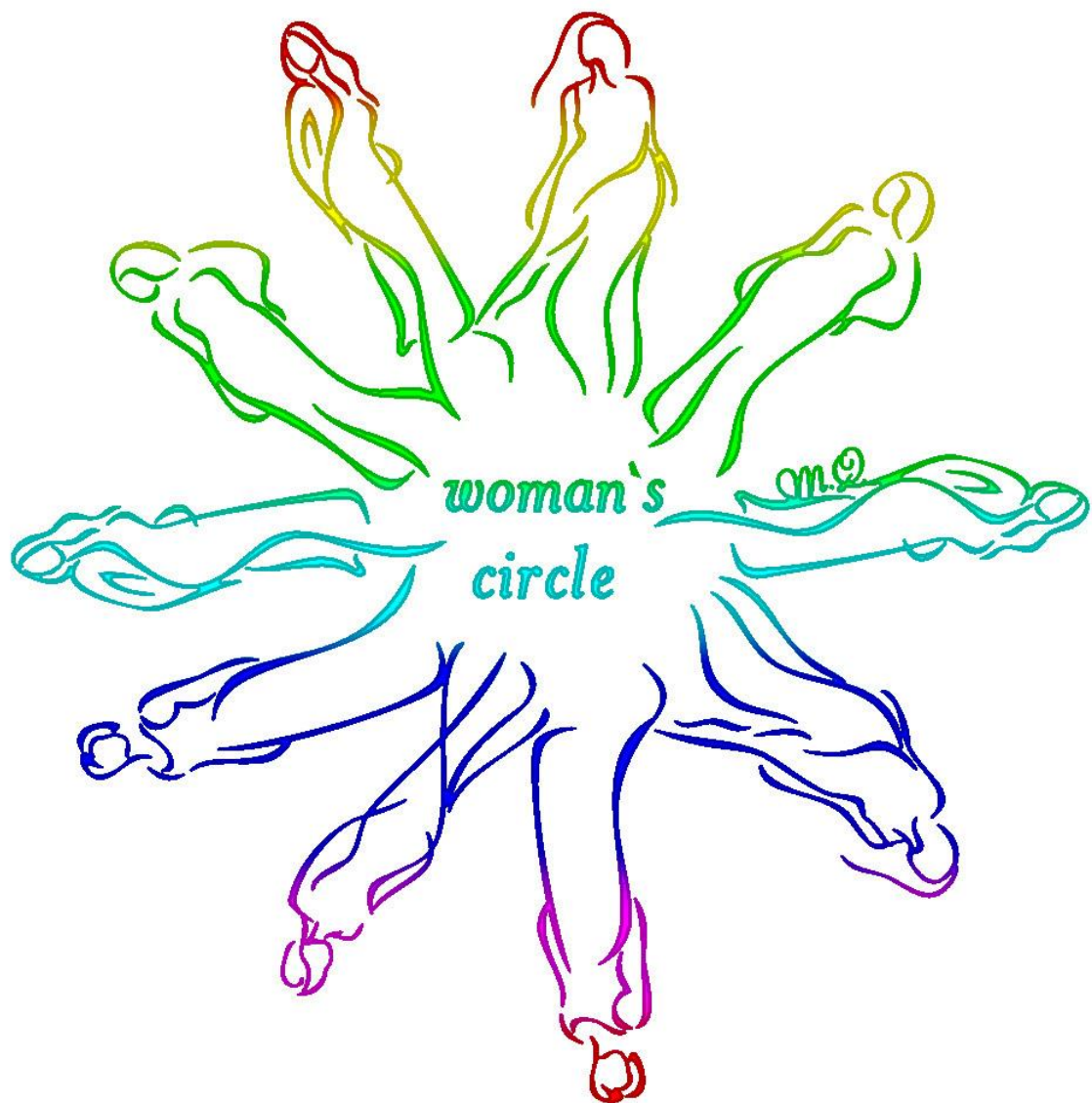




Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

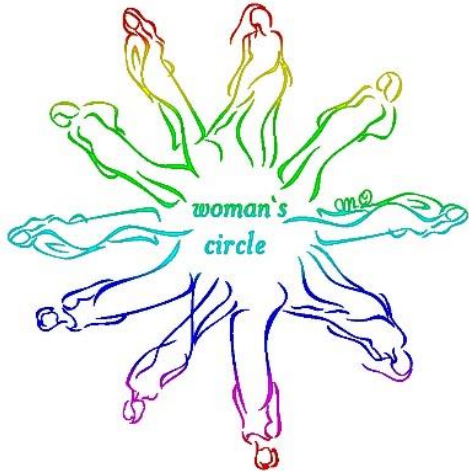
Woman's Circle Meditations

March 2022



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Women's Circle Comfort

Agreement

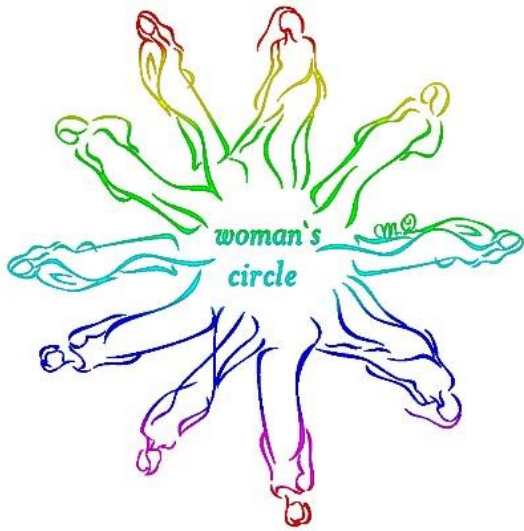
(Revised January 14 2022)

I agree to support myself in this group by....

- When meditation ends admittance to zoom meeting will cease
- When others are speaking, we agree to mute ourselves until we wish to speak. As needed.
- If we feel overwhelmed, we support ourselves by stepping away for a minute. And to let group know "I'm ok, just need a minute."
- Needing to stand, periodically.
- Confidentiality IS an expectation of group participation; except when an individual's personal safety or safety of others is in question.
- If answering a phone call can quickly excuse self, mute and stop video.
- Some conversations may be triggering for others please be cautious how we phrase things.
- Be respectful of everyone's time and allow all to speak.
- To attend zoom meetings, you must be in a space that is private/confidential.
- If you are going to move locations during the zoom, please mute audio/turn off video while you are mobile and turn back on when you resettle.

- Please refrain from laying down, if possible, if not take your video off as this may be distracting for others.
- Whenever possible please leave camera on except in those circumstances already mentioned, or when circumstances do not allow for this (i.e. if no video camera).
- To be aware that my behaviour, demeanor, words and actions can have a lasting affect on participants both positively and negatively.

If there are those in **crisis**, they agree to inform the facilitator that they are in crisis by chat message and discontinue their participation in the live group and connect with their healthcare provider, their peer support worker or end the call and connect with the mental health crisis line at **1-877-470-5200** If, you are not at the meeting please do not join via video link due to others who may be traumatized by this method of connection.



Personal Bill of Rights

(Revised Dec 2021)

I have the right to ask for what I want.

