



# Global Healing Quarterly Intention

## 2024 Theme: **Our Planet**

“The earth is what we all have in common.” -Wendell Berry

**October-November-December**



*Photo by Mikka*

## Focus: **Air**

**Quote:** “All things share the same breath - the beast, the tree, the man... the air shares its spirit with all the life it supports.” — Chief Seattle

**Picture/Symbol:** Mentally clear, white

**Prayer/Meditation:**

### **THE BALLOONIST’S PRAYER**

May the winds welcome you with softness.  
May the sun bless you with its warm hands.  
May you fly so high and so well that God joins you in laughter  
And sets you gently back into the loving arms of Mother Earth.  
~Author Unknown

**Ideas for benefiting organization:** Here is a list of organizations that help fight climate change:  
<https://www.vox.com/future-perfect/2019/12/2/20976180/climate-change-best-charities-effective-philanthropy>

**Ideas for ambiance:** Directions to make paper airplanes would be fun! If you are outside, hang lanterns from trees.

**Music:** Native Flute and Mountain Wind: <https://youtu.be/tTZGe9z3MqI?si=x95oiLKzpUL1j1uX>