

# Global Healing Response Quarterly

2018 Theme: **Light**

To love beauty is to see light. —Victor Hugo

**October-November-December**



## Focus: **Lighten Up!**

**Quote:** “Laughter is a sunbeam of the soul.” —Thomas Mann

“If you wish to travel far and fast, travel light.

Take off all your envies, jealousies, unforgiveness, selfishness and fears.” —Cesare Pavese

**Picture/Symbol:** Rainbow

### **Prayer/Meditation:**

Walking into the labyrinth....

#### **Walk into Lightness**

The peace of All Peace be mine on this path.

Let all tumult of life’s storms within me cease.

May the weight of heavy burdens release;

The diminishing shackles upon me drop free from my soul

May True Light illuminate the habitations of my dark shadows, setting me free from all forms of suffering.

Walking out of the labyrinth...

#### **Send Forth Healing**

Envisioning what Light, Peace and Love is needed in the world beyond me,

I send empowering energy outward, beyond myself,

Into the shadows, storms and suffering all around.

By my actions, relationships and ways of being

I will participate in the greater community of healing in this world.

—The Rev. Warren Lynn

**Ideas for benefiting organization:** Red Cross for Hurricane Florence

**Ideas for ambiance:** All the colors of the rainbow. Colorful scarves, painted rocks, colorful paper to journal with after walking, colorful candles.

**Music:** Love & Light, Pablo Arellano (<https://www.youtube.com/watch?v=0buLy7nqiPU>)