I have the right to say no to requests or demands I cannot meet

I have the right to change my mind

I have the right to make mistakes and don't have to be perfect

I have the right to follow my own values and standards

I have the right to express all of my feelings, both positive and negative, in a manner that will not harm others

I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values

I have the right to feel angry and to express my anger in a responsible manner

I have the right to be uniquely myself

I have the right to feel scared and say, "I'm afraid"

I have the right to say, "I don't know"

I have the right to make decisions based on my feelings, beliefs and values

I have the right to my own reality

I have the right to my own need for personal space and time

I have the right to be playful and frivolous

I have the right to be healthy

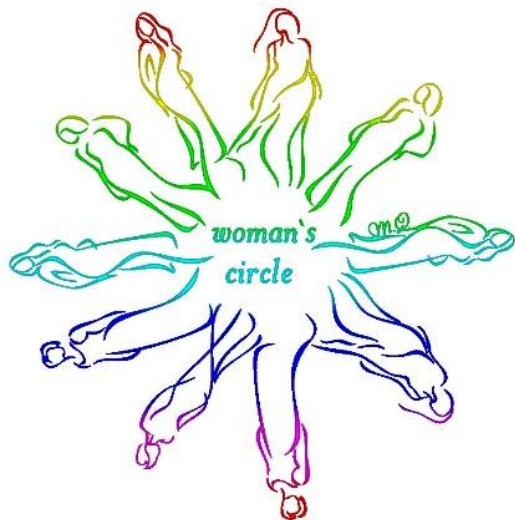
I have the right to be in a non-abusive environment

I have the right to change and grow

I have the right to be treated with dignity and respect

I have the right to have my needs and wants respected by others

I have the right to be happy



The Core Values of Peer Support

Hope and Recovery

Acknowledging the power of hope and the positive impact that comes from the recovery approach

Self-Determination

Having faith that each person intrinsically knows which path towards recovery is most suitable for them and their needs, noting that it is the peer's choice whether to become involved in a peer support relationship

Health & Wellness

Acknowledging all aspects of a healthy and full life

Empathetic & Equal Relationships

Noting that the peer support relationship and all involved can benefit from the reciprocity and better understanding that comes from similar experience
(common threads of connection)

Dignity, Respect & Social inclusion

Acknowledging the intrinsic worth of all individuals, whatever their background, preferences or situation

Integrity, Authenticity & Trust

Noting the confidentiality, reliability and ethical behaviour are honoured in each and every interaction

Lifelong Learning & Personal Growth

Acknowledging the value of learning, changing and developing new perspectives
for all individuals

Source: Mental Health Commission of Canada. (2013).Guidelines for the Practice
and Training of Peer Support.

A Message in a Bottle Beach Meditation

Script

by Brad Austen

Begin now by visualizing yourself on a beautiful pristine beach. It is a pleasant sunny day, yet not too hot, with a light breeze. You feel the warm sun warming and energizing your skin. You hear the waves gently lapping on the sand; you allow yourself to be at one with nature. You are completely alone on the beach and feel completely safe. You reach down and take your shoes and socks off and place them on a towel on the sand. The grains of sand feel warm and energizing on your feet as you walk along the sand. You hear the faint sound of seagulls in the air, which adds to the tranquility.

You begin walking towards the water and walk along the shore, where the water meets the sand. The sand feels soft and cool from the water as you walk along it. The air is fresh and clean. You allow any tension in your body to melt away as you walk along the sand. All cares and worries of your day are gradually melting away. You take a slow deep breath in and exhale gently. Again, take another deep breath in and exhale gently. You feel the elements and life force from nature restoring your energy levels and sense of calm.

Visualize in your mind any place you may be holding tension in your body, any aches or pains, gradually softening and releasing. As the water ebbs and flows on the shore, so do all your worries and tiredness ebb and flow away. You are feeling completely serene and at peace at the beach.

As a wave comes to shore, you look down and see a bottle by your feet. You reach down and pick up the bottle. As you hold the bottle in your hand, you notice the bottle has been sealed with a cork and there is a note inside the bottle. You loosen the cork and reach in with your fingers to pull out the piece of paper. You unfold the paper and read the words.

"If you are reading these words, know that you are receiving this message at the right time and place. Know that you are special and loved eternally. I have chosen you to be here at this time and place to help the people and planet heal. Never doubt or forget how special you are.

– My Eternal Love, The Great Spirit."

Overjoyed with emotion, you feel someone else should discover this bottle. You fold the note and place it back into the bottle. You reseal the bottle with the cork and with your best throw you throw the bottle back into the water.

It is now time to leave this meditation. When you feel ready, gently bring your awareness back to your body and the room. You can give your fingers and toes a wiggle and when you feel ready, gently open your eyes, coming back to waking consciousness.

© Brad Austen 2014.

Copied from: <https://www.mindful-meditations.com/meditation-scripts/Message-in-a-Bottle-Meditation-Script.html>

Accept No Shade

Not everyone will like you.

Not everyone will agree with the things you say, or do.

Not everyone will understand why you are who you are,
which trials and tribulations made you stronger, weaker, braver.

Not everyone will care enough to look beneath,
peek behind,
Or read between.

That's ok.

Some people will.

Some people will find you so fascinating that they will delve right into your
depths.

Some people will devour your words and commit them to memory,
should they ever need to revisit them again in times of pain.

Some people will crave your company like a flower craves the rain.

Some people will not only appreciate your light but they will reflect it right back.
They will charge you from the soul, like being plugged into the sun.

Those are your people.

Accept no shade from haters my friend, life brings enough of that.

Always seek out the light.

by Donna Ashworth

Copied from: <https://icapricious.wordpress.com/2021/06/07/accept-no-shade/>

Circle of Strength & Compassion

Once again, we are sitting in a circle that has no beginning nor end. Our Woman's circle can carry the weight and pressure from the outside world. Just think of all the weight and pressure that an egg withstands when its being laid and when a bird sits on it and the egg doesn't break. Also, things that are circular are usually malleable and bounce back from adversity that would break another shape. Have you ever tried to bounce a brick instead of a ball? The brick doesn't bounce very well and the ball does. Hence our Woman's circle is flexible, withstands pressure from the world and is strong enough to carry all of our members joys and burdens at any given moment.

In history, a circle can be a symbol of protection. A Caim is a Celtic symbol that consists of two circles intertwined with each other to make one circle. All of us in this Woman's circle, our spirits are intertwined at this very moment of time and our authentic selves shine through and some of our souls revealed. We are strong as individuals but even stronger as a group. Everyone in this circle is equal as we stand shoulder to shoulder as we look on to the world we live in and as we look within ourselves as well. Like A herd of muskox will create a circle around the young and the old to protect them against predators. We have love and compassion for other members, and we do it without second thought. We help each other when a person is down and there is no explanation needed to the reason why. Its blind faith. This is where members can lean on each other for love and support to help them get through whatever that is bothering them or going through right then. We celebrate with our members who have had successes and any awesome things that happen in their lives also. We teach each other by our strengths. And we learn, grow, and ask for help from our weaknesses.

With all the compassion and support that we show others in a time of need or anytime for that matter. We must keep in mind that if we truly want to help or support someone you must do some healing and be there for yourself first. The pain or discomfort are just steppingstones to something big or helping us learn those life lessons that we needed to learn. You will be better prepared to be there for yourself and others in the future when the need arises.

We as women are connected by this circle of sisterhood that remain steadfast in this journey called Life. We all know women may come and go from our circle. We will also open our arms to new members to join our circle of sisterhood or welcome you back whole heartedly. Ultimately no one stands alone despite the physical distance between us since our circle has no beginning nor ending.

Written By Amber Phillips

Daily Acceptance Prayer

I accept my self completely,

I accept my strengths and weaknesses

My gifts and my shortcomings

My good points and my faults

I accept myself completely as a human being

I accept that I am here to learn and grow, and

I accept that I am learning and growing

I accept the personality I've developed, and

I accepts my power to heal and change

I accept myself without conditions or reservations.

I accept that the core of my being is goodness and

That essence of my love, and I accept that I sometimes forget that

I accept myself completely, and in this acceptance

I find ever-deepening inner strength.

From this place of strength, I accept my life fully and

I am open to the lessons it offers me today.

I accept that within my mind are both fear and love, and

I accept my power to choose which I will experience as real.

I recognize that I experience are only my results of my own choices

I accept the times that I choose fear

As part of my learning and healing process, and

I accept that I have the potential and power

In any moment to choose love instead.

