Health Ministries Association Conference

September 11-13, 2017

**Opening Prayer for Breakout Session**

**Monday September 11th 11:15-12:30pm**

Let us start with A meditation that is done with eyes open or closed.

**Sending Peace, Care Forth,** Joyce Rupp

Place your hands over your heart. Move your attention toward your spirit. Slowly go inward until you reach that place deep inside of you where abiding peace dwells, the core of Enduring Love. Hold this peace as you bring to mind the suffering ones of our world, especially those who live in fear of being harmed. Then open your hands and extend them outward, palms up. Send forth the deep peace in the center of your being to these suffering ones.

Place your hands again over your heart. Bring to mind those whose presence, personality, ideas, attitudes or actions create judgmental, hostile or irritating feelings within yourself. Focus on one particular person or a group of people who challenge your ability to love. Open your hands and extend them outward, palms up.  With as much true intention as will arise in you, send forth the indwelling peace at the center of your being to this person or group.

Place your hands over your heart once more. Think of those known or unknown who consider you an enemy. Open your hands and extend them outward, palms up.  With as much true intention as will arise in you, send forth the deep peace in the center of your being to those who consider you their enemy.

Close with the following prayer:

Peace Bringer, create in me a heart filled with the kind of love that reflects your own. Send this love to those I care about and those I do not.  Open my mind to those I want to reject.  Open my heart to those I prefer to avoid. May my thoughts, words and deeds be devoid of violence in any form.  Soften whatever hardens my heart so that I bring your peace and kindness wherever I go.