Barry, that's awesome. Well, let's go now to the action step, which is the color yellow. It's the discipline Plan. This is our step three, Plan for Peace. What is one action step that you could do to bring your vision? So, in other words, your job is not to bring everybody else's vision, but there is one little thing that you could take responsibility for or commit to bring peace. Samarah, what would be your action step to bring your vision?

SAMARAH: Well, since I'm not in charge of meteor showers much as I would love to. No, not really. My connection with Source and God has been for many years now and with Mother Mary. And that's been an amazing blessing in my life. I asked her one time because we talk all the time. What can I do? Because I asked her that question, Elaine, what could I do? And she said yours is the gift of the sacred pause, P. A. U. S. E. And I said, what do you mean? And she said if everyone would learn, like what Barry was saying about the trees, if everyone would take a breath and take a pause when something typically would trigger them to act in a way that we're trying to not act. But if you go into that sacred pause and you just take a moment and choose love, like you were saying Elaine, but see the other person who's perhaps said something ugly or done something that you don't like, that they are doing what they believe in that moment is the very best thing they could do, for whatever reason. And you don't necessarily agree with that reason. But when we pause instead of reacting, we're lowering the temperature. We are not contributing to the vitriol, that has been part of what's been going on and we come back into our heart and into our mind. And even if we don't disagree, even if we disagree with that person, we basically say, I see only love. So, the sacred pause is my little baby step that I'm pretty good at most days—and to see only love.

ELAINE: Yes. Beautiful, thank you. Thank you, Samarah. Aaron, what is your action step work to do? What are you going to do?

AARON: There's definitely work to be done because it's not often easy to talk about it. But a few weeks ago, I went to confession with a priest, and something he told me and something else partially what my spirit told me is to not add to the problems or the stress or the vitriol in the world. That you need to not only exhibit it yourself you need to be in prayer as well, need to pray for it. You know when they say that we are Christians by our love. Well, it needs to come, it needs to start to come from us. It's like trying to wipe out some of this external stress that's coming in, news and other things that can get you angry and whatever. I think it's focusing and being in prayer and trying to exhibit those values and things that we're trying to change and also if we see it in other people, it's you can't really change other people. I think sometimes it's hard it's harder more than ever just to tell people what you think that they should do. So, you really just let go and pray and pray for them and I was told that that's what you need to do is pray for them and let God do the rest. Let go and be. Let go and let God do what He has to do. And of course, we do what we have to do and that starts a circle back that starts with us just to be more focused on peace within and then bring that out into the world.

ELAINE: Yeah, I think that's great just to remember God is in control, so stop trying to control what's not yours. What do they say, the serenity prayer and that's learning what is in your control and what is not in your control. So, you control you. And everybody else God has to take care of that. He's good at that. So yeah, thanks Aaron. Jak, what about you? What is one action step that you can commit to taking to bring your vision?

JAK: I'm seriously thinking that I'd like to get more like scientific minds maybe then psychiatric minds that can understand the human behavior and whatnot. And really establish more of an international platform to study and understand how leadership works. Why is there such a thing as leadership? How did that come about? We did not create leadership. It was in Mother Nature and I see it in birds. I see it in animals and I see it in the human race. We have tremendous amount of leadership and all nature has to do is corrupt one of the head leaders and we'll follow. And if you take us to the trench we will fall into the trench and that's an amazing phenomenon. I have a privilege of seeing how this thing works. And I would like to see and I seriously like to see more scientific minds from different parts of the world, from different countries get together and start understanding how this planet operates and how we can really truly achieve peace. And as I read in the Bible and I used to lecture about it, to different groups of people when I was younger, when all the weapons of war and turn into a farming equipment, you know? That was something always fascinated me.

ELAINE: Mm, I love that. Turn all the weapons of war into farming equipment.

JAK: It's part of the Bible. I don't know how it was said. I mean it's properly worded. I'm not wording it properly.

ELAINE: No, I think you conveyed it pretty accurately. Thanks for that, Jak. Okay, Barry. What are you gonna do?

BARRY: This is such an organic process here. So, it's about, I'm looking for the word—its leadership, but that's not the right word. It's leading by example, setting an example instead of talking about it, instead of conversing about it. Instead of the 'Why is this all not working?' to be the leader or the steward of peace. Take the step, take the breath, have the conversation with people as opposed to the rant-rant, rant-rant, 'Why we don't have it...' Flip that 180 around.