I accept mistakes as part of growth,
So I am always willing to forgive myself and
Give myself another chance

I accept my life is the expression of my thoughts, and
I commit myself to enlightening my thoughts
More and more each day with the Thought of Love.

I accept that I am an expression of this love.
Love's hands and voice and heart on earth
I accept my own life as a blessing and a gift
My heart is open to receive, and I am deeply grateful.
May I always share the gifts that I receive
Fully, freely and with joy.

I accept all that I was, all that I am, and all that I choose to become.

Author Unknown

Copied from: <http://www.inspirationpeak.com/cgi-bin/poetry.cgi?record=143>

i  **me**

Compassionate Friend

(adapted from Kornfield, 2011; Gilbert, 2009)

Sit in a comfortable position, reasonably upright and relaxed. Gently close your eyes. Take a few deep breaths to settle into your body. Put one or two hands over your heart for a moment to remind yourself to give yourself loving attention.

Now imagine yourself in a room that is safe, cozy, and comfortable -a perfect room, just the way you like it. The lighting is perfect, the lighting is just right.

Make yourself comfortable in your room.

You will soon receive a visitor in your room, a light embodies the qualities of wisdom, strength, warmth, and unconditional acceptance. This being maybe known figure like Christ or Buddha, it can be a compassionate person from your past like a grand parent who passed away, or it could just be a warm loving presence without any particular form. This being of light would like you to visit you for a little while.

Your room has a door you can open. Please go to the door and open it for your compassionate friend who is coming to visit. Invite her or him in.

Place yourself at just the right distance from your compassionate friend- not too close and not too far. Just enjoy the company of this loving being. See your compassionate friend in your mind's eye and enjoy his or her good company.

There is nothing special you need to do except savour the moment.

Your compassionate friend would like to tell you something now, something that is just what you need to hear right now in your life. Listen carefully to what your compassionate friend has come to say. If no words come, that is okay, too just share his or her good company. That is a blessing in itself. Just be in with your friend, listening if there us anything you should hear.

Soon your friend will be leaving again, but before that happens, your friend would like to give you something – a material object. As you place your hands together, your friend reaches out and puts an object., or an object appears in your hands – something that has special meaning to you. Look it over carefully.

Soon it is time for your friend to leave, but she or he can return any time. Open your door, enjoy his or her good company for a last moment and bid your friend farewell.

You are now alone in your room again. Let yourself savour what happened, enjoying the words and the object that was given to you. Know that you can invite your friend back anytime you wish.

And when you are ready slowly open your eyes.

From “The Centre for Mindfulness Studies” Toronto Ontario website

[Microsoft Word - Documents \(mindfulnessstudies.com\)](http://mindfulnessstudies.com)

Dear Women

Maybe you don't know, just how amazing you are?

Maybe you don't see how you keep everyone going,

Even when you're struggling yourself?

Maybe you don't realize how much cheer you bring others,

Regardless of your own level of happiness?

Maybe you don't see the smiles you spread, or the joy you bring?

Maybe you don't know what an amazing effect you have on the world you created?

Well, you should know.

You are the kind of women we all need when things get hard.

You hang on, when the wind blows, and even better than that, you keep others hanging on too.

You my friend are a wonderful creation.

How do I know this?

Because your ability to inspire and support other women, brought you here somehow.

Maybe you were given this by someone who sees this in you.

Or maybe you are reading this book because you found it somehow, whilst your shining light was attracting other bright flames, like a magnet.

You are wonderful.

You should really see that.

I do.

Source:

From the book: to the women – words to live by- Donna Ashworth

Finding Peace in Storms

As you breathe, bring to mind the last time you were outside and felt a bit of chill in the air. Remember the way it felt, the way your skin prickled with the cold, and how you could taste the iciness of the atmosphere in the back of your throat.

Remember the soothing weight of your clothing, the texture of the fabric against your arms and neck, and the way it provided you with shelter from the cold. The warmth of summer has gone, taking the comfort of autumn with it, but the world has not relinquished all of its warm and comfortable things.

You can still experience the reassurance of fire as its logs crackle and pop, the beauty of snow sparkling in the sun, and the filling warmth of hot chocolate on cold nights. The world is cold, the winter is dark, but you are not without joy. You are not without peace.

Imagine for a moment, the hush of the world after a fresh snowfall. The way the snow blankets everything, muffling the loudness of all the life happening underneath it. Snow has the potential to freeze and to slick, but it also has the potential to soothe and inspire.

Imagine the snow, and accept it. Accepting snow does not mean loving snow, it just means acknowledging its presence in the world and allowing it to exist. Even, perhaps, finding some beauty in it every now and then.

As you imagine the chill in the air and the beauty of snow, bring back to mind the coziness of sweaters. Perhaps your winter storm is mild, only requiring a light layer to stave off some of the day's bitterness. Or, perhaps your storm is a blizzard and your sweater is one layer among the many required to keep you warm.

Imagine the kind of sweater you need right now, starting with how thick and solid a layer it is. As you build it in your mind, feel the weight of the fabric on your shoulders, the way it hangs off your frame or clings tightly to you.

Next, notice the way the fabric feels against your skin. Perhaps your sweater is thick wool, a little scratchy but infinitely warm. Or maybe it is cashmere, gentle and reassuring with its cloud-like softness.

You can make it any fabric you need, any texture that reassures you that there is still some calm, still some safety in the world. However your sweater fits and feels, it is more than a functional barrier against the cold. It is a reminder that you have access to good and soothing things even in the worst of crises and storms.

As you imagine the way your sweater feels, bring to mind some other things that give you a sense of comfort. The laughter of a loved one, a beloved book or movie, the way you know exactly how to get to your favorite bakery or park.

Your life has brought you many lovely and good things. This does not change the storms that your life has also delivered, just like the storms do not change the good. Both have been present and will be again and, no matter the storm, peace is available to you.

As you bring these bright and soothing moments and memories to mind, imagine each one as a strand of yarn or thread in the sweater you are wearing. They come together to bring you warmth, to bring you safety, to bring you protection from the gusts and gales of the storm.

Soak in the peace of this moment, of knowing that no storm can rid you of the peace that exists inside you. Sometimes that peace will be stronger and more present, and other times it will be softer and more of a memory, but it will always be something you can summon like the feeling of warmth from a sweater.

Feel the sweater, feel its coziness and its protection from the cold, and know that you can always bring it back to mind when you need it. Remember the memories and feelings that you have woven into its fabric, knowing that they are also always available to you.

Eventually, as you are ready, begin to bring your awareness back to the world around you. Perhaps it is cold like the winter world you have brought to life with this winter meditation script, or perhaps it does not feel like winter at all. Let your senses ground you back in the present, in the way your surroundings feel, smell, and sound.

You might stretch, flutter your eyelashes, or shake your hands or feet to solidify your presence and ready yourself for returning back to the demands of the day. But before you go, finish this meditation as you started it, with your focus on your breath.

Feel again the way your lungs expand as you breathe, the way that a deep breath wakes your mind up a little and helps ease any tightness in your chest. You are breathing, you are alive, and you have and will continue to find moments of peace in your storms.

Copied from: <https://lightenthedark.com/winter-meditation-script/>

Global Sisterhood Meditation

Meditation of Sisterhood - to raise the feminine energies for a better world.

Please, use this meditation at any and every opportunity, whether alone or in a group.

Thought is energy, positive thoughts and visions sent out into the cosmos will have incredible power to bring about a change for the better in this world, and build a global Sisterhood.

The main vision needs to remain the same, as in women helping women, the stone circle, the circle of women, the silver ball of love and support and the sharing of our supportive Sisterhood as women wanting to see peace, love, balance, justice and a healthy

Mother Earth. Please feel free to make your own version of the journey to the Circle, ensuring it remains with women helping women with the obstacles along the way.

