



Global Healing Resource Quarterly

2013 Theme: Truth

*"Let us not love with words or speech
but with actions and in truth." I John 3:18*

April-May-June

Focus: Peace



Photo by Jo Ann Mast, Veriditas Master Teacher

Quote: "Without trust, there can be no genuine peace. Neither in politics, nor in the quiet individuality of the heart and spirit."—Timothy Zahn, *Vision of the Future*

Color: Blue

Prayer: Peace in the Present Moment

Peace is not a matter of faith; it is a matter of practice. We need only to find ways to bring our body and mind back to the present moment so we touch what is refreshing, healing, and wondrous.

In the Buddhist tradition, every time a bell rings, you are invited to breathe in saying silently, "listen, listen," and when breathing out, say, "this wonderful sound brings me back to my true home."

Our true home is in the present moment. To live in the present moment is a miracle, walking on the green earth in the present moment, and appreciate the peace and beauty that are available now. Peace is all around us---in the world and in nature ---and within us---in our bodies and our spirit.

Walking the labyrinth breathing in, taking deep breathes allowing ourselves to walk mindfully, touching the earth with each step. We don't need to wish our friends, Peace be with you".

Peace is already with them. We need only to help them cultivate the habit of touching peace in each moment.

Make way for Peace and it will be found.

—Jo Ann Mast, Veriditas Master Teacher

Ideas for benefiting organization: This website lists hundreds of organizations working for peace:
http://www.peacewomen.org/portal_organizations.php

Ideas for ambiance: Decorate your labyrinth with these "Birds of Peace." Each pilgrim could make their own and put a message on it: <http://www.arvindguptatoys.com/toys/peace.html>

Music: "Circle of Healing," Paul Lloyd Warner: <http://www.cdbaby.com/cd/paullloydwarner4>

This material can also be found at www.globalhealingresponse.com or www.veriditas.org



Photo by Jo Ann Mast, Veriditas Master Teacher

Labyrinth Prayer Walk for Truth

*“Let us not love with words or speech
but with actions and in truth.” I John 3:18*

April • May • June

Focus: Peace

“Without trust, there can be no genuine peace. Neither in politics, nor in the quiet individuality of the heart and spirit.”—Timothy Zahn, *Vision of the Future*

Open to the Public

<Date>

Walk anytime between <Time>.

Donations received for <Benefiting Organization>:

<Address>

<Address>

<Address>

<Phone>

<Sponsoring Organization/Host>

<Website>

