

Global Healing Response Quarterly

2020 Theme: **Vision**

"Feet sandaled with dreams tread paths of vision leading to wisdom's sharp peaks."— Aberjhani (*The River of Winged Dreams*)

October-November-December



Focus: **Action**

Quote: “Vision without action is a dream. Action without vision is simply passing the time. Action with Vision is making a positive difference.” —Joel Barker

Picture/Symbol: A giant leap

Prayer/Meditation:

With each step and breath, let me peacefully root myself in this world in such a way that chaos only blows through me and does not knock me off center.

Let this rooted space become a tender place to manifest visions so they may evolve into actions that transform one person or millions. I know that in the scope of eternity, every action has importance.

I might move toward my dreams with baby steps, but I will have the courage and faith to take a giant leap when needed.

I will act first with self-care,
then care for loved ones, my community and our world with the intention of creating circles of love that ripple through the universe.

Ideas for benefiting organization: Is there an organization in your community that has taken action to solve a problem? Supporting their courage and commitment might illuminate their achievements.

Ideas for ambiance: Encourage participants to walk at a different pace than they usually do—faster or slower. Tell them it's ok to move in different ways. Spin around, hop, dance. Let them know it's ok to shift things around and sometimes the shift helps move us forward.

Music: Zen Walking Meditation - Music for Meditation in Action:
<https://www.youtube.com/watch?v=Sd9VnbhEIjo>