The reason for using stone circles in the visualisation is because they can be found worldwide and they are some of the oldest known monuments built by mankind from an era pre orthodox religions, so they are spiritual rather than religious. If women start to visualise this gathering in stone circles, it sets specific places for the build up of energy, be they actual or psychic.

This meditation has been used in Goddess Circle's with women sharing amazing stories of the connection to other women within this visualised Circle. Together, we CAN make a better world!

The Meditation

Make sure you are comfortable, feet on the floor feeling the power and oneness with Mother Earth. Be rid of the tension of the day, relax your body, let your shoulders drop and take some deep breaths. As you breath out, release the stresses and worries of the day, as you breath in feel your whole being glow with positive and loving energies.

Now, feeling perfectly relaxed and at peace, see yourself stand and walk towards the door of the building you are in. As you put your hand on the door handle, it changes into a gate. Open the gate and step into the beautiful, vast, green field.

Way in front of you, you can see a hill, upon the hill you can see bright colours but can't make out what it is. You look around you and see there are many women on paths all leading toward the colours on the hill. There are women in front of you, off into the distance, and women walking behind you about to come through the gate onto the same path.

You start walking across the field, aware of the women around you but focusing on your own path. To start with, the path is easy, the sun shines down, the way is flat and you enjoy the ease of the journey. You come to the edge of the field, and to continue on your path you have to make your way through a bramble hedge. You try, and become entangled and scratched.

Suddenly, as if from nowhere, women come away from their paths to help you. Together, you gently pull at the hedge to make an opening. The women help to clean your wounds and make sure your clothing is straightened.

Take a good look at the women that have helped you, remember their faces.

(Pause as the meditation allows a connection to these women)

As you all make your way through the hedge, most women go back to their path, some remain on different paths.

You feel good about the help of these women and continue along the path which is again an easy journey. The sun continues to shine, the walk is flat.

Now you come across an incline which is strewn with sharp rocks. Some small that hurt your feet, others that are huge and you have to climb over them. On the next path along, a woman stumbles and cries out for help. This time it is your turn to go to her aid. As you do so, other women make their way toward her. For this part of the journey, you and the other women help each other along until you are all beyond the rocks.

Notice how many women worked together, was there one in particular that led the way?

(Pause as the meditation allows a connection to these women)

You and the women go back to your own pathways to head for the colours on the hill.

(If you wish, you can add other obstacles, situations or connections in here)

The colours on the hill are now in sight and you can see that it is a gathering of women in brightly coloured clothes. The path now becomes easier, an incline but just beautiful, fresh, green grass.

You reach the top of the hill and you discover there is a stone circle. There are already many women here, more still arriving from every side of the hill.

Women gathering together, all ages, shapes, sizes, colours, dressed in various clothes from so many nationalities.

Take a look around, do you recognise the Stone Circle? What does it look like? What kinds of people can you see?

Can you see grandmothers? What does the oldest woman look like? Can you see any young women with babies?

Does anyone stand out to you?

(Pause as the meditation allows time to take in what these women look like)

The women are now forming a very large circle within the stone circle at the top of the hill. You join the circle as everyone holds hands. Feel the loving energy of this Sisterhood flow gently from woman to woman.

You feel energised, at peace and safe.

Above you all, in the centre of the circle, you see a glowing silver ball of energy.

You and all of the women in the circle focus energy on building this silver ball with loving, supportive, positive energy.

It grows as you watch it and add to it your own offering of energy.

The energy feels amazing; powerful yet gentle, loving and compassionate yet determined.

The silver ball of energy is now high in the sky, as huge as the hill you all stand on.

As you watch it, it goes higher still until you see it burst way, way above you all, like a gigantic firework.

Now you see this energy flowing all around the globe, some settling on Mother Earth to heal her, and gently finding it's way to the other women around the world who can not be with you.

Women who are oppressed, abused, sad, lonely and in need of love and help.

As this energy reaches them, they feel supported and loved and no longer alone.

Not knowing where it comes from, they simply feel connected to other women; one world, one Sisterhood brought together with love.

The circle is now broken as you stop holding hands with each other.

You turn to face one of the women next to you, look into her eyes and then hug. Take a good look and remember what you see and what you feel from this woman.

(Pause as the meditation allows a connection to this woman)

You now turn to face the woman the other side of you, look into her eyes and then hug. Take a good look and remember what you see and what you feel from this woman.

(Pause as the meditation allows a connection to this woman)

The sun is going down, it's still warm but the evening is looming and it's time to make your way back. The way back seems easier, the rocks are not so jagged and the gap in the bramble hedge is still there. You work your way across the field, glancing over and seeing the other women making their way back as well, now feeling as if you know each other.

You reach the gate, and as you put your hand on it, it turns back into the handle of the building in which you started.

When you have settled back into your seat, become aware of where you are sitting, your feet on the floor. Take a few deep breaths to recover from your journey, and when you are ready, open your eyes.

Pause a while, then either speak about your journey or write it in a journal.

It would be wonderful if you would choose to share your journey with us.

If you would like to do so, please email annabell@goddessfoundation.org.uk

Copied from: <https://www.goddessfoundation.org.uk/Meditation.pdf>

Guided Mountain Meditation

Fusion® Therapeutic Coaching Copyright © 2021 Frances Masters

Either close the eyes, or half close the eyes, soft focusing on an area of floor about two feet in front of you:

Begin to notice the breath, saying silently 'I am breathing in, I am breathing out.'

As you follow the breath you might notice warmth or coolness as it passes over the upper lip

After a little while, the out breath may naturally extend as **you begin to relax**

Observe the breath as it moves down the diaphragm and then gently back up again.

Set aside the focus on the breath and simply begin to notice the rise and fall of the abdomen allowing the attention to **ride and rest** where it will

In your mind's eye, bring up an image of a mountain

And, as you begin to pay attention to the mountain, you might notice its shape

It may be a small, wide mountain or a tall, narrow mountain. It doesn't matter for, as you look more closely at the mountain, you may have a sense of it being the most beautiful, graceful and elegant mountain you have ever seen

And this mountain has **a secret**; it has been here since time began and the mountain has been a witness to many things

As you observe the mountain, you might notice how the sun passes over it, creating pools of light and shadow and, as the sun sets, how it is gently illuminated by the soft glow of the moon

Each day passes in this way

The mountain **does not judge** the day or the night, **does not prefer** one to the other, **does not cling** to the heat of the sun or the coolness of the moon, **does not pull or push**

The mountain **appreciates** both sun and moon, day and night, **with a simple yet immovable presence**

And so it is with the seasons: as you observe the mountain, you might notice how the green leaves on the trees, rooted in its crags and crevices, bathed in the full sun of summer, begin to redden and wither and fall to the ground.

In time, autumn transitions to winter. Now snow caps the top of the mountain and cloud descends

And the mountain is **silent and still with a wise strength that knows there is no need to fight** the wind or **repel** the rain **and in this way remains free from pain and free from suffering, trusting** in the rhythm of the seasons and waiting to **emerge from behind those passing clouds** as the frozen earth is caressed by the first rays of early spring sunshine.

The mountain is **patient and present to each moment**. It knows there is no reason to hurry.

The buds on the trees will **unfold in their own time**

And isn't it amazing how **you can be an observer** of the mountain in all its detail, moving in close to see the crags and crevices, the buds on the trees as they emerge, the little spring flowers bursting through the warming ground

And, if you wish, you can travel in your imagination, around to the other side of the mountain and see it for the very first time as though **seeing with new eyes**, perhaps noticing **how different it seems from this new perspective**

And you can, if you wish, in your imagination, drift into the mountain, become the mountain and have a sense of the mountain, with its solid base, like your seated base of hips and legs that extend firmly to the floor

Your spine and neck and head can extend tall like the lofty peaks of the mountain

We can all be like the mountain with its **patience, trust and acceptance**

We can be a witness to our experience and **see with new eyes**

We can choose to let go of attachment and striving

We can set judgement aside and understand there are things we cannot control.

