



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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Looking Deeper / Inside Vision

1. Body Blessing:

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

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

- Hands down by your side
-

For this session the theme of looking deeper & looking inside ourselves; here are a couple of body blessings we can use / utilise for this theme:

Body Blessing for the Eyes – seeing more both internally & externally

PUT OUR FINGERS LIGHTLY ON OUR EYES

- **The eyes are the window of the soul – what are you seeing – the things ‘light’ or the ‘darkness’**
- **Blessing for clarity of vision; the fog & mist to go so you can see clearly for DIRECTION and paths to take**
- **Seeing the Divine Creators hand around & upon you – seeing life in nature & people as you journey through life**
- **Blessing here for SPIRITUAL EYES – seeing the unseen, a different dimension for you**
- **LET THE LIGHT OF LOVE BE SEEN and illuminate your life**

Gratitude words to say:

CREATOR I BLESS AND THANK YOU FOR MY EYES, may I SEE YOU in & through all that I view both internally & externally.

May I be seen by others? May I know I’m SEEN by you at all times?

Body Blessing for your Mind – inner thoughts are challenged & changed

PUT YOUR HANDS ON YOUR HEAD

- **Clarity in my thinking & thought processes; clear the mist & fog – my internal compass re-aligned**
- **Thoughts/ thinking both positive & negative: more of the positive less of the negative. The inner me speaking love to me.**
- **Negative thoughts that bring harm to myself and others – Divine Creator healing & release; take them away and for forward movement**
- **Ask for and receive the Divine Creators Mind & Thoughts**

Gratitude Words: CREATOR I BLESS & THANK YOU FOR MY HEAD & MIND; may blessing come to clarify and illuminate all that is in this part of me

Body Blessing the Heart – the core of me is blessed and becomes bright(er) to me and the world around me.

PLACE HANDS ON THE HEART AREA

Blessing to come here for:

- **Thankfulness for LIFE in ME as I sense the heart pumping blood around my physical body**
- **If my heart is or has been broken I ask for HEALING and to be HEALED**
- **Blessing that my heart maybe right & pure with the Divine Creators intentions and with my fellow humans**

Gratitude Words: CREATOR I BLESS & THANK YOU FOR MY heart the physical sign of life in me, may my heart be strengthened physically, healed if damaged, made soft & pliable to your Divine intentions for me.

2. A couple of POSITIVE POSTURES to use through this time:

Tightrope walker: One foot in front of the other, arms outstretched (pretend holding a balance pole)

Think on the following as attributes regarding your life or situation

Small precise steps – step by step

Focus / concentration

Look up & ahead NOT down

Balance control

Strength in adversity

STAR JUMP (standing legs apart, arms stretched out, head could look upwards to the ceiling or sky)

Think on the following as attributes regarding your life or situation

Star light – lighting your way or path

You are a star in the eyes of the Creator

Shine bright to all around

5 points of connection: Body, Mind, Spirit, Heaven & Earth

For more on Body Blessing & Positive Postures do contact us via the contacts at the end of the page. We have a BB & PP email group that you can join so you can get first opportunity to book in & join a session when we start again. Drop us an email to: info@edenpeople.org.uk



Reflective Activity: Immerse in to Art

Use, think and meditate upon the images on the next couple of pages to bring rest/hope/healing and blessing to your life. Copies are available of each, just drop an email to night.parables@gmail.com

'Blue tree' by Evie Mowbray



The power of peace and stillness is able to calm our anxiety, our fear and our restlessness. Our roots are spiritual, from which we grow strong, established, adapting to the seasons of our lives.

Through our connection to the Spirit of Creation we develop branches to support and protect, leaves for covering and healing, flowers that express our natural beauty and the gift of fruit which is the expression of our identity, containing seeds of love.

We blossom from a vibrancy of life and the joy of being, confident in hope, believing in ourselves because we know we do not journey alone...

'Freedom' by Alex Mowbray



Expressing freedom is in our genes, our hopes, our dreams - we long to be free of constraints and leap over the boundaries in our world. As spiritual people we know there is more to life than the grid of conformity and the expectations of others. The energy available to us through the Spirit of Life shows us how to live in the real world yet not be conformed to it, exploring our true identity and learning simply how to be...

The Eagle of Revelation By Alex & Evie Mowbray



'Those who trust in the Creator will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.'
This is about the supernatural empowering the natural, the Spirit speaking into the soul, where our earthly lives gain a heavenly perspective. We are different by design; we have access to the plans and purposes of our amazing Divine Creator. By exercising our faith, however that is being tested right now, we will be encouraged by the PROMISE of new energy for the daily journey - that's today!

Our spiritual life, the everlasting one, though invisible to the world, is hidden with Jesus the Divine, and just as the eagle nests securely in a high place, we can be confident in the security of our relationship with Him.

In the Biblical sacred texts and in our nighttime dreams birds are often messengers and the eagle represents the seer - literally the see-er, one who brings heaven revelation down to earth.

Walking in faith with the certainty of hope means that we will avoid 'fainting' - the weariness that can lead to giving up inwardly in despair. The inner strength we gain from Divine Creator in these uncertain times will be a significant encouragement to church and to those in our community who may have little to cling to...

Biblical Sacred Text Isaiah 40:31

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




Faithscape Conversations:

Just something we are pondering in regard to giving people space to explore beliefs / faith or whatever carries us forward through life. If this is something that you'd like to explore drop us an email and we'll keep you informed about faithscape conversations and more info around the shape of sessions. Email us: edenpeople@edenpeople.org.uk

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?

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.



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