

Global Healing Response Quarterly

2016 Theme: **Stability**

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

—*Unknown*

October-November-December

Focus: **Serenity**



Quote: “Today I want to feel the release of fully letting go of those things I cannot change. May today feel lighter and more joyful as a result.” —Shawn Fink

Picture/Symbol: **Calm water** (Photo by The Rev. Warren Lynn)

Color: Blue

Prayer/Meditation:

SERENITY

Fully letting go of those things we cannot change.

Releasing things of the world---the wild, dangerous, fearful, tiresome, and challenging outside world.

As you take the first step into the labyrinth, close your eyes, take a few breaths, then a full breath.

Imagine diving deep into the calm waters of the lake washing away tension, fear, hurt and worries of the outside world and your world. Trusting the labyrinth and yourself, putting one foot in front of the other, letting go stress, tension, fear and doubt.

Mindfully reaching the labyrinth center---Your own center. Continue releasing, letting go, especially those things you cannot change. Breath-in and breath- out feeling lighter and lighter...

Now leaving the center with, lighter steps, quieter mind, body refreshed, and spirit renewed, light-hearted and joyful.

Path of Serenity

In Light and Joy,

Jo Ann Mast, Veriditas Master Teacher

Ideas for benefiting organization: Organizations that work to improve the quality of our oceans and lakes, or provide clean water and drinking water. In the Midwest, the Great Lakes Alliance is doing wonderful work cleaning up the beaches and water quality.

Ideas for ambiance: Water filled mason jars, floating candles, buckets of sand with candles

Music: Try using calming nature sounds, waves, and wind. These tracks are available on YouTube and even Pandora.