We can accept times of darkness and winter chill

We can stay strong and steady

We can trust and wait for the sun to shine again for the mountain holds a secret:

The air does not breathe

Water has no mind to swim

Snow is simply snow

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Meditation copied from

<https://www.linkedin.com/pulse/meditation-building-resilience-coming-year-free-script-masters/>

Jules Meditation

Close your eyes and take a deep breath.

Allow your tummy your fill up like a balloon and exhale slowly. Do this 5 times to really relax your body (pause for breathing)

Your body begins to feel deeply relaxed and sinks down further and further into your nice, soft space. Your legs begin to feel very heavy. Your arms begin to feel heavy and relaxed. You enjoy every moment as your body begins to relax with each word.

Now as your body relaxes, imagine you are a beautiful butterfly fluttering her high in the sky. You see lovely green valet below with lots of colourful flowers, just waiting for you to enjoy.

You feel the wind against your delicate wings.

As the wind touches you, it gently blows away any worries, any other stress you feel. Feel how wonderful it feels to be free. Your mind is clear and calm. You have left any worries behind now.

You are completely peaceful. You are beautiful as you allow true happiness to shine through.

The sun touches your body and warms you. The big puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

The earth is a patchwork of colour and you enjoy every moment here, gliding along feeling so joyful and peaceful. You spread your wings in a huge stretch.

It feels so good. Your body is calm and your mind is peaceful.

You can fly around as long as you'd like exploring or just floating gently on the wind.

Take a deep breath now and exhale slowly. Give your body a big stretch.

With a calm mind say these words to yourself: I am peaceful and I am calm.

Letting Go

Letting go doesn't mean to stop caring;

It means I can't do it for someone else.

To let go is not to cut myself off...

It's the realization that I can't control another...

Letting go is not to enable,

But to allow learning from natural consequences.

To let go is to admit powerlessness,

Which means the outcome is not in my hands.

To let go is not to try and change or blame another,

I can only change myself.

To let go is not to care for, but to care about.

To let go is not to fix ,but to be supportive.

To let go is not to judge,

But to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes,

But to allow others to affect their own outcomes.

To let go is not to be protective,

It is to permit another to face reality.

Letting go is not to deny,

But to accept.

To let go is not to nag, scold, or argue,

But to search out my own shortcomings and correct them.

To let go is not to adjust everything to my desire,

But to take each day as it comes and cherish the moment.

To let go is not to criticize and regulate anyone,

But to try to become what I dream I can be.

To let go is not to regret the past,

But to grow and live for the future.

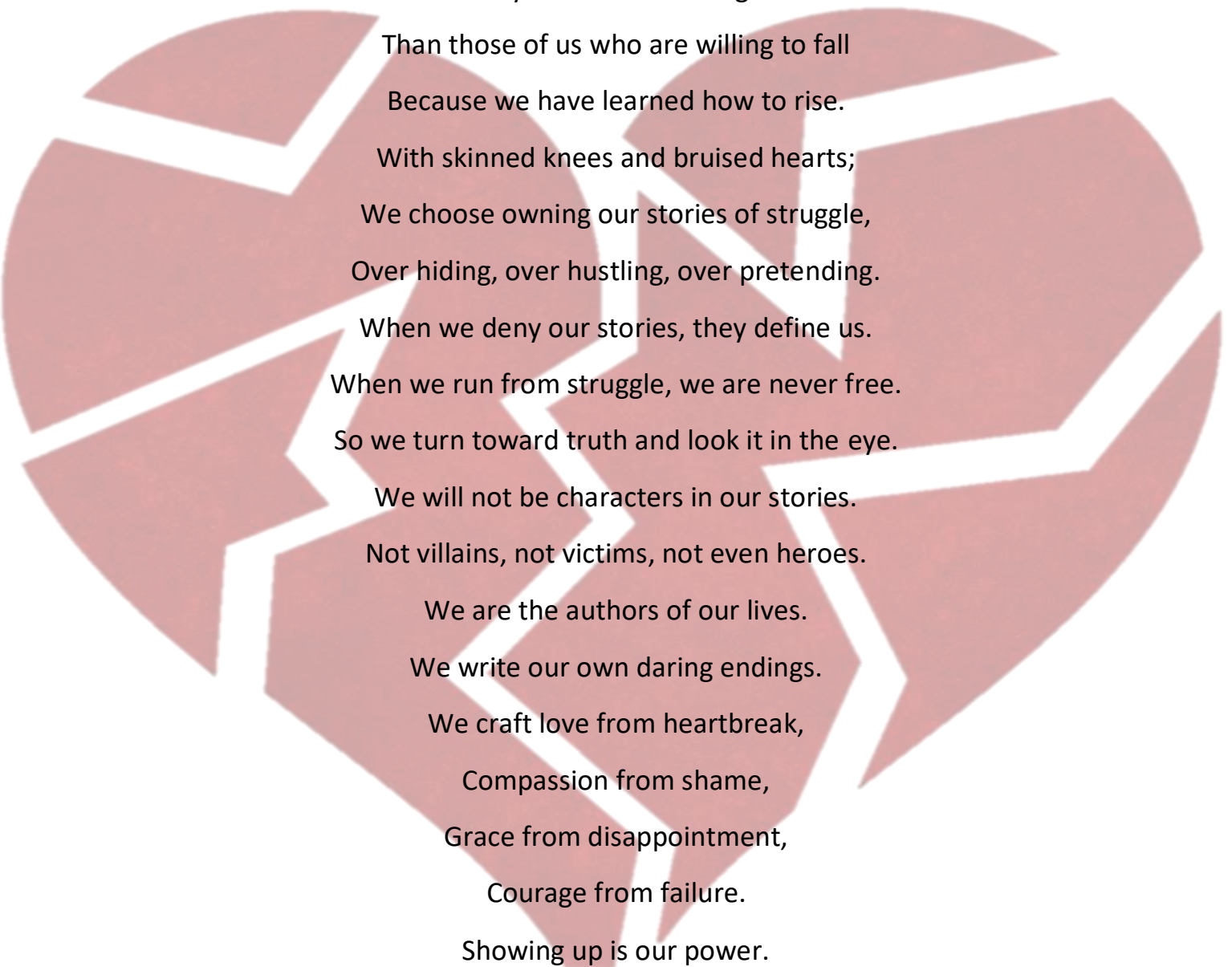
To let go is to fear less and love more.

Author Unknown

Copied from the "Art of Friendship Booklet" CMHA Edmonton

Manifesto Of The Brave And Brokenhearted

Brene Brown



There is no greater threat to the critics
and cynics and fearmongers
Than those of us who are willing to fall
Because we have learned how to rise.
With skinned knees and bruised hearts;
We choose owning our stories of struggle,
Over hiding, over hustling, over pretending.
When we deny our stories, they define us.
When we run from struggle, we are never free.
So we turn toward truth and look it in the eye.
We will not be characters in our stories.
Not villains, not victims, not even heroes.
We are the authors of our lives.
We write our own daring endings.
We craft love from heartbreak,
Compassion from shame,
Grace from disappointment,
Courage from failure.
Showing up is our power.
Story is our way home. Truth is our song.
We are the brave and broken-hearted.
We are rising strong

Copied from: <https://brenebrown.com/resources/manifesto-of-the-brave-and-brokenhearted/>

Meditation for the Fully Realized Woman

I am a beautiful woman, with a beauty that doesn't wash off. I earned it, unearthed it, rescued it like a jewel in the dust, picked it up and made it shine.

