



Triune Healing

Integrating Spirit, Science, and Psychology

RUMBLINGS AND RUMINATIONS

Monthly Newsletter from Sharon Snir

January 2009

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Greetings and Welcome Everyone,

Rather than wishing you a Happy New Year this year I choose with wish you a year of Peace and specifically Inner Peace.



May we find Peace within ourselves so that we do not need to demand anything from others. May we choose to say less and to hear more this year. May we know and appreciate what we have and share it with ease. May we be grateful for our gentle dreams knowing some people with have no sleep at all tonight. May we remember that nothing we can hold or touch will last, for everything is temporary. In a world where people will still go hungry tomorrow, where bombs are still falling and children continue to suffer neglect and abuse beyond our imagination you may ask yourself what can I do to help?

The answer is simple. Make time to be still every day. It may be through meditation, contemplation or prayer. Take a few moments every day to breathe

consciously. And once you have quietened your thoughts down, send loving thoughts to the world.

Imagine throwing a net around the globe and ignite a corner of the net with a spark of light that comes from your heart. Slowly let the light spread through the net until the whole world is surrounded by a net work of light.

Below are prayers for peace from 12 major religions of the world including the Saint Francis Prayer for Peace.

Perhaps you would like to read one whilst sending good wishes to someone you love or even to someone you do not love. You can send good wishes to a community or to a country. What ever you choose, every time you do it you will quietly yet profoundly add more Light and Love to our world. That is how you can help.

It's that simple.

Blessings, Love and Peace for 2009

Sharon

Saint Francis Prayer for Peace

**Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.
Amen.**

Hindu Prayer for Peace

**Oh God, lead us from the unreal to the Real.
Oh God, lead us from darkness to light.
Oh God, lead us from death to immortality.
Shanti, Shanti, Shanti unto all.**

**O Lord God Almighty may there be peace in Celestial regions.
May there be peace on earth.
May the waters be appeasing.
May herbs be wholesome, and may trees and plants bring peace to all.
May all beneficent beings bring peace to us.
May thy Vedic Law propagate peace all through the world.**

**May all things be a source of peace to us.
And may thy peace itself bestow peace on all.
And may that peace come to me also.**

Buddhist Prayer for Peace

**May all beings everywhere plagued with sufferings of body and mind quickly be freed
from their illnesses.
May those frightened cease to be afraid
and may those bound be free.
May the powerless find power,
and may people think of befriending one another.
May those who find themselves in trackless,
fearful wildernesses - the children, the aged, the unprotected - be guarded by beneficent
celestials,
and may they quickly attain Buddhahood.**

Zoroastrian Prayer for Peace

**We pray to God to eradicate all the misery in the world:
that understanding triumph over ignorance,
that generosity triumph over indifference,
that trust triumph over contempt, and**

that truth triumph over falsehood

Jainist Prayer for Peace

Peace and Universal Love is the essence of the Gospel preached by all the Enlightened Ones.

The Lord has preached that equanimity is the Dharma.

**Forgive do I, creatures all,
and let all creatures forgive me.**

Unto all have I amity, and unto none enmity.

Know that violence is the root cause of all miseries in the world.

Violence in fact, is the knot of bondage.

"Do not injure any living being."

**This is the eternal, perennial, and unalterable
way of spiritual life.**

**A weapon, howsoever powerful it may be,
can always be superseded by a superior one;
but no weapon can, however,
be superior to non-violence and love.**

Jewish Prayer for Peace

**Come let us go up to the mountain of the Lord, that
we may walk the paths of the most high.**

And we shall beat our swords into ploughshares, and our spears into pruning hooks.

Nations shall not lift up sword against nation - neither shall they learn war any more.

And none shall be afraid, for the mouth of the Lord of Hosts has spoken.

Shinto Prayer for Peace

**Although the people living across the ocean surrounding us, I believe, are all our
brothers and sisters, why are there constant troubles in this world?**

Why do winds and waves rise in the ocean surrounding us?

**I only earnestly wish that the wind will soon puff away all the clouds which are hanging
over the tops of the mountains.**

Native African Prayer for Peace

**Almighty God, the Great Thumb
we cannot evade to tie any knot:
The Roaring Thunder that splits mighty trees;
the all-seeing Lord up on high who sees
even the footprints of an antelope on a rock mass here on earth.
You are the one who does not hesitate to respond to our call.
You are the cornerstone of peace.**

**O Great spirit of our Ancestors, I raise my pipe to you;
To your messengers in the four winds, and
to Mother Earth who provides for your children.
Give us the wisdom to teach our children to love, to respect, and to be kind to each
other, so that they may grow with peace in mind.**

Let us learn to share all good things that you provide for us on this Earth.

Muslim Prayer for Peace

**In the name of Allah the beneficent, the merciful. Praise be to the Lord of the Universe,
who has created us and made us into tribes and nations that we may know each other,
not that we may despise each other.
If the enemy incline towards peace, do thou also incline towards peace, and trust God,
for the Lord is the one that heareth and knoweth all things.
And the servants of God, most Gracious are those who walk on the earth in Humility,
and when we address them, we say "PEACE."**

The Baha'i Prayer for Peace

**Be generous in prosperity and thankful in adversity.
Be fair in thy judgment, and guarded in thy speech.
Be a lamp unto those who walk in darkness, and a home
to the stranger.
Be eyes to the blind, and a guiding light unto the feet of the erring.
Be a breath of life to the body of humankind, a dew upon the soil of the human heart,
and a fruit upon the tree of humility.**

Sikh prayer for Peace

**God adjudges us according to our deeds, not the clothes that we wear;
That truth is above everything, but higher still is truthful living.
Know that we attain God when we love, and only that victory endures in consequences
of which no one is defeated.**

Christian Prayer for Peace

**Blessed are the Peacemakers
for they shall be known as the Children of God.
But I say to you that hear, love your enemies, do good to those who hate you, bless those
who curse you, pray for those who abuse you.
To those who strike you on the cheek offer the other also, and from those who take
away your cloak, do not withhold your coat as well.
Give to everyone who begs from you, and of those who take away your goods, do not
ask them again.
And as you wish that others would do to you,
do so to them.**

TRIUNE HEALING

Integrating Science, Psychology and Spirituality

Therapy, Supervision, Workshops and Seminars

Therapy

Through Gestalt Psychotherapy, The Work of Byron Katie (www.thework.org), Art Therapy, Meditation, Dialogical and Relational Therapy, Past Life regression therapy, Spiritual Guidance, Sharon offers individuals, couples, adolescences and children the opportunity to experience a deeply respectful process where the focus is always on self- awareness, self acceptance and self responsibility.

Supervision

Supervision in Gestalt therapy practice is broadly defined as facilitating the process of the therapist's response-ability in working with the client or the group. Gestalt therapy supervision then is a here-and-now process that explores the contact-boundary between the therapist and the client system for

the purpose of enabling the therapist to become more creative and fully alive in the therapy session.

Telephone Sessions

Sharon has been successfully conducting Individual Therapy and Supervision over the phone and through e-mail contact.

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