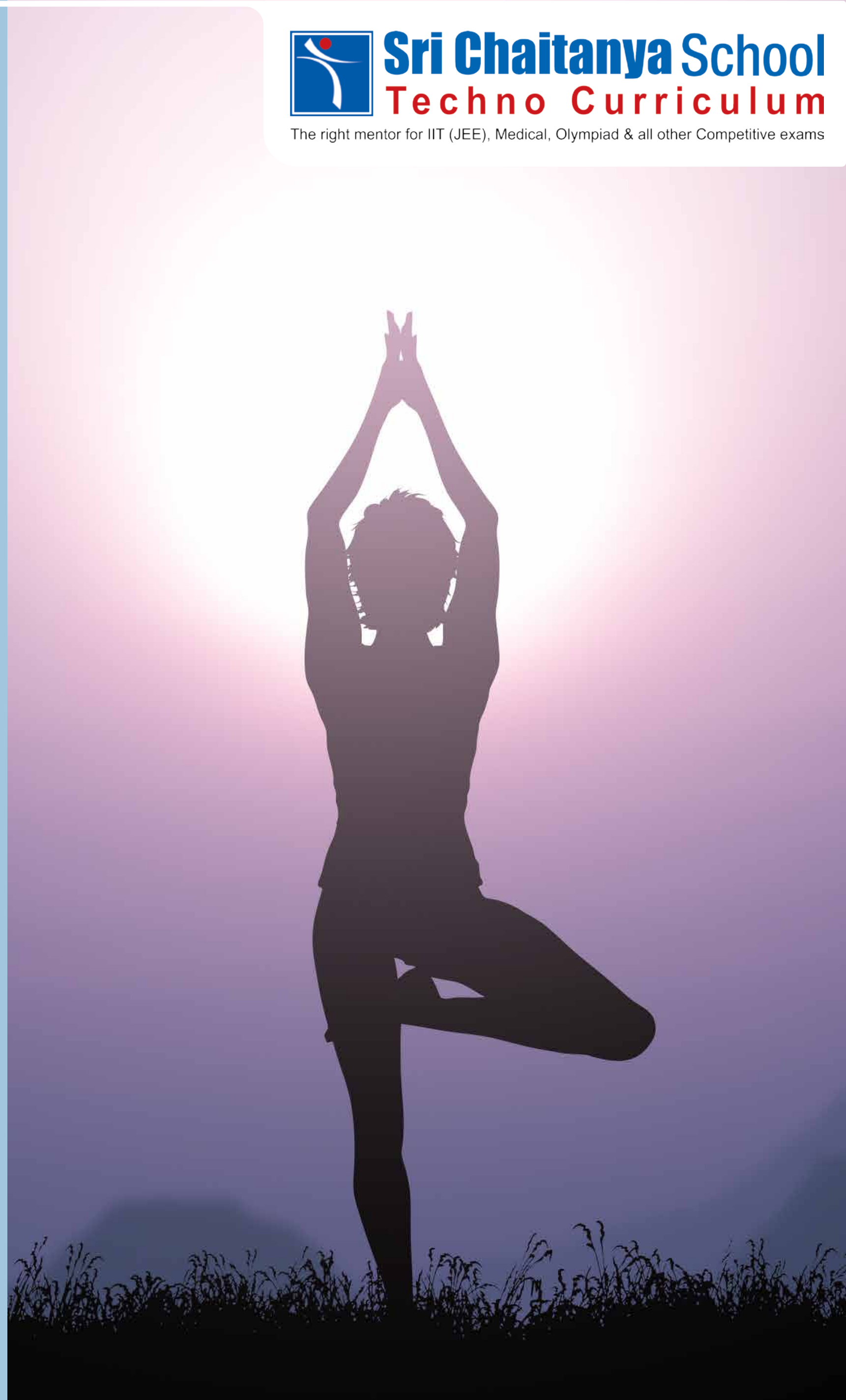


MEDITATION

You could do this activity in several ways - while listening to soothing instrumental music, repeating a certain positive affirmation or scripture or deep breathing - either alone, with your children or the whole family.

Close your eyes and imagine light emitting from your heart. That light is divine healing energy. The light travels from you into the hearts of your family members.



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Imagine the healing energy travelling outside your home and through the streets. Take some time to see the energy spread across a vast area. You see people being healed from their illnesses as your light passes them. Now imagine that the energy which travelled out of your heart is transforming into a huge rain cloud above the city.

Showers of healing start raining down on earth, healing people of their affliction.

There is power when we pray or meditate together. Let's send healing energy into the world.

Spirituality in action.

Make your day joyful



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