For years, I did not see it, though I sensed that it was there. Now it dazzles and thrives. I am healthy, capable, independent, strong yet so fragile, floored by a sigh. My body is that of a creator – angles meeting curves, hardness drifting into soft.

I am mother, daughter, sister, lover to myself. Embraceable and brave, I extend my heart. My body is home a shrine to life, comfortable, warm and rich with treasures. Mine is scent of hot spices, caught in a breeze, mine with laughter that wings in through the door.

I share myself with those who honour me as I am and protect myself, my house, and my time from invaders. I search for my center in the midst of chaos, practice peace as wild dogs clamor in my mind. I use power for the greater good, release rage in neutral settings, with no one innocent in the line of fire.

I am learning how to persist and when to let go, am willing to feel all emotion stop their depths and exaltations to wake up un every nerve and no longer am afraid of my life.

Both my beauty and strength transcend age, time, and perhaps even this lifetime.

Each day I am new, yet more at home with myself. Moment by moment I create my world.

By: Karen Andes

Copied from: <https://www.rhondahull.com/post/meditation-for-the-fully-realized-woman>

My Mindfulness Meditation

I would like you to center yourself with all of your being. If a thought comes into your mind positive or negative let it pass through your mind and let it float away into the universe. Take a deep breath of air and follow it as it enters your body into your lungs, into your blood stream and beyond. As you exhale let all your negative energy flow out into the universe away from any being. As you do this let it bring you inner strength and empowerment as we sit here as women as we lift each other up and be there for each other in a time of need.

Let the positive energy flow through our bodies and let it radiate to each other as a source of strength and of sisterhood. Notice the flame within yourself and the strength and warmth that radiates from it. It is like a shining star in the universe you are empowered and brave. You shine in your own unique way, but you let others around you shine as well in their own special way. And together you embrace your similarities, but you celebrate and recognize your differences as well. You are a strong unique individual but as a group of women we are even stronger when we support one another. We can stand up to the injustices of the world and light up the night sky like constellations and together we are unstoppable.

In life we re-evaluate and learn from our mistakes but also learn from our successes as well. And you think about how you felt about a situation or something that you did and as you do it without bias. If those negative or positive feelings and thoughts come into your mind acknowledge them without prejudice and release them back into the universe. As you try to change for the better it may take a while as you try to change your way of thinking, doing things and your beliefs so that you can become a better human being. Do not beat yourself up if you have those same thoughts or you do the same actions that you want to change – acknowledgment that you want to change is a big step towards introspection.

You hope to endeavour to gain inner peace as we listen and observe your breath and rekindle the light within us by who we are as women and empowered by all the things we have been through both positively and negatively. As they say everything happens for a reason. The reason may not be revealed right away, it may take days, weeks, or even years for the reason to be fully revealed. In turn you learn patience, self care, and empathy for yourself and for the women around you.

Know you are resilient and savvy in your life's journey. When you have thoughts of self-doubt acknowledge them and release them into the universe. Know that it is all part of the learning process of how to live out of your comfort zone. This is where life truly happens, and you can live life to the fullest. Remember you can not always prepare for everything in life and sometimes you must trust yourself and go for it with no questions asked. This is where you can discover the true woman that you truly are.

At the end of the day, you are a resilient woman who is self reliant, authentic, who embraces change and is always "Under Construction". Then finally you are a "Badass Queen".

Written by Amber Phillips

My Woman's Group

At this moment of time all of our spirits are intertwined creating a strong circular bond. This circular bond has no beginning nor ending, and it can take on the weight of the world without hesitation or breaking, yet it is malleable and flexible enough and is able to bounce back from adversity. From this bond no one stands alone despite the physical distance between its members while we gather in sisterhood.

In essence, there is no gatekeeper to our Women's Circle, women may come and go from our circle like the ebb and flow of the ocean tides. Each one of us who enter the Woman's Circle will leave a piece of their experience and spirit on other members hearts. It doesn't matter if you come just one time or come every week to leave a mark upon a member's heart. This could be anything that was said or not said in the circle, and you will never know what will touch member's heart. You know when you do return to our Women's Circle all the members that are present will welcome you back with open arms.

We teach others from our strengths, and we learn and grow from our weaknesses. We draw on each others strength and courage to share pieces of ourselves and acknowledge those lived experiences. We talk about what we learned from that lived experience but not so much the details of it. We support, share, and help carry each others' stories and carry it in confidence, if safe to do so. We laugh and we cry together and share moments of pause or silence when there is so much to say but yet have nothing to say. We can have our differences with each other, and we do acknowledge those differences and deal with them in a respectful way. Also, we can come to the circle to rest, reenergize and listen to what others have to say during our Women's Circle.

We can be our authentic selves and not worry about being laughed at or ridiculed. It is a place that we can put down the mask we wear which can become heavy and cumbersome most days. Even if you do not know how you feel that day, that's okay too, we will accept you and stand shoulder to shoulder in our circle with you. As woman we acknowledge the effort and persistence you sometimes need to get through life on any day and know that you are doing the best that you can. We know that it is okay to be there for a member even if it is just sitting beside them and being there for them with no explanation on their part needed.

Our voices are heard in this safe space we are equal as we stand shoulder to shoulder as we look inward within ourselves and outward upon the world, we live in. We are supported in this Woman's Circle. We know we can come here each week and be looked upon as equals and our voice will be heard without prejudice. Ultimately no one stands alone by this unbreakable sisterhood bond despite the physical distance between its members.

Written by Amber Phillips

Nature's Lessons: Spring Meditation

As the world awakens from its peaceful Winter's slumber as Spring slowly reveals herself in subtle ways like when the temperature fluctuates above and below freezing, the snow melting, the spring bulbs that are just poking through the ground and the Robins are back. The simple things that bring the beauty to the processes of resiliency, regrowth, and perseverance that our world goes through every Spring despite how cold, hard, and snowy the Winter was. And that you can always look to nature for Life's Teachings to inspire you as you walk along your Life's Path.

Spring always finds a way to announce its presence to you like when the temperature goes above freezing during the day and below freezing at night. This magic combination makes amazing things happen every year without fail. The sap in the Sugar Maples will run and the Sugar Bushes can produce Maple syrup although the length of the season does vary from year to year the running of the sap never fails. It shows the amount of trust and faith you can have in Mother Nature or something that you can not explain or see and to know that it will never let you down is something truly awe inspiring. You can truly appreciate the moments you have because you will never know how long you will experience them although when they go you know in your heart that in time you will experience it again as you walk on your Life's Path.

Also In the early Spring, the snow doesn't look like it is melting, if you step back and look at the slush, the puddles and the ice flowing out of the mouth of the Saugeen River proves that there is snow melting despite the mounds of snow you still see around you. In essence if you only look at life's big picture be it goals or challenges you may get discouraged or overwhelmed with what you are seeing and if you refocus and look at the small things you will start to know that change is really happening.

The strength, perseverance, and resiliency that the Snowdrops and other Spring bulbs have to survive through Winter conditions for months but it becomes very apparent in the Springtime. This is especially true as bulbs push through newly thawed ground in gardens despite being still surrounded by clumps of snow and cold temperatures at night. Just knowing there are signs of life around you can give you hope knowing there are better things to come can be comforting. This teaches us to have patience as the bulbs continue to grow and eventually flower and bloom showing their inner beauty. Sometimes you need strength and

patience to see things through in life which in turn cultivates resiliency and perseverance as you walk down your Life's Path.

Robins are one of the first birds that comeback in the Spring and the first to leave in the Fall. They must be self reliant and persevere to find last years berries to survive until the ground thaws enough so they can feed on worms later in the season. Everything is interconnected like a spider web, and you may not realize the impact you may have on a person or situation until hours, days, months or even years later or you may realize it when it is too late. Be aware of your actions or inactions which will have an impact on yourself, others around you, and the world around you also.

