

Global Healing Resource Quarterly

2016 Theme: **Stability**

“The world is beautiful outside where there is stability inside.”

—*Unknown*



January-February-March

Focus: Strength—to stand or endure, a sense of steadiness, a steadfastness

Quote: “Remember, the storm is a good opportunity for the pine and the cypress to show their strength and their stability.” —Ho Chi Minh

Picture/symbol: Redwood Trees

Color: Auburn

Prayer/Meditation:

You are invited to use the following reading as a focus for your labyrinth walk. In these days of uncertainty, fear, and suffering by many, we are not alone. We hold space, offering strength and caring for others and for ourselves.

“Anytime we can listen to true self, we do so not only for ourselves but for the many others whose lives we touch.”

—Parker Palmer-

We hold space for ourselves so we can better hold space for others.

Creating a safe, loving space for others is a willingness to walk alongside another person whatever their journey, without judgment, making them feel inadequate or trying to fix them.

When we hold space for other people, we open our hearts and offer unconditional support, safety, and calm.

A Meditation on Solitude – John O’Donohue

May you recognize in your life the presence,
Power, and light of your soul.

My you realize that you are never alone,
That your soul in its brightness and belonging
Connects you intimately with the rhythm of the Universe.

May you have respect for your individuality and difference.
May you realize that the shape of your soul is unique,

That you have a special destiny here,
That behind the façade of your life
There is something beautiful and eternal happening.

May you learn to see your self
With the same delight,
Pride, and expectation
With which Divine sees you in every moment.”

Ideas for benefiting organization: In the freshness of the New Year, share lightly used winter clothing, especially coats, shoes, hats, boots for children and adults at local thrift stores; in the cold season food and staples are always needed at local food banks, homeless kitchens and shelters.

Ideas for ambiance around the labyrinth: walk an outdoor labyrinth under the stars or moonlight, carry battery candles walking an indoor labyrinth, write messages of gratitude, of letting go that which no longer serves you and leave it in the center, carry an item symbolizing your soul or yourself

Music: Judith Tripp CD: “Return to the Land of Your Soul.”