

2012 Global Healing

Theme: Balance

“Balance is Beautiful.” Miyoko Ohno

January-February-March

Focus: Center



Photo by Roger Lynn

Quote: “A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.”—*Wayne Dyer*

Picture/Symbol: Fire

Color: Yellow, like the flame and the third chakra of control and freedom and power

Flyer: See attached

Prayer: *The first step toward balance is finding the center.*

Let us breathe together, as a prayer--

Breathing in, I'm fed by Spirit;

Breathing out, my Soul is cleansed.

(Repeat this prayer, while breathing, slowly, naturally, deeply, again and again, until you feel settled and ready to move into the labyrinth.

Any time during your walk, if you feel unsettled, stop, breathe and repeat the prayer until a centering comes back to your experience.)

Ideas for benefiting organization: Various organizations that provide centering and mindfulness resources, and deep care, for the most-vulnerable in our midst. A couple of many examples:

- **Inside Passages**, an organization teaching Mindfulness Based Stress Reduction skills to VA Hospital patients suffering from PTSD <<http://insidepassages.com/>>
- **Enso House**, providing physical, emotional and spiritual support when nearing the end of life <<http://www.ensohouse.org/>>

Ideas for ambiance around the labyrinth: Banks of candles at several stations around the outside of the labyrinth; one candle is a centering symbol of new hope coming into the world. Several candles together become a powerful light that is not easily overcome, but still quiet enough to give awareness of shadow. Perhaps a station near the entrance of the labyrinth could be a shallow decorative container filled with decorative sand, into which participants can light and place a candle of their own; a symbol of solidarity.

Music: Selective playlist from Trio Mediaeval's album, Soir, dit-elle. These selections offer a soundscape that plays well with the literal and metaphorical vision of candles flickering amidst shadows. Suggested 30 minute playlist would include the following tracks in this order:

- (5) Leonel Power (1370-1445) - Credo - Missa "Alma Redemptoris Mater"
- (13) Leonel Power (1370-1445) - Agnus Dei - Missa "Alma Redemptoris Mater"
- (9) Leonel Power (1370-1445) - Sanctus - Missa "Alma Redemptoris Mater"
- (4) Gavin Bryars - Ave Regina Gloriosa -Lauda VII- (1943)
- (11) Gavin Bryars - Venite A Laudare -Lauda I- (1943)
- (3) Gavin Bryars - Laude Novella -Lauda II- (1943)
- (14) Alma Redemptoris Mater (Gregorian Chant)

Veriditas Global Healing 2012
Labyrinth Prayer Walk for
Balance

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Open to the Public

<Date>

Walk anytime between <Time>.

Donations received for <Benefiting Organization>:

<Address>

<Address>

<Address>

<Phone>

<Sponsoring Organization/Host>

<Website>

