

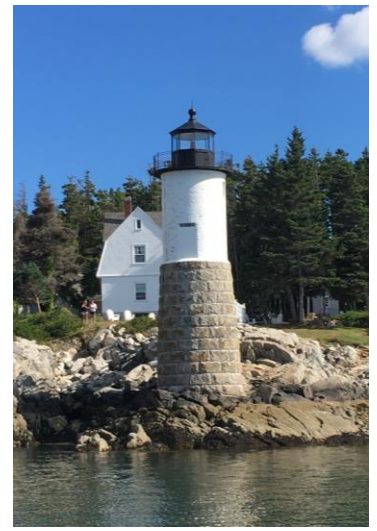
Global Healing Resource Quarterly

2018 Theme: **Light**

To love beauty is to see light. —Victor Hugo

January-February-March

Focus: **Shine your Light**



Quote: As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others.
—Marianne Williamson

Picture/symbol: Lighthouse

Prayer/Meditation:

"I am a *lighthouse*
rather than a *lifeboat*.
I do *not* rescue,
but instead help others
to find their own way to shore,
guiding them by my example." - Modern Affirmation

Ideas for benefiting organization: **Solar Aid** (<https://solar-aid.org/>)

SolarAid is an international charity that combats poverty and climate change. They provide access to solar lights in some of the most remote regions of Malawi, Uganda and Zambia. Find out more at their [website](#).

Ideas for ambiance around the labyrinth: Candles set in sand, floating on water, set in mason jars. Perhaps each walker would like to walk with a tea light (battery operated might be safest)

Music: “Morning Light (<https://www.youtube.com/watch?v=KZHSR5VG0uU>)