

## Participant Sheet #1, Original Goodness

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### Welcome & Candle-lighting

*Light a candle. The group may wish to say these words together:*

Your light is in our eyes.  
Your beauty is in our hearts.  
Your goodness is everywhere.



### Group Spiritual Practice

#### *The Breath of Life*

God is available and accessible to us as the very thing we all do constantly - breathe.

Begin by settling in your chair. Get comfortable. Then get more comfortable.

Take a few deep breaths noticing how good it feels to fill your lungs, noticing how your chest rises, then falls. Do this a few times, then relax into normal breathing.

Notice how your body feels. Wherever you notice tension or discomfort, try to imagine your breath surrounding that spot, soothing it, massaging it, surrounding it with warmth. Stay with this until you have acknowledged and comforted all the places your body is speaking to you. (*Allow silence here.*)

Turn your attention to your mind, your thinking. Is your mind busy and full of thoughts, lots of thoughts, loud and demanding? Well, just for now, tell your thoughts that you will get back to them later and let them fade into the background, not dismissing them completely but just turning down the volume, letting your mind rest and be fully present to this time of pausing. Rest here as calmness settles your mind.....

With a nice deep relaxing breath, shift your attention to your heart, your deeper self, your centre. What do you sense is your spirit-health? What is your heart holding? Do you feel open or closed? As you can, imagine your in-breath filling your heart with love and healing light, while you exhale any heaviness or restriction that may be in the way of your being fully present to this moment. Continue to gently relax in your breathing until you sense you are ready. Amen. (Written by Marilyn Burrell)

You may wish to use this prayer on your own throughout the week.