ELAINE: Yeah, I love it. Well, what we're going to do now is something very special. This is step four which is Work in Harmony and the discipline is the color green. So, it's our heart chakra and I just happened to have this jade heart which is beautiful from the mineral kingdom. And so, we have that and also to help us, I have lit a candle. If you look at a candle flame, you see the center core and then different changes in light. And this represents how our own light body has different layers. I'm also calling in the Blessed Mother Mary because we need her and we love her and so we ask her to help us. As I slowly recite Psalm 103 from Scripture, I invite all of you to visualize love, your love dis-solving the problems and returning the planet to peace.

So here is the love of God from the Scripture Psalm 103, "Praise the Lord my soul! All my being, praise his holy name! Praise the Lord my soul, and do not forget how kind he is. He forgives all my sins and heals all my diseases. He keeps me from the grave and blesses me with love and mercy. He fills my life with good things, so that I stay young and strong like an eagle. The Lord judges in favor of the oppressed and gives them their rights. He revealed his plans to Moses and let the people of Israel see his mighty deeds. The Lord is merciful and loving, slow to become angry and full of constant love. He does not keep on rebuking; he is not angry forever. He does not punish us as we deserve or repay us according to our sins and wrongs. As high as the sky is above the earth, so great is his love for those who honor him. As far as the east is from the west, so far does he remove our sins from us.

"As a father is kind to his children, so the Lord is kind to those who honor him. He knows what we are made of; he remembers that we are dust. As for us, our life is like grass. We grow and flourish like a wild flower; then the wind blows on it and it is gone—no one sees it again. But for those who honor the Lord, his love lasts forever and his goodness endures for all generations of those who are true to his covenant and who faithfully obey his commands. The Lord placed his throne in heaven; he is king over all. Praise the Lord, you mighty and strong angels, who obey his commands, who listened to what he says. Praise the Lord, all you heavenly powers, you servants of his, who do his will! Praise the Lord all his creatures in all the places he rules. Praise the Lord my soul!"

And again, that's "The Love of God" from King David's Psalm 103, the Good News Translation at www.biblegateway.com.

As we come out of our meditation, we are now in the throat chakra. This is step five Measure with Honesty. And what we do is we rate ourselves so we're going to take a poll. Barry, we're going to find out how much love everybody sent. I'll be quiet and you can conduct the poll.

BARRY: Yeah, great. So just go ahead and click on "How much love did you send?" One is "No love at all." Two is "Some love". Three is "My heart is half full." Four, "Lots of love." Five is "All the love in my heart." Another couple of seconds and we'll show the results. And isn't this interesting that we're showing "All the love in my heart," so pure—it's pure and full.

ELAINE: Always room for improvement and good to look and see if there's any blocks to sending love to what's taking our peace. The love really will dis-solve the problems. And so, I encourage you to continue to measure and continue to work on any blocks that are standing in the way from allowing the love to flow. Now let's move to the Value discipline and that is the color indigo—that's like our third eye. It's step six and we Value the Progress that we made and we share what was of value to us on this call. So, tell us, Samarah, what was your takeaway from the call? What will you leave this call with?

SAMARAH: Well, a few things. I really appreciated what Jak said about the planet and it took me in a direction of remembering one of the specials I saw on the nature channel about how the animal kingdom over time corrects itself. We might see the crocodile eating whatever and we're like oh no they shouldn't be doing that, but there's this beautiful balance over time that occurs and so I'm really sitting with that. And I'm also was very happy with what Barry said about walking in the woods and just being rejuvenated. This whole year I haven't been out in nature and traveling as I usually do as much as I do and I know when I do go out in nature, I'm almost on the edge of being frantic, like I want to eat a tree! And so, it's just a wonderful reminder that everything is here for us, but it is the time of balance again and rebalancing and so the first balancing act I need is right here and then it can extend out from there. So, I've very, very much enjoyed what everyone has said and Aarons comments about not responding in kind again, remind me to just take a breath. So, thank you, thank you.

ELAINE: Aaron, what did you learn? What are you going to take away?

AARON: Two things that stand out. Certainly, I second what Jak said about the balance in nature and because I haven't really thought about that very deeply about the laws of nature and basically being be able to work with them. Those laws and certainly it comes to my mind how easy it is for one little thing to get out of balance. What Samarah said about focusing on, we have to focus on us first peace beginning from here and then spreading out and branching out from us, to be that conduit. The second thing was the Psalm that you read. I've heard the Psalm sung in church for many years, but I haven't actually read it myself and so I was hearing it anew, like for the first time I was like wow that was a really strong true word about God's nature and I thought that was really wonderful. So, it all seems to bring to me a balance of peace and love within I guess ourselves, nature, God, and the world, so there's that balance.

