

# HOW PEACE PILGRIM STEPPED INTO MY LIFE...

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*born Dutch.*



Around 1996 I met an originally English biochemist/ kinesiologist living in Israel, Tel Aviv, when I visited *Mother Meera* for blessings and two hour silent meditations near Limburg an der Lahn in Germany. Can you imagine over 200 silent people!?

We coincidentally stayed in the same house, where the family makes their own bread, jelly, yoghurt and grows their own vegetables. We met several times at this family's place. Since I am a musician and healing coach we had lots to share.

This is how we decided to exchange some healing techniques in 2002: I taught her *Emotional Freedom Techniques* and she taught me an allergy neutralising protocol, using *Touch For Health*. Afterwards, this lady offered me the Steps in English and took home one of my CDs.

Back home I read the booklet, how I loved it! I asked *Friends of Peace Pilgrim* if a Dutch version was available. They wrote me where I could find it. But... it had to be bought from a publisher and I did not agree with that, considering *Peace Pilgrim's* message.

So, I decided to translate it myself and to make it available for free. In September 2003 I initiated a *Foundation for more Music, Health and Peace* ([www.angelaprodeo.org](http://www.angelaprodeo.org)) and offered the Dutch Steps there. Then I acknowledged *Friends of Peace Pilgrim* I created Dutch Steps that could be downloaded for free so that they could refer to it.

Later on we also offered the Steps in many more languages, since we managed to set off our site in 8 languages.

The Angela Pro Deo Foundation works for Peace in different ways. We offer for free, all on [http://www.angelaprodeo.org/en\\_peace.html](http://www.angelaprodeo.org/en_peace.html) :

- \* the "Serenity Prayer",
- \* the "Free Hugs" video,
- \* Steps of Peace Pilgrim,
- \* sheet music and audio of the Peace Song "You and I are One",
- \* prayers for Peace from many traditions,
- \* download Music for World Peace from our HAND IN HAND FOR PEACE project,
- \* join in our HAND IN HAND FOR PEACE project: send in an audio of your Peace Song
- \* join in our ACT OF PEACE project: sing on Beethoven's Ninth Symphony in your own language on brother/sisterhood
- \* read Mayte's PEACE E-NEWSLETTER (in English/Spanish): connecting Peace-workers in more than 25 countries

Apart from that, we offer free downloads of:

- \* sheet music (piano, guitar, songs): [http://www.angelaprodeo.org/en\\_sheetmusic.html](http://www.angelaprodeo.org/en_sheetmusic.html)
- \* 70 songs, Angela Andáy: [http://www.angelaprodeo.org/pdf/angela\\_anday\\_on\\_youtube.pdf](http://www.angelaprodeo.org/pdf/angela_anday_on_youtube.pdf)
- \* info on "Speaking words of Light": [http://www.angelaprodeo.org/pdf/en\\_nvc.pdf](http://www.angelaprodeo.org/pdf/en_nvc.pdf)
- \* a list of Louise Hay's "Heal your Life" movies:  
[http://www.angelaprodeo.org/pdf/en\\_heal%20your%20life.pdf](http://www.angelaprodeo.org/pdf/en_heal%20your%20life.pdf)
- \* a list of free concerts in Holland: <http://www.angelaprodeo.org/concertagenda.html>

## Music, Health and Peace to all!