

# Global Healing Quarterly Intention

## 2022 Theme: Heart

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

**July-August-September**



## Focus: Connect

**Quote:** “They say there is a doorway from heart to heart, but what is the use of a door when there are no walls?” — Rumi

**Picture/Symbol:** The thread of connection

### Prayer/Meditation:

#### A Tonglen Meditation

Much like all other forms of Buddhist meditation, practicing this art form is rather simple.

- Sit or lie quietly. Get comfortable. Take in several deep breaths until you find yourself in a centered, and relaxed place.
- Close your eyes. Imagine someone that you want to help. Perhaps it is a friend or a loved one. Focus intently on this person and on their struggle.
- Breathe in. As you do focus on the heaviness of their negative energy and of the things that ail them. Imagine yourself breathing in their condition or suffering. As you do this picture that you are breathing in their pain, so you remove it from their bodies, giving them room for comfort, healing, and positivity.
- Breathe out. As you breathe out, breathe happiness and peace out into the world. Think about what you think would bring them comfort or joy. Focus on that and breathe it out into the world. Imagine that breath traveling to those you want to help and having it fill that empty space with what they need.
- Repeat. Continue this practice of breathing in pain and breathing out peace repeatedly until your session is over. Remember, this doesn't just apply to others either. If you are in pain, you can breathe in and out your own suffering.

Adapted from this website: <https://zenfulspirit.com/2017/03/28/beginners-guide-tonglen-meditation/>

**Ideas for benefiting organization:** Legacy Labyrinth Project, [www.legacylabyrinthproject.org](http://www.legacylabyrinthproject.org)  
LLP is connecting labyrinths all around the world.

**Ideas for ambiance:** Scarves tied together around the labyrinth. Teach your participants how to practice Tonglen.

**Music:** Healing Music for the Heart (<https://www.youtube.com/watch?v=AZdxnPHxng>)