

# Global Healing Response Quarterly

## 2013 Theme: Truth

*"Let us not love with words or speech  
but with actions and in truth." 1 John 3:18*

October-November-December



## Focus: Beauty

**Quote:** "'Beauty is truth, truth beauty,' - that is all ye know on earth, and all ye need to know." —John Keats

**Color:** Purple

### Prayer/Meditation:

The Truth is our human soul is hungry for beauty; we seek it everywhere---in the landscape, music, art, clothes, furniture, gardening, companionship, love, religion and in ourselves. When we experience beautiful, there is a sense of homecoming. Some of our most wonderful memories are of beautiful places where we felt immediately at home. We feel most alive in the presence of the beautiful because it meets the truth of our soul.

In the experience of beauty we awaken and surrender at the same time. Beauty brings a sense of completion and sureness. Something ancient within us trusts this.

Truth is, given the current national and global crisis; our lives hold anxiety and uncertainty. In the heart of people some natural ease has been broken. Our trust in the future has lost its innocence.

It might sound naïve to suggest it is the time to invoke and awaken beauty. Yet that is exactly what we can do.

The time is ripe for beauty to surprise and liberate us. Beauty is a free spirit and will not be trapped by the ego. The wonder of the beautiful is its ability to surprise us. With swift, sheer grace, it is like a divine breath that blows the heart open

In the light of beauty, courage is awakened. You are invited to explore ways beauty can surprise you, and restore hope in your hearts.

### Ideas for benefiting organization:

Bring the joy into other's lives by noticing and acting on opportunities for sharing through local food banks and homeless kitchens and thrift stores (where you can shop & donate).

### Ideas for ambiance:

- Walk an outdoor labyrinth in the chill of an autumn or winter evening.
- Dance the labyrinth with colorful scarves, or flags or ribbons.
- In a few words write about where beauty is in your life and carry this into the labyrinth.
- Or what does beauty look like to you?

### Music:

Free music from Shilombish ensemble (native american flute, string instruments, and didgeridoo) that can be downloaded from Well-Fed Spirit. Two different sets of tracks can be found at:

[http://wellfedspirit.org/labyrinth\\_pages/labyrinth\\_music.html](http://wellfedspirit.org/labyrinth_pages/labyrinth_music.html) &

[http://wellfedspirit.org/labyrinth\\_pages/labyrinth\\_music-2.0.html](http://wellfedspirit.org/labyrinth_pages/labyrinth_music-2.0.html)