

Healing Pathway Ministry - First United Church, Ottawa - Distance Healing Circle
healingpathway2010@gmail.com

The Healing Pathway Ministry will be offering a group distance healing session for ten minutes starting at 12:45 pm on Sundays in April and May, right after the service. Distance healing is a form of prayer which recognizes that we are all One in the Source of Life. Both the receiver and practitioner set their intention to open to Sacred Spirit and to allow the Healing energy of the Spirit to flow in and through them.

We suggest that everyone participating imagine themselves to be in the sanctuary at First United, with the Healing Pathway practitioners forming a circle around those who are receiving. The video runs for 10 minutes and will give you a better sense of the timeline.

If you would like to receive this offering of healing prayer you could follow these steps:

- ~ imagine yourself sitting in a small circle in the sanctuary at First United. To help with this there is a video posted on the Healing Pathway First website (Link <https://healingpathway2010.wixsite.com/website>) as well as the following prayer for centering if you choose.

*I am created by Divine Love,
I am sustained by Divine Love,
I am surrounded by Divine Love,
I am growing into Divine Love.*

- ~ find a quiet place before 12:45, where there you are not likely to be interrupted. If you wish light a candle for the duration.
- ~ Name for yourself your need or intention for this time and sit quietly, until you feel ready to move out of the experience.
- ~ If you find your mind wanders or is distracted, gently bring your attention back to your need or intention.
- ~ When you are ready to move out of the experience, open your eyes, take a moment to reflect on the experience and know that, if you want to, you can bring your attention back to those feelings at any time.

If you wish to have a conversation about your experience, email HealingPathway2010@gmail.com. You could also explore our [Healing Pathway First](#) care package, which is packed with reflections, meditations and other resources.

Blessings from the Healing Pathway First team.