

Global Healing Quarterly Intention

2022 Theme: **Heart**

“I looked in temples, churches, and mosques.
But I found the Divine within my heart.” — Rumi



April-May-June

Focus: **Open**

Quote: “Far better, I believe, to be like children and open ourselves to every beautiful possibility, for there is nothing our hearts can imagine that is not so.”

— William Kent Krueger

Picture/Symbol: The struggle we sometimes feel to open our hearts.

Prayer/Meditation:

Creator,

Open our hearts to peace and healing between all people.

Open our hearts to provide and protect all children of the earth.

Open our hearts to respect for the earth and all the gifts of the earth.

Open our hearts to end exclusion, violence, and fear among all.

Thank you for the gifts of this day and every day.

—Prayers to the Four Directions

Ideas for benefiting organization: The crisis in Ukraine is on our minds now. [Click here](#) for a link to a reputable organization to donate.

Ideas for ambiance: I am open and receptive to _____ (fill in the blank).

Have strips of paper with the above written on it and have walkers fill in the blank before they walk. Also, walk with a spring flower that might even be opening.

Music: Heart Chakra Healing Music, Anahata Chakra Meditation Music (6:06:05)

<https://www.youtube.com/watch?v=q1Ng7FgDsNQ> . (Sidenote, I have been playing this continuously in my office—I love it!)