

Global Healing Resource Quarterly

2019 Theme: **Intention**

Our intention creates our reality —*Wayne Dyer*

January-February-March

Focus: **Attention**



Quote: “I hold my course with focused attention and relentless commitment, as I weather the storms of life.” —Jonathan Lockwood Huie

Picture/symbol: The Statue of Liberty is a vision of strength through all storms and calls our attention to remember kindness, welcome and healing.

Prayer/Meditation:

Before we can create an intention, we first pay attention to where we are in life. Can we execute an intention if our energy isn't centered and strong? I am repeating Warren Lynn's two step prayer so we can pay attention to how we each feel as we enter the labyrinth and then pay attention to how we can help others as we exit.

Walking into the labyrinth....

Walk into Lightness

The peace of All Peace be mine on this path.
Let all tumult of life's storms within me cease.
May the weight of heavy burdens release;
The diminishing shackles upon me drop free from my soul
May True Light illuminate the habitations of my dark shadows, setting me free from all forms of suffering.

Walking out of the labyrinth...

Send Forth Healing

Envisioning what Light, Peace and Love is needed in the world beyond me,
I send empowering energy outward, beyond myself,
Into the shadows, storms and suffering all around.
By my actions, relationships and ways of being
I will participate in the greater community of healing in this world.
—The Rev. Warren Lynn

Ideas for benefiting organization: Veriditas! Let's support the organization that supported us.

www.veriditas.org

Ideas for ambiance around the labyrinth: Have journaling paper so walkers can write their intentions. Or, create a basket of stones that can have intentions written on them and walkers can hold them as they walk. Ask walkers to pay attention to their heart messages.

Music: I found this beautiful music for focus (<https://www.youtube.com/watch?v=IU13sdrLQ-M>). But you could use any music that you find relaxing and centering.