

Global Healing Response Quarterly

2019 Theme: **Intention**

Our intention creates our reality —*Wayne Dyer*

April-May-June

Focus: **Focus** (this is not a typo)



Quote:

The secret of change is to focus all of your energy not on fighting the old, but on building the new. —Socrates

Picture/Symbol: The budding flower symbolizing new growth and focus.

Prayer/Meditation:

Science is proving that our healing energies are more powerful when we are focused, peaceful and calm. Here is a meditation that can help us find our center as we walk the labyrinth....

As I enter the labyrinth I am here now.

I am mindful and in the moment. I release that which does not serve me.

As I stand in the center of the labyrinth I see the distractions that I feel are outside of me. The center is a place within. I put my thoughts aside for the present moment. I am willing to receive what Spirit wants me to hear.

As I walk out of the labyrinth, I feel peace and commitment to stay focused in my journey.

As I leave the Sacred space of the labyrinth and cross the threshold back into the world, I feel gratitude for this moment.

Ideas for benefiting organization: Is there a nonprofit organization in your community that you feel helps people find their center and their focus? A calm place for folks to find peace? Perhaps an arboretum, retreat center or park?

Ideas for ambiance: Let participants write their focus on a rock or piece of paper and carry it with them. You could even have rocks with words like “release”, “gratitude”, “trust”, “clarity” as choices. Provide lots of journaling ideas after the walk. The meditation is available as a PDF to write and give to participants.

Music: Here is a three hour track of music developed to help you concentrate. Makes figuring out a soundtrack for an entire event pretty easy! <https://www.youtube.com/watch?v=b9nooPrbCCA>

Attention is the ability we have to discriminate and to focus only on that which we want to perceive. —Miguel Angel Ruiz