

Global Healing Quarterly Intention

2023 Theme: **Journey**

Journey: An act of traveling from one place to another.
--Oxford Languages



July-August-September

Focus: **Arrive**

Quote: To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom. – Ralph Waldo Emerson

Picture/Symbol: The labyrinth's center

Prayer/Meditation:

If we journey, we will arrive.
And when we search we will find.
Every step moves us forward
Toward a place we can breath.
Every thought brings clarity
To see our resting place.
Every intention drives us
To our destination.
Whether our journey is inside or out,
Our heart knows the way.

Ideas for benefiting organization:

Do you have an organization in your community that welcomes refugees?

Ideas for ambiance:

How about some treats and snacks to welcome the pilgrims to their arrival. Ask attendees to describe the feeling of arrival. Maybe write it down before and after they walk.

Music:

Spiritual Journey | Deep Transformative & Healing 111 Hz Divine Frequency Meditation Music
(<https://www.youtube.com/watch?v=rOIR28NTHp4>)