The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular elements: a large circular scale on the left with degree markings from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise rotation. The text is centered in the upper right quadrant.

VIRTUAL HEALING CIRCLE PART 3 : GLOBAL

SHARNA LANGLAIS

REIKI MASTER, INTUITIVE, HERBALIST,
AROMATHERAPIST & COMMUNICATIONS TRAINER

OVERVIEW

- Meditation
- Astrology
- Privilege, Suffering and Control
- Healing Suffering
- Global Transformation
- Co-Creation Meditation

GROUP MEDITATION

- Root chakra
 - Trust
 - Safety & Security
 - Home
 - Money
 - Physical body / health
 - Connection to Earth
 - Color - red

ASTROLOGY

- April 8 – Full Moon in Libra: balance, diplomacy, fairness
- Mars-Chiron sextile: be proactive about healing and helping.
- April 11 – Mercury moves out of Pisces into Aries: mental clarity; we become unstuck and feel capable of clearer decision-making
- April 12 – Mercury sextile Saturn: conversations about evolution
- Breaking out of old mental loops; leave behind outdated thinking
- Fresh start, constructive conversations, confrontation
- Easter Sunday; Ostara 3/19/20 – balance, rebirth, egg

<https://www.leahwhitehorse.com/2020/03/31/april-2020-astrology-forecast/>

<https://astrologyking.com/mercury-sextile-saturn/>

PRIVILEGE & SUFFERING

- For many of us, our self-distancing is a privilege
- Diarrhea kills 2.2 million people worldwide each year, most of them children in developing countries; 5M children to hunger
- COVID-19 is affecting a disproportionate number of black and latino communities
- Global pandemic brings our privilege and suffering into context
- How can we use our privilege to help others?
- How is this pandemic asking us to look at what we can easily control (something external) vs. what we feel we can't ("internally"/societally created)

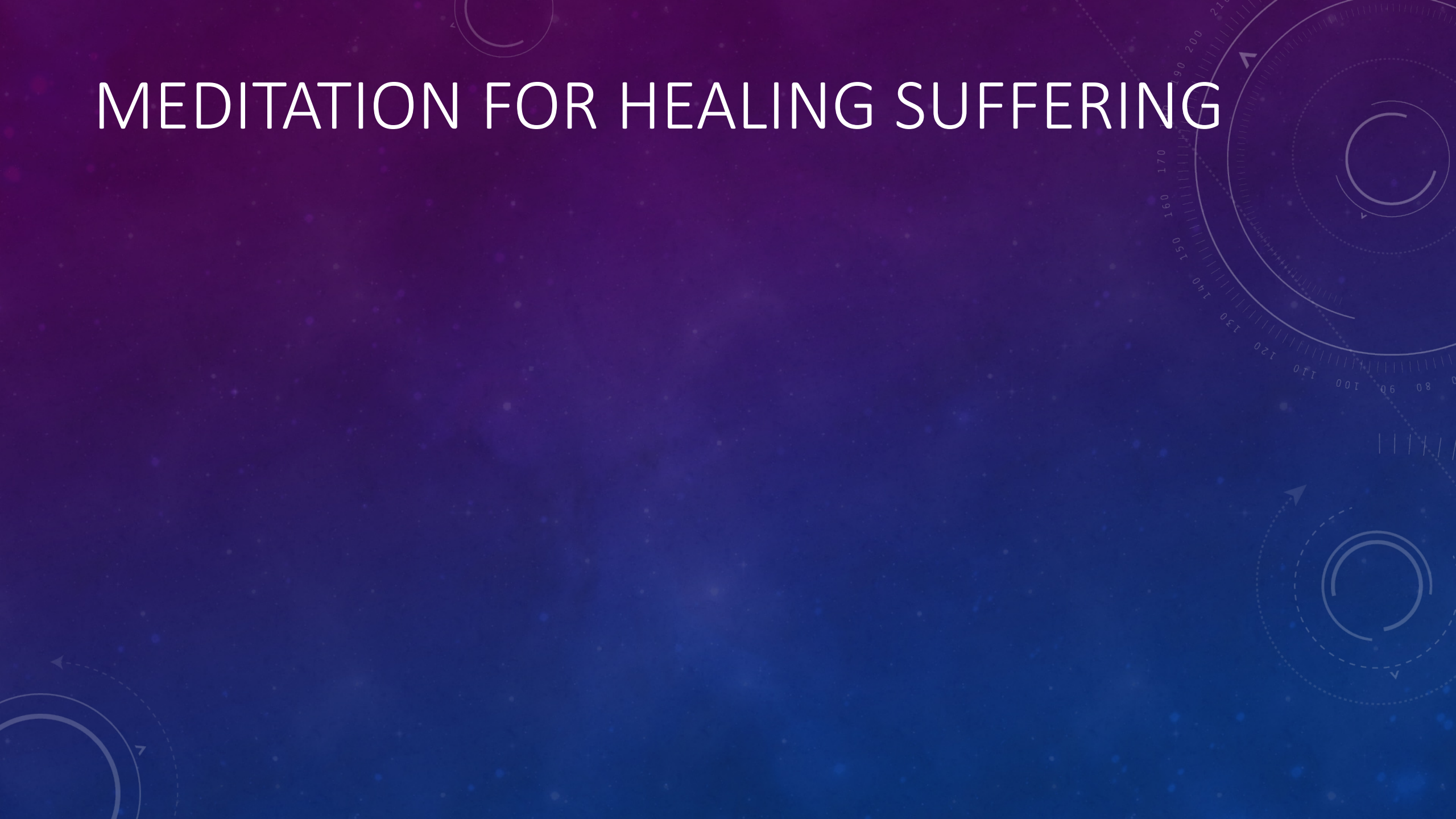
Wisdom In The Time Of Covid-19, Under the Skin, Russell Brand & Gabor Mate

SYSTEMS OF CONTROL

- Emphasis on life over suffering – “war on death”
- Shamanic cultures see death as a doorway
- Limiting of free speech, movement, personal freedoms
- Systems of control are frequently based on fear
- Identification of values – what makes life worth living?
- How do we make decisions and act based on our values?

Charles Eisenstein, The Coronation (Essay)

MEDITATION FOR HEALING SUFFERING



GLOBAL TRANSFORMATION

- Caterpillar to become a butterfly, requires most of the caterpillar's mass to become mush
- Death asks us to embrace life – death consciousness
- Death is the energy of transformation
- Collectively being asked what we we leaving behind and what are we taking with us?
- What kind of world do we want to live in?

CO-CREATION MEDITATION

