

# 2012 Global Healing

## Theme: Balance

“Balance is Beautiful.” Miyoko Ohno

## January-February-March

## Focus: Center



Photo by Roger Lynn

**Quote:** “A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.”—*Wayne Dyer*

**Picture/Symbol:** Fire

**Color:** Yellow, like the flame and the third chakra of control and freedom and power

**Flyer:** See attached

**Prayer:** *The first step toward balance is finding the center.*

Let us breathe together, as a prayer--

**Breathing in, I'm fed by Spirit;**

**Breathing out, my Soul is cleansed.**

*(Repeat this prayer, while breathing, slowly, naturally, deeply, again and again, until you feel settled and ready to move into the labyrinth.*

*Any time during your walk, if you feel unsettled, stop, breathe and repeat the prayer until a centering comes back to your experience.)*

**Ideas for benefiting organization:** Various organizations that provide centering and mindfulness resources, and deep care, for the most-vulnerable in our midst. A couple of many examples:

- **Inside Passages**, an organization teaching Mindfulness Based Stress Reduction skills to VA Hospital patients suffering from PTSD <<http://insidepassages.com/>>
- **Enso House**, providing physical, emotional and spiritual support when nearing the end of life <<http://www.ensohouse.org/>>

**Ideas for ambiance around the labyrinth:** Banks of candles at several stations around the outside of the labyrinth; one candle is a centering symbol of new hope coming into the world. Several candles together become a powerful light that is not easily overcome, but still quiet enough to give awareness of shadow. Perhaps a station near the entrance of the labyrinth could be a shallow decorative container filled with decorative sand, into which participants can light and place a candle of their own; a symbol of solidarity.

**Music:** Selective playlist from Trio Mediaeval's album, **Soir, dit-elle**. These selections offer a soundscape that plays well with the literal and metaphorical vision of candles flickering amidst shadows. Suggested 30 minute playlist would include the following tracks in this order:

- (5) Leonel Power (1370-1445) - Credo - Missa "Alma Redemptoris Mater"
- (13) Leonel Power (1370-1445) - Agnus Dei - Missa "Alma Redemptoris Mater"
- (9) Leonel Power (1370-1445) - Sanctus - Missa "Alma Redemptoris Mater"
- (4) Gavin Bryars - Ave Regina Gloriosa -Lauda VII- (1943)
- (11) Gavin Bryars - Venite A Laudare -Lauda I- (1943)
- (3) Gavin Bryars - Laude Novella -Lauda II- (1943)
- (14) Alma Redemptoris Mater (Gregorian Chant)

Veriditas Global Healing 2012  
Labyrinth Prayer Walk for  
Balance

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*January • February • March*  
*Focus: Center*

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Open to the Public

<Date>

Walk anytime between <Time>.

Donations received for <Benefiting Organization>:

<Address>

<Address>

<Address>

<Phone>

<Sponsoring Organization/Host>

<Website>

