

LAN Circle Wrap-up

September 26, 2023



Inspiration/Meditation

We were lucky to have Mary Rondenet with us to share and teach us about the benefits of deep breathing. We heard about how her love of the whales developed into breath changing experiences. Please visit her website to see all of her class offerings and future trips.

Mary Ronndenet: Founder, Blooming Rose, Whale breathing

- Website: <https://bloomingrosehealing.com/>
- Facebook: <https://www.facebook.com/bloomingrosehealing>

Intention Circle

- Louise Mason gave us background information about the upcoming Australian Voice to Parliament referendum that will take place on October 14th. We were able to understand the pain and difficulty in this vote when Elizabeth Scheimer also shared her perspective, having cousins who are Aboriginal. We could feel the tension that is happening in this country and know our intention for healing, peace and progress are important. Please continue to walk with the intention below.
- During our meeting we found it necessary to concentrate on sending healing, unity and Love to the ENTIRE country. Our work transcends politics and sides.
- **Our intention is that the final vote of the Voice to Parliament referendum in Australia, on October 14th, creates a higher determination for equality and opportunity for the Aboriginal people.**
- Next month we will spend time processing what we experienced at our meeting, and after, before we move into our next intention.

Next Steps & Closing ⁵

- Mark your calendars for the book club talking about The Hope, Andrew Harvey, on October 10.
- The next LAN Circle is October 24.

Closing: Global Healing Response theme Journey...