Life will always find a way through regrowth, perseverance, and resiliency especially as the seasons are transitioning one to the next. We need to take a moment to appreciate the beauty and magic of these and other teachings and realize we are all connected in someway as we walk down our Life's Path.

Miigwetch

Amber Phillips

March 18, 2022

Releasing Past and Future Thoughts Letting Go Meditation Guided Visualization Script

By Kyle Greenfield

To begin, draw your attention to your breath.

Spend a few moments in silence, breathing easily. Without care, or effort.

Simply by taking this time, you bring yourself closer to The Now.

So let us, for a moment, release this attention. Let your mind wander, freely, across your past.

See your life as it has unfolded to this point. Find any extremes that jump out at you. Meaningful milestones, your brightest memories, your highest joys. Let the memory of those moments flicker, rapidly, across your consciousness. A series of snapshots. Somewhat random, but all interlinked.

Continue this process, allowing into your mind now any moments that may trouble or concern you. Any worries that you have had, challenges you could not overcome. Any guilt, shame, or disappointments you have suffered. See them all, briefly, as symbols, images, split-second reminders of whatever struggles you have faced.

Without focusing on any one of them, step back to see this line of images in its wholeness Its completeness. Its You-ness.

Add in any thoughts you hold about your future, the glimpses of who you might become, both the worries you might have and the excitement, the successes that lay in store. All images are welcome.

Imagine you are zooming-out to see everything at once. The good and the bad. The highs and the lows. The exciting and the mundane. The past and the future.

Now, from this stepped back perspective, from the idea that you are zoomed out, floating outside, looking in, seeing everything in its wholeness, I want you to realize a crucial fact.

None of it exists Now.

Either It is past. It is done, and you are beyond it.

Or, it isn't real. It's imagined...for better or worse.

No past thought is real.

No future thought is real.

So, choose to let it go. Let it all go. Feel the collection of these moments falling away, as you bring your attention back into your body, and into your breath. Zooming in. Aware. Alive. Present.

Without the past, without the future, this moment is all that is. It is all that ever is.

The real “you-ness” the being-ness, is within you, and you can experience it, right now.

Copied from: <https://thejoywithin.org/meditations/guided-recordings/letting-go-of-the-past>

Respect & Comfort Meditation

As members of a Women's Circle, we are here to build each other up and not tear each other down. We are comfortable enough to shed our everyday mask that we possibly wear and become more of our authentic selves knowing that we are free from ridicule or judgment from other members of the circle or even themselves. This is a safe place where things can be said within reason without the person being judged or ridiculed due to their own personal values and beliefs or opinions. And what is said in group stays in group unless there is a safety concern. We as members must keep in mind our demeanors throughout our time together because it may have lasting effects on other members during and after the Women's Circle.

Throughout life's journey we must remember as individuals to help heal ourselves, accept or process the past, live life and plan for the future because no one knows your wants or needs better than you do, and no one will do it better for you than you. As they say you can't pour from an empty cup.

Every week we join in sisterhood to discuss a topic. As members we can express how it touches us during our discussion knowing that we won't be judged or ridiculed when we are contributing in ways that are respectful and not hurtful towards other members. Keep in mind the members who are quiet during discussions are just as valued and respected members of the Woman's Circle.

In our hearts we know that members may use the knowledge gained from listening to our lived experience relating to the topic of discussion knowing they may be in a similar position one day. You may be a lighthouse in someone else's storm. The asking of questions is encouraged to seek clarity or to gain more insight without the risk of being judged either way. We speak our truth that honours and respect to those around us and to ourselves. We are empathetic and are mindful of what is being said in our Women's Circle. And also to have members feel comfortable enough to say when they are in the wrong and that the other members will not judge them or hold the wrong against them.

As in life we will have differing points of view, members will listen to one another and wait until each other is finished talking. And they know they have time to process each other's points of view and know they do not have to come up with an immediate response right away. When they are ready to answer they can and express themselves freely and hopefully members can come to some sort of

common ground or agree to disagree which is okay too. So that members can walk away from the discussion feeling respected and listened too.

We stand shoulder to shoulder with each other as equals where mutual respect and honesty is a given. We are aware that our actions can affect other members both in and out of the Women's Circle. We build each other up, we laugh together, and we shed a tear or two together. We are comfortable enough to be our authentic self free from judgement or ridicule. This is a safe place where things can be said within reason without the person being judged or ridiculed due to their own personal values and beliefs or opinions. We share our knowledge within the Women's Circle because when we know better, we do better as a whole.

By Amber Phillips

December 8, 2021

Self Love Meditation Script

Hello, this meditation guides you to discover the beauty and magic behind self-love. When you practice the art of self-love, the world will open up to you and give you an abundance of love in return.

So make sure you are nice and relaxed, somewhere you will not be disturbed for the duration of this session. Today is a very important endeavor into the beauty of loving yourself fully, so this time deserves your full attention.

Take a few deep breaths to center yourself... breathe in fully, expanding your body as it fills with air... and breathe out, relax...

Breathe in slowly.... Exhale slowly...

Good...

Let your breath return to a natural rhythm, slowly letting it fade from your awareness...

With your eyes closed, go to the place where your love resides, in your heart center... as you still the body and quiet the mind, focus on your heart and feel it beating strongly within you...

Connect with the energy that radiates from your heart... now allow this energy of love to expand out, feeling it traveling all along your body.

When you experience the force of that love that lives inside of you, imagine yourself in front of a large mirror. This mirror has a gorgeous frame and looks ancient...

It is a very special mirror because it not only shows you your physical reflection, but it shows you your essence and your light, it shows you how extraordinary you are....

You see a bright light, so bright that you think it would hurt your eyes, but it doesn't at all...

Observe that beautiful light radiating from you. That light is you, you are that light. The mirror can't contain so much light, not even the room can contain so much light...To reveal the meaning behind your light, the mirror starts to show your gifts and talents...

Things that you are good at... how you take good care of yourself... and things you do that help others...

It shows you the attributes in your personality that are especially the ones that help you reach your goals and dreams.... See them clearly in whatever way is presented...

These qualities represent your uniqueness! The gifts and talents are yours, but are meant to be shared with the world because you are the only one who can contribute in this particular way.

What is the mirror telling you to do with your gifts?

You may see clear images or get the answers in the shape of thoughts or sensations. All is valid, all is accepted... all is wonderful...

Imagine life from an outside perspective, as if you are someone else, someone who loves you and respects you deeply and unconditionally.

What does this person appreciate about you?...

See the one who loves you speaking kind words and complimenting your strengths...

Wow, they have said so many things, a long list of attributes. Notice how the mirror shows images of your life that represent those qualities.

Now, little by little, your human form is appearing on the mirror, you are very familiar with this representation of you. However, right now, you finally see how limited it is because so many things are left out, all you see is flesh now, but you know there is much more that you offer to the world...

If you were to only pay attention to the physical body, you miss out on the most important aspects of you...

You are now able to look at yourself with different eyes, with loving and appreciating eyes that can see beyond the obvious...

You are smiling on the inside and the outside, you can feel love and appreciation in your whole body.

Now say these powerful words to yourself "I love you deeply and unconditionally"...

Notice what you feel when you say those words...

Repeat it again..."I love you deeply and unconditionally"...

And one more time for good luck, “I love you deeply and unconditionally” ...

Great... feeling the magic of self-love right now... allow it to expand and grow until it is bigger than you.... And even further, see it expanding out far from your body... your self-love is gracing those around you... they feel your love... Love is endless, it has no form or shape... it can go infinitely...

Now it is expanding so far out that it reaches the far edges of the earth... The whole world can feel the power of your self-love...

