

2011 Global Healing

Theme: Coming Together

“Coming together is a beginning. Keeping together is progress. Working together is success.”—Henry Ford



Healing Heart

April-May-June Compassion

Response to: Tornadoes in USA's South

Quote:

“The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.” *Thomas Merton*

Color: Soft blue, like a comforting blanket on a cold night

Prayer:

Kay Mutert, Veriditas Master Teacher, wrote a special prayer in response to the tornadoes that devastated her town, Tuscaloosa, Alabama and so many other cities in the South. It is attached below.

Compassion is not afraid to feel. It is not afraid to suffer. It is alive and beating and knows we are one---one with the Divine. Come with passion to that which calls your heart no matter how big or small.

Allow yourself to feel what you feel, and it will lead you to that authentic true nature of things that bring you peace of mind.

Let the energy behind your heart's passion move you into the action you want, need and desire. Open yourself to a world far deeper than your mind could ever know.

Walk your possibilities, and allow your potential to seek compassion in yourself so that you may serve yourself and the world in the tradition of the strong and the real. Every step you take is a healing step for yourself and others. Every step you take is a sacred step.

Walking the sacred Path of the labyrinth you heal your heart and soul. You heal the earth and all her people and creatures. It is time! Amen
—*Jo Ann Mast, Veriditas Master Teacher*

Ideas for benefiting organization: American Red Cross, United Way of Western Alabama (Tuscaloosa), United Way of Central Alabama (Birmingham)

Ideas for ambiance: Living plants, flowers representing new growth and hope, candles, bells or chimes to ring while walking.

Music: “Quiet Heart and Spirit” by Richard Warner, “Compassion” by Peter Kater and “Gratitude” by Kim Robertson



Once again natural disaster has hit, as tornadoes twisted, turned and charged on, creating havoc and destruction across the Southeast of the United States.

Even as these communities strive to move out from under the rubble, the uncertain recovery of Japan continues. And our hearts are not far removed from past events around the world that still leave their mark, places and persons still scarred and broken, continued loss and emptiness.

We who are able, offer this prayer and thought to the Un-chosen transitions of our communities and world.

PRAYER FOR COMPASSION

We know any loss touches all.
Loss of life is loss of life.

We are, as Thomas Berry said, a communion of subjects.
We are joined together in life, in story.

In the traditions of ancient wisdom and spirit,
may we both uphold the people and places lost and hurt
by this recent epidemic of storm destruction
and remember the losses in these other communities around the world,
those now a part of our past news.

May we continue not to forget...
not to forget the disasters of recent years and places,
not to forget the tragedy of Japan,
not to forget the present ache of the Southeast states.
May we hold each other in love and care.

And may we continue to hold hope and thankfulness—
for a community of persons who care across the world through the circle of the labyrinth,
for those who bodily, financially and spiritually respond to the needs of others,
for the promise of a new dawn, even when the night seems endless.

May the labyrinth call us all to remembrance.
May we acknowledge both the powerful hand of nature and
the promise-filled possibility of humanity.
May we be a helping world for a hurting world.

May we never lose our sense of compassion,
our cup never be too full to care and respond.

May our love and spirit be with all who mourn loss,
with all who work in the grace of recovery.
May we walk in love, care and compassion.

—Kay Mutert, Tuscaloosa AL May 2, 2011—