



## Global Healing Resources Quarterly Intention

# 2025 Theme: **Authenticity**

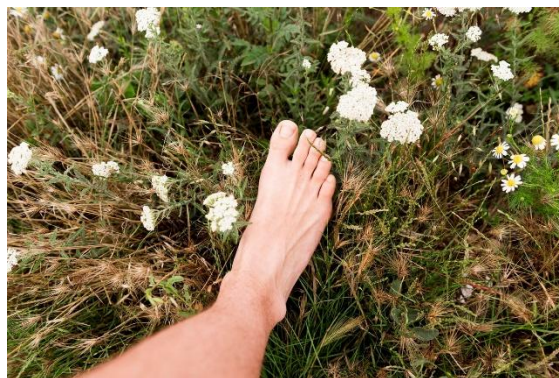
“Hard times arouse an instinctive desire for authenticity.”

—Coco Chanel

## January-February-March

### Focus: **Groundedness**

**Quote:** Get yourself grounded and you can navigate even the stormiest roads in peace. —Steve Goodier



**Picture/symbol:** Standing on solid ground

#### **Prayer/Meditation:**

##### **A Prayer for Groundedness and Connection**

Dear Divine Presence,

I step forward with a humble heart, seeking grounding in the midst of life's challenges.

Root me deeply, like a tree that stands firm in the earth,  
anchored in eternal love and wisdom.

Let my spirit be steady and calm,  
no matter the storms that may arise around me.

Help me to remember that I am never alone,  
that I am connected to all that is —

the Earth beneath me, the sky above me,  
and the people I encounter along my path.

Grant me the strength to nurture these connections,  
to reach out in compassion,  
and to offer love where it is needed most.

May I feel the Divine presence within me,  
in the quiet moments and in the bustling days,  
a reminder that I am always part of the greater whole.

Guide me to live with intention and balance,  
to stay grounded in truth and to be connected to the beauty of life.

Thank you for this sacred connection,  
and for the peace that comes from knowing I am rooted in Grace.

**Ideas for benefiting organization:** National Alliance on Mental Illness (NAMI), <https://www.nami.org/>

**Ideas for ambiance around the labyrinth:** River rocks that can symbolize groundedness, nature such as twigs, water, leaves.

**Music:** Zen Meditation Music, Nature Sounds, Relaxing Music, Calming Music, Healing Music-  
<https://music.youtube.com/search?q=nature+sounds+relaxing+music>