



Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

Hi

Eden People desire to keep you healthy in body, mind & spirit during these difficult and uncharted times. Please keep in contact with us using the info at the bottom of each page. **Our inbox is open to you if you'd like more:** info, blessing, healing, insight & destiny or to join our community.

Most of the following comes from our Body Blessing & Positive Postures Sessions, our Reflective Soul Sites, Sacred Texts and Accredited Writers; feel free to use them as required.

The aim is to bring you peace, hope, wellness and a sense of you not being alone but known to a Divine Creator / Maker / Being/ Spirit. Don't let the 'language' used distract you from receiving something positive for your whole being.

Starting Point: Grounding yourself – *could be difficult (in the current situation) but find that place you feel comfortable in, with an element of quiet or less distraction.*

- Find your own space – inside or outside
- Start seated, legs not crossed

Become aware of your surroundings:

- **Visually** – the place / space; any other people around you
- **Audibly** – what can you hear – this sounds of the place – acknowledge these.
- **Spiritual** – what do you sense about the space you are in

Become aware of how you feel: JUST NAME THE THINGS YOU FEEL TO YOUR SELF – be real

- **Physical Body** – tired, aching, weak, strong etc
- **Emotionally** - sad, nervous, happy etc
- **Stress levels** - work, people, money etc

*Take a moment to think of something positive that has happened to you or you have seen or heard today. **Be thankful for this, hold on to this.***

Aims / Desires / Hopes for this time: ask yourself what do you need or want.

- **A Change** - in your thoughts, emotions or attitudes
- **Physical well-being** – feeling better / healing / stronger
- **Spiritual experience** – an encounter with the Divine Creator / God / Spirit / Light
- **Relaxation and peace** – new or required at this moment

Rest and relax for a moment

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FB: Eden People T: @edenpeople In: eden_people_1

Meditation: LOVE



Use the above picture to centre yourself on LOVE
Love Box by Eden People (left) Love in the lead by Li An Lee www.lianlee.co.uk (right)
This was a reflective soul site we created at an event.

The words for you to follow are as follows:

Sit, take a moment, rest, breathe and relax
The picture above has two pieces of art; both have the heart and
LOVE as a theme.
Two hearts together, ONE symbol of LOVE

**How's your heart? is LOVE at its core? Do you feel LOVED?
Do you need LOVE today, now, here, at this very moment?**

**Take a moment to sense the LOVE of the Divine Creator here &
now for YOU just as you are
Allow LOVE to connect to YOU; in your mind, heart and spirit**

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**Such LOVE for you, Divine, Pure, full of LOVE for YOU.
Welcome LOVE to your life, invite, ask; draw near to LOVE as LOVE
draws near to you.**

**If you sense or feel LOVE being present here and now just receive
more of it in to you**

Enjoy this time; created just for YOU because you are LOVED

*Feel free to ask (email/text/tweet/FB) Eden People to encourage and fan this LOVE in to
flame so you burn with LOVE*

Positive Posture: Creating of stances, actions or positions that connect the
physical body to your mind & spirit. Visualisation and 'dreaming' of action for
situations in your life

**EMBRACE POSTURE: CROSS YOUR ARMS WITH HANDS ON OPPOSITE
SHOULDERS**

EMBRACE YOURSELF: Love yourself as you are in this moment – you
are allowed to do this. Start with LOVE for you.

EMBRACE OTHERS: as a positive act – think of those you love and
care about; friends, family; the community around you

Feel the EMBRACE OF the Divine Creators LOVE for you right here
and now.

➤ RETURN ARMS BY YOUR SIDES

Love activity: You'll paper and pen(s)



Draw a heart shape out line:

You are going to put **YOURSELF** in this heart

Write or draw what you **LOVE about yourself** in to the heart

Add in **what you LOVE to do** – words, colours pictures

REFLECT about LOVING YOURSELF & your LOVELY attributes

Give thanks for this

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Draw another heart shape out line:



You are going to put **PEOPLE that YOU LOVE** in this heart and **PEOPLE that have shown you LOVE**
Add their name(s) or initials or an image that represent them.
REFLECT on the people you LOVE and those who LOVE you.
Give thanks for them.



Draw a third heart shape out line:

You are going to put things **that you LOVE BEYOND** what is close to you: Activities, Places, Countries, Nature etc.
Again write them or draw them in to the heart
REFLECT on what you LOVE beyond your present space & time.
Give thanks for these.

You have 3 hearts full of LOVE, LOVE for you and from you.
Take heart and know LOVE is so much more.

What is LOVE? Sacred Christo-centric Texts say this:

Love never gives up.
Love cares more for others than for self.
Love doesn't want what it doesn't have.
Love doesn't strut about proudly,
Doesn't have a swelled/selfish head,
Doesn't force itself on others,
Isn't always "me first,"
Doesn't fly off the handle,
Doesn't keep score of the wrong doing of others,
Doesn't revel when others grovel,
Takes pleasure in the flowering of truth,
Puts up with anything,
Trusts Divine Creator always,
Always looks for the best,
Never looks back,
But keeps going to the end.

What does LOVE mean to you, take a moment to ask yourself this question?

PRAYER HANDS

**GIVING THANKS TO THE DIVINE CREATOR as ACKNOWLEDGMENT for
a BLESSING TO YOU IN BODY MIND & SPIRIT**

Finally:

**Give yourself time to rest/relax and then reflect on how you feel;
any changes in your wellbeing?**

**Feel free to use this or any part of the session to bring you wellness
– any time, any place**

**For more on Body Blessing & Positive Postures do contact us via the contacts
at the end of the page.**