Imagine the love from others in the form of sparkling confetti pouring down on you as well, this is the most magnificent sensation reaching every single cell in your whole being....

Bring a big smile across your face and know that loving yourself is the first step to living life the way it was intended...

Gently return your awareness to the present moment, and open your eyes, full of self-love...

Copied from: <https://selffa.com/guided-meditation-for-self-love/>

The Four Agreements

Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others clearly as you can to avoid misunderstandings, sadness, and drama. With just this agreement, you can completely transform your life.

Always Do Your Best

Your best is going to change moment to moment it will be different when you are healthy as opposed to be sick. Under any circumstances, simply do your best, and you will avoid self-judgement and regret.

Taken from "*The Four Agreements*" By Don Miguel Ruiz

Trust Walk a Path to Freedom and Self

Love

Now imagine yourself going on a trust walk, a trust walk to freedom and self-love, This is a walk, a walk of getting to know yourself, loving yourself and getting to know who you truly are “your authentic self” Know that you have all of the answers within you.

Now I want you to imagine yourself on this Trust walk, what does your walk look like? Are you on a path by a gentle stream in the mountains? Or are you on a beautiful sandy path by the beach along the lake shore? Where ever you are, you were meant to be there, this is your path, you’re “Trust Walk Path” towards your “Authentic Self” Your true self, pure “Unconditional Love self”

Look around you what are you seeing? What are you smelling? How do you feel? Know that within you, is the real you, waiting for you to fully merge with the real authentic you, your higher self. Know that as you progress along this path you are safe, and you are being guided by many Angels towards something beautiful. As you progress along this path, your trust walk, you will notice that along the side of this path is a small table with a chair, walk towards that chair, it’s meant for you.

You sit down and notice there are a set of blank note cards on the table and a black pen. This is your very special set of note cards, meant for you, to write down anything that you would like to release that is holding you back from loving the true you, from becoming your “Authentic Self” You pick up the pen and decide what to write down and things that you wish to release on these note cards, like any fears, or insecurities. As you write these fears down you will notice that the fears are going away, that your breathing is easier, you are more relaxed, you are more focused and you feel hopeful... keep writing you are doing really well...when you are ready and finished, nod your head after you have written everything down, know you have now released these fears and insecurities onto the paper

Now that you are done writing these down, you notice there is a small fire burning gently in a beautiful fire pit... this gentle fire was made just for you, this is your fire of releasing, you gently get up with your notecards in your hand and walk over to the fire. You feel warm beautiful safe energy coming from the fire and you now know what to do... This is your time to drop your cards that you have in the fire... one by one releasing those fears into the fire... when the cards reach the fire your fears and insecurities are no longer... you are free as you

release the last one into the fire. You will notice that no longer do you have those fears, they are completely released now....you realize that you have let go and you feel a sense of pure wholeness for you know now that you have transformed...

You turn around and look behind you back to your path and you start your trust walk again towards your path, you start moving forwards and you feel a sense of pure joy in your heart, pure freedom and know that now, you have released your fears, you know that just around the corner or over the hill is your new found freedom and you wonder what does this look like? You also know that just over the hill is you, the new you, ready to merge with you fully... You are nervous but really excited as you notice you are now trusting yourself, loving yourself fully and standing taller, why you can fully breathe as well and you are grounded and joyfully happy. As you move up the hill and gently ever so gently you look down hill, why there you are!!! Wow, look at you shining your light looking up at you, you run down the hill and merge with you!! You are now, your authentic you, fully merged, trusting yourself, shining your light, loving you! You feel purity within you, pure unconditional love, you feel a sense of peace that you have never experience before, you feel a sense of gratefulness. You also have your new set of golden cards, your new positive cards with wording such as I now fully love and accept myself, I am the light that I have been looking for, I love myself, I trust myself. You also hear much clapping around you, why it's your Angels, you look around you and you now can see them! Wow there are so many! They have been with you all along you realize and you feel a deep sense of love knowing they will always be with you. You feel a deep sense of love unconditionally for you, the new you. Always know you can come back to this special place feeling pure love.

by Kelly Bangerter

Guided Meditation Scripts - Free Written Guided Meditations (the-guided-meditation-site.com)

Truth to Power & Reconciliation

We as women stand united with our sisters in solidarity to speak up for themselves and speak out for those whose are not able too, for those whose voices were forever silenced, whose voices had yet to be heard and to join the voices that are being heard. We are willing to support and love one another and will rejoice in our similarities but respect our differences. We must not just unite when there is crises, tragedies, or triumphs but in our everyday lives.

The consequences when standing up in what you believe in especially when it doesn't conform to societies norms, or it exposes any injustices. Women may face persecution or even die for standing up for the truth that needs to be told or things that need to be changed. Malala Yousafzai who just wanted girls to go to school in her part of Pakistan stood up too and was nearly silenced by Taliban. Despite what happened she continues to be an activist for education for girls and she received a Nobel Peace Prize in 2014.

It only takes one spark to start a fire or a change. That spark won't create a huge fire right away. It may take some time to see the change that the person has set out to do but eventually a spark will create a flame. There are some seeds in the forest that need fire for it to germinate so one movement can help create or clear a path for more change. So be the wind that feeds the fire that doesn't go away and fight for what you believe in.

The actions that Phyllis Webstad took started the Orange Shirt / Every Child Matters movement to remember the children that didn't come back from Residential schools, the Survivors, and the acknowledging the generational trauma from being sent to those schools. On September 30 is Truth and Reconciliation Day in Canada and Every Child Matters Orange Shirt Day. I hope the reconciliation process for all involved will ignite changes and not get caught up in the bureaucratic processes and commissions. That they will listen & speak with open minds and hearts and enter a partnership as equals. Hopefully this process will honour the children that didn't come back, help survivors, the Elders, the current and future generation of Indigenous persons but for all Canadians and for those persons who call Canada home.

It takes great strength and solidarity to speak out on issues and remain steadfast to them. A leader must have an open mind and heart in order to receive suggestions and take criticisms; to listen to others with out pride or prejudice; to speak from the heart / truth; to look at all involved as equals; be open to change;

and lastly inspire the current and future generations to speak up for themselves, and speak out for those whose are not able too, for those whose voices are forever silenced, whose voices had yet to be heard and to join the voices that are being heard.

Written by Amber Phillips

September 26, 2021

Wendy's Meditation

Begin by becoming aware of the breath.. take a deep breath in

Feel the breath as it enters with a cool feeling and then warming as it gently travels down into the lungs... As you exhale, feel the body releasing toxins, stress and any negativity you may hold

Again, Fill the lungs with a deep inhale, bringing in energy, joy and relaxation... exhale all your stress focus on the feeling of deep peace ... Feel the energy that is within your body...

Become aware of the warmth and tingling of every cell...

Feel the energy that is in your environment, as you are energy! Every part of nature and in every living thing is energy.

Visualize all of that energy shining brightly, as the sun...

Bring the shining glow of bright energy over the crown of the head...

Feel it starting to travel down into your body from the top of your head, slowly going down into your face and neck, traveling down into the shoulders, all the way down into the arms, down to the fingers....

Feel the healing energy and light going down into your chest, all the way down to your hips..... down your legs all the way down to your toes..... Your whole body is now filled with divine healing light and energy....

Allow that healing energy to completely fill any physical area that needs healing energy....

Feel it warming, healing and expanding through the area...

Allow the healing light to bring peace and healing to any emotional issues or traumas...

Now ... Bring your awareness to any intentions or desires that you may have...

Hold the thoughts of those intentions or desires as you allow the healing energy to bring your deepest desires to life ... as your thoughts create your reality

Feel your connection to divine energy and light and know that all is ONE.

My blessing is that this this deep, relaxing, peaceful feeling of bliss be with you for the rest of your day.