

Global Healing Response for a Stormy World 9/4/21, Noon



Intention

My intention for this labyrinth walk is to feel the coherent energy of my own heart, then send that coherent energy to _____ (you fill in the blank).

Meditation

(something you can read to yourself, prior to saying and walking with your intention).

I fully release and let go of those things I cannot change. I let go of my fear of my own challenging world and that of the outside world.

I breathe into my heart; I exhale from my heart.

Let me begin my labyrinth walk with untying my own knots of chaos.

I breathe into my heart; I exhale from my heart.

I begin to feel the heart center opening.

Turmoil and disaster undo the world beyond my world. When I take a breath into my heart center, I steady my own energy, my own world.

When I breathe into my heart I feed my spirit with the sustainer of life, the breath.

When I exhale from the heart, I am able to direct the gift of heart energy to anyone, anywhere.

I know this to be true.

I am grateful for this practice as I know I am full of generous potential, and capable of sharing it with others.

I open my heart wide proclaiming myself as a resource for humanity.

I begin walking my labyrinth, centered, unburdened, and connected to all.

We connect as One, when we share our heart's coherent energy.

