

Global Healing Quarterly Intention

2023 Theme: Journey

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

October-November-December



Focus: Reflect

Quote: There ain't no journey what don't change you some. – David Mitchell

Picture/Symbol: Looking back on the path

Prayer/Meditation:

How was this journey on a path of turns and stops and starts?
Did you fill your soul with adventure or release pain from your heart?
Did you move on a path forward or did you wander with your thoughts?
Were you welcomed upon your arrival, or did you lay claim to a new spot?
Did you smell the roses along the way or push to the finish line?
Did you return to where you started or end up at a different time?
Your journey was perfect no matter what path it took.
Stop and turn around, reflect, and take a look.

Ideas for benefiting organization: To help our Maui friends: <http://mauirapidresponse.org/>

Ideas for ambiance: Offer paper for writing their reflections or creating artwork after they walk. Provide quotes on paper to prompt their reflections.

Music: Reflection: Piano Instrumental Music for Rest & Relaxation
(<https://www.youtube.com/watch?v=Ilm8KtWE>)