

Peace and Coexistence can be achieved  
through opening our hearts and minds  
to a broader perspective.  
We are one race and we inhabit one world.  
We can not give this viewpoint  
over to those whose  
only interest is dominion over all they see.  
<<http://www.papillonweb.net>>

## ***Words from Judith Bello***

I grew up in a middle class home in a working class neighborhood. In the late 60s, I went to a college with a big Methodist Seminary, with a very liberal faculty and many draft evaders in the student body. Most everyone was involved in the anti-war movement. I joined the movement, but also studied philosophy and religion, so that my entire understanding of life and society was transformed. Of late, I have spent many years practicing Tibetan style Buddhism, and am a practitioner and teacher of Iyengar based yoga. The style of yoga I practice and teach is very deep and quiet, and the classes I teach are "Yoga and Mindfulness" and "Yoga for Self Healing".

I am a single parent and I have worked constantly as long as I can remember. When my son was small, I got a math degree in college, and since then, I have made my living as a Computer Programmer. My son is currently in college and I have worked hard to support him and make sure he would have some opportunities in life. One good thing about working in technology is that it has provided opportunities to work with people from all over the world. I have worked with many Indians and Chinese, Russians, a Pakistani national, Brazilians, Haitians, an Argentinean, someone from Nicaragua, and yes, a couple of Iranians. I am sure I left some out, but I had one job that was almost as diverse as the United Nations and it was great fun. Everyone was so unique.

Over the last few years, I have become more and more involved, working with groups opposing US wars in the Middle East and rejecting any further US imperialist adventures. Just a couple of years ago I started watching Democracy Now!, and Mosaic News, and then following Middle East News on the Internet. Since then, exploring Middle East cultures, and tracking Middle East News has become a major fascination for me. I write a blog which is at <http://papillonweb.net/blog> where I kind of process what I am learning and try to offer a new perspective to people who haven't thought about the other side, drill a few holes in the 'common' understanding.

I am really concerned about the consequences of my country's irresponsible behavior, and disturbed to see the way many people have become closed in, fearful and even xenophobic over the last 10 years. It is very sad. The world is so big and full of beauty, and people everywhere are so much more alike than different. Every day I feel more dedicated to ending all this crazy conflict and bringing peace to the world so I can go out and explore, and meet people and be free to dance with life for a while. I am very much looking forward to my visit to Iran as the beginning of a new phase of my journey.

To sponsor Judy's Peace Trip to Iran send your check to:

"GRCC/Bello"  
2 Riverside Street  
Rochester, NY 14613

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