ELAINE: Thank you Aaron. And Jak, what about you? What was your favorite part?

JAK: I think everyone has really good ideas, very inspiring ideas and I'm enjoying every word everyone is saying because it really stimulates my thoughts that I should do something with my understanding of what's going on and start communicating with people that are very knowledgeable and take their knowledge towards peace and understanding peace and achieving peace.

For me, as much as I believe in God and I understand God, I think I feel like I also have to do something. I mean just praying is just not enough. Praying opens the path to travel but you have to travel, you cannot just sit back and just keep praying and hope everything is going to happen. What I'm getting out of this meeting is an inspiration to take action. And action for me means to start communicating with people that are knowledgeable around the world, not just in the United States. Start developing a group of people to start doing something about it because the way we're going, it sure doesn't look very good. Especially I'm thinking about Afghanistan and whatever we're doing, I'm not too keen, but there's ways of fixing things.

ELAINE: Right. That's where the action is, where the problem lies. That's the opportunity—yeah, I get it. Thank you Jak. Thank you. Barry, can you weigh in on the value for you?

BARRY: Yeah, the value is to focus on the peace. We look at the pieces P.I.E.C.E.S., the individual things, the stuff. And it's to focus on peace, on the love. I don't think there's enough of this action. This conversation for the last hour is not an everyday conversation and so for me it's making it an everyday conversation asking that question. I mean we've gone through the six pieces here Elaine, but what about doing that with other people? Experience having a conversation asking, "I see you seem tweaked. What if you were peaceful, what does peace look like?" Ask the questions. So, for me, it's taking it away of the focus from the shutdown, the constriction, to the openness, love to God, the possibility of helping mankind. We're only here for give or take 100 years depending. So, it goes way too quick.

ELAINE: There you go. That's right. Well, for me as always, it is a blessing to have my favorite friends come together with a meaningful conversation, a deep conversation and I think this has been worthy of the crown chakra. That is Sukkot, which everybody here gets a crown for showing up and contributing and truly that crown comes with responsibility, not just for ourselves, but to share with other people and that is my take away is that like Jak and I think what Samarah is already doing is gathering a tribe of people and inspiring them.

So, that's one of the things that I would like to share with you is a link to my YouTube channel. I'm going to start a Sunday show and once a week, I'm going to get on YouTube. I don't know if it will be live or not. And I'm just going to make that commitment. That is my contribution that I will have a show for people and maybe we just go through these six steps every Sunday and see who the people are that we can inspire. But anyway, that's just a bit.ly link to the YouTube channel: <https://bit.ly/drelainechristine>.

And I have another special bonus, Barry if you want to put in the Peace Process Worksheet <https://bit.ly/peace-worksheet>. If you have not downloaded this, this is something that I use in every coaching call that I do—the peace worksheet. I recommend that you take that, use that, pass it around and then of course as a special bonus, you can access the replay of this call on my website. Barry, if you can do that, that I would appreciate that everybody can grab the chat and then I'll have an article for our conversation as soon as I can. So, thank you Barry for that.

Now for our closing circle. I would just like to take a moment to bow our heads in prayer and to say thank you, God for this time together and all of those who are connected on this call. We are grateful for your goodness, Lord Jesus. We repent, we ask for your grace, your mercy and your love to help us create a compassionate and more peaceful world. In your service, Amen.

BARRY: Amen! I'll open up the mics here for the people.

SAMARAH: I just want to say thank you so much, Elaine, that was truly, truly beautiful and magical. Jak put me on your list, I would love to have a little more physical than some people but I'm with you. I've been putting my message out for the last 22 years whether somebody shows up or not, but more and more people show up and then it really is about being that example. Barry was talking about that, how could I be the example of being brave enough to say here's what I'm thinking, here's what I'm feeling and I want to hear from everybody too. So, I love what you're saying. Thank you. Thank you all by the way.

JAK: Elaine, I really appreciate your putting this effort together. It's really waking me up, because I'm asleep.

SAMARAH: Well, it's time I think for all of us to wake up and know we have a P.I.E.C.E. of the P.E.A.C.E. I love that, I love that. So, thank you, Elaine. It's lovely as always to see you and to be in your energy and hope everyone has a beautiful evening.

ELAINE: Thank you all for your participation and your partnership in peace. Bye for now!

JAK: Thank you. Thank you, Aaron. Thank you, Barry.

SAMARAH: Bye-bye.

AARON: Bye.

BARRY: Goodnight, everyone!

JAK: Bye-bye!