

# Global Healing Resource Quarterly

2020 Theme: **Vision**

"Feet sandaled with dreams tread paths of vision leading to wisdom's sharp peaks."  
— Aberjhani (The River of Winged Dreams)

**January-February-March**



Focus: **Insight**

**Quote:** "Your vision will become clear only when you look into your own heart. Who looks outside dreams; who looks inside, awakes."— Carl Jung

**Picture/symbol:** The Heart-where we can go to get insight into our dreams, blocks, history and future.

**Prayer/Meditation:**

I breath into my heart to allow the vision my soul dares to create to come forth.

I glance in the rearview mirror of my life with grace and forgiveness  
—To clear the path of the wreckage of my past  
—To allow my lessons learned to serve as the lampposts that light the way to the future.

I look for my blind spots  
—By allowing and asking others to... show me  
—By being honest with myself

I watch for the obstacles keeping me from creating my vision  
—That I use as excuses  
—That no longer serve me  
—That I can resolve

I see  
—The Hope  
—The Love  
—The Possibilities

I create and honor the path, more clearly, I am being called to follow.  
—*Ellen Bintz Meuch*

**Ideas for benefiting organization:** [Veriditas.org](https://www.veriditas.org). They help us find our path everyday!!! ❤️

**Ideas for ambiance around the labyrinth:** Provide a bowl with questions written out on pieces of paper (some questions are available by clicking here.)

**Music:** Three hours of Heart Chakra Music: <https://www.youtube.com/watch?v=8DnQ-nsjcs0>