



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

W: www.edenpeople.org.uk E: info@edenpeople.org.uk M: 07866247919
FB: Eden People T: @edenpeople In: eden_people_1

Meditation: You Need Hands

Body Blessing: Speaking wellness and healing to your hands

Start **PRAYER HANDS** (HANDS TOGETHER) Blessing to come here for:
**Acknowledging something outside of ourselves (upward & away from self)
can connect with us (downward and inward) to ourselves.**

Creator/maker/being/God/person/light / love / spirit

**Spoken Blessing: DIVINE CREATOR I BLESS AND THANK YOU FOR a desire to
connect & commune with me here & now**

➤ Hands down by your side

HANDS AS A BOWL HELD IN FRONT OF YOU: Blessing to come here for:

- **Fingerprints – you unique mark / you are a unique creation**
- **Think on how your hands work, ask that they be blessed to work
for good, your labours and that they would be used to help
others**
- **Creative hands: the arts, writing, composing....planting, seed
sowing.**
- **Clean hands; aware of what we carry both seen & unseen**
- **Shaped as a bowl let the Divine Creator FILL you up with Divine
Spirit**

Spoken Blessing:

**CREATOR I BLESS AND THANK YOU FOR MY HANDS, THEIR WORK AND
CREATIVITY**

**Cleanse my hands; let them leave no trace of virus upon me or others, let
them carry good, hope, life to the world around me
I speak LIFE over my hands.**



Soul Site Reflective Activity: Liquid Life



This was a reflective soul site we created for events.

This Soul Site is called **Liquid LIFE**

You will need: A large bowl of cold water or hand cleaner/gel and a towel

The words for you to follow are as follows:

You can be seated, standing or sit on the floor

Take some deep breaths. Just RELAX.
Be at peace in this place.

The need to wash or cleanse our hands is vital at this time; through this souls site my the process of hand washing be cleansing both outwardly and inwardly to your life



Take time to **reflect** on your life.

Are there things that make you feel dirty, unclean or even dulled?
Do you feel that areas of your life don't '**shine**', or you're not the person you feel you should be?

Over the next couple of minutes go to the bowl of water or apply hand gel

Dip your hands in the bowl, feel the cold water touch you - sense cleaner hands because of the water. (Or feel the cold gel cleansing your hands)

Symbolically wash away the life stains on you - either from your own actions or the actions of others

Enjoy the new sparkling you, the old gone, the new is here.
Wash away: fear, negative thoughts; you name what you want to wash away.



Dry your hands on a towel; *repeat if you want to or as prompted if things come to your heart, spirit & mind*

So we encourage you now to: Reflect / wash / dry / receive & rest

We often associate water with the Spirit or the Spiritual.
The Spirit-water is pure, cleansing & refreshing.

The Divine Creator desires us to be clean, bright & right, **not** dulled or religious but real – really ALIVE.

Going further for a moment;

Imagine you're by a river that is crystal clear, sparkling, cool and inviting....almost saying your name to you. It is **Ebbing & Flowing** out of a Divine Source of pure LOVE.....it is inviting you to...

.....**Jump** into it, swim, splash, wash be refreshed & clean
.....**Jump** into the Divine Creators' LOVE and cleansing for you.
Imagine yourself jumping in to LOVE, surrounding yourself in LOVE,
swim, float, splash, play in the LOVE river....
Maybe take a walk to a river and think upon the river of LIFE flowing
for you.



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**



DREAM STATION

Don't forget our Dream Station Dream Interpretation service we have for you. Feel free to contact us and we can undertake an interpretation. You can contact us for insight, healing, blessing and encouragement also – just see the contact details at the bottom of each page.



DREAM STATION

Curious to know if your dreams have meaning?


Photo by Anna Wessing for Eden People

We all have dreams, even if we don't remember them, and often they sound so weird when you recount them.

Usually they reflect your emotions - how you're feeling about things past or present - using symbols to express what your mind is processing while you're asleep.

We can interpret all your dreams and even your nightmares, providing insight into your own dream language and patterns, and how they speak into your spiritual journey.

Feel free to email your dream for free interpretation to Alex & Evie Mowbray at night.parables@gmail.com or to Eden People.



www.edenpeople.org.uk info@edenpeople.org.uk 07866 247919 Edén People
[@edenpeople](https://www.instagram.com/eden_people_1) [eden_people_1](https://www.facebook.com/eden_people_1) [Donate: localgiving.com/edenpeople](https://www.donate.org.uk/localgiving.com/edenpeople)