



**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, 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 but that place you feel comfortable, 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 etc
- Stress levels around you: 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.

- 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

Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

**Breathing Life: breathe in for a count of 3 breathe out for a count of 3
Feel free to speak out the words as you do this**

Breathe in (count 1,2, 3) Breathe out (count 1,2, 3)
Breathe in (count 1,2, 3) Breathe out (count 1,2, 3)
Breathe in (count 1,2, 3) Breathe out (count 1,2, 3)

Breathe in; I receive. Breathe out; I release
Breathe in; I receive. Breathe out; I release
Breathe in; I receive. Breathe out; I release

Breathe in Love. Breathe out hate
Breathe in Life. Breathe out death
Breathe in Peace. Breathe out anxiety
Breathe in Joy. Breathe out sadness
Breathe in gentleness. Breathe out tension
Breathe in Spirit. Breathe out insecurity
Breathe in the Creators Spirit. Breathe out earthly distractions

Breathe in, Breathe out
Breathe in, Breathe out
Breathe in, Breathe out

And rest, be aware of your breathing; what enters, what leaves.



Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

Moving On To:

Body Blessing: Speaking wellness and healing to your body

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 WE 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:

- **Observe 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**
- **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, THERE WORK AND CREATIVITY. Cleanse my hands; let them carry good, hope, life to the world around me

- Hands DOWN by your side
-

PUT YOUR HANDS ON YOUR HEAD: Blessing to come here for:

- **Have the Divine Creators Mind & Thoughts – thoughts that bring life, hope and reality to situations**
- **Clarity in thinking, thought processes; clear the mist & fog**
- **Thoughts and thinking both positive and negative – more of the positive less of the negative**
- **Negative thoughts that bring harm to self and others – Divine healing and release, removal and movement forward**

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

- Hands DOWN by your side

Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

HANDS PLACED ON EARS: Blessing to come here for:

- May the noise of life be quietened when I need peace - What have I heard that doesn't bring me peace or life.
- Ability to hear others peoples voices and my own inner voice.
- Clarity in hearing the Divine, Others & Self – a deciphering of truth – no confusion
- Blessing here for **SPIRITUAL EARS** - hearing the voice of my Divine Creator – both the whispered & shouted

Spoken Blessing: CREATOR I BLESS AND THANK YOU MY OUR EARS, may I hear YOU through the noise of life, speaking to my very being

➤ Hands DOWN by your side

PUT OUR FINGERS LIGHTLY ON OUR EYES Blessing to come here for:

- Blessing for clarity of vision, the fog & mist to go so I can see clearly for **DIRECTION** and paths to take
- The eyes are the window of the soul – what am I seeing – light or dark. What am I seeing that lifts me up or pulls me down.
- **LET THE LIGHT OF LOVE BE SEEN** and illuminate my lives – let it be visible to me.
- Blessing here for **SPIRITUAL EYES** – seeing the unseen
- Seeing the Divine Creators hand around and upon me – seeing life in nature & other people as I journey through life

Spoken Blessing: CREATOR I BLESS AND THANK YOU FOR MY EYES, may I SEE YOU in and through all that I view. May I be seen by others? May I know I am SEEN by you at all times?

➤ Hands DOWN by your side

PUT FINGER JUST ON YOU'RE LIPS: Blessing to come here for:

- Blessing for my spoken words to be positive, uplifting for other people
- Blessing and cleansing for me if people have spoken negative words over me
- Speaking out in 'faith' that situations can change and good will come. Blessing not cursing, positive not negative
- Understanding to ask, enquire of the creator – invitation to dialogue with my Divine Creator

Spoken Blessing: CREATOR WE BLESS & THANK YOU FOR MY MOUTH, may I speak of what is on your heart for myself and the people I meet. May words of promise be spoken over me by others and YOU

➤ Hands DOWN by your side

Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

PLACE HANDS ON THE HEART AREA / Respiratory system

Blessing to come here for:

- **Thankfulness for LIFE in me as I sense the heart pumping blood around my physical body**
- **Protection over my lungs and breathing system – clean air, virus free.**
- **If my heart has been 'broken' I ask for HEALING and to be HEALED**
- **Blessing that my hearts may be right & pure with the Divine Creators intentions and with fellow humans**

Spoken Blessing: CREATOR I BLESS & THANK YOU FOR MY heart & lungs. The physical sign of life in me; may my heart be strengthened physically, healed if damaged, made soft and pliable to your Divine intentions for me.

- Hands DOWN by your side

TO FINISH PRAYER HANDS

GIVING THANKS TO THE DIVINE – focusing / ACKNOWLEDGMENT for a BLESSING TO YOUR BODY MIND & SPIRIT

- Hands DOWN by your side

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.

