Asian Journey - Philippines and Vietnam

During the month of February, Sisters Gail and Amie gave retreats throughout the Philippines from Manila to the island of Cebu. In almost all of the gatherings there were 150 or more people in attendance. The groups we worked with included: the Institute for Formation of Religious Sisters, Religious Formation Conference, HEAL- the haven for ecological and alternative learning sponsored by the Medical Mission Sisters and St Theresa’s College sponsored by the ICM sisters. Sr Gail continued on to Vietnam after the Philippines.
HAPPENINGS FROM GREEN MT MONASTERY

WARM AND COLD WEATHER EXTREMES!!!

Our Asian Sisters

Medical Mission Sisters Gathering at HEAL, in the Philippines

Sister Bernadette caring for the land, birds and monastery during the cold winter days of February

A welcoming pathway to the monastery.

Sr Gail leading a retreat in the Philippines.

Sisters Gail and Amie on the island of Cebu
A Meditation: Leaning Back into the Radiant Heart of Christ

Close your eyes. Take several deep breaths and center yourself.

Begin by imagining yourself leaning back into the Heart of Christ;

Feel the allurement and energy that is radiating from this blazing Heart.

Let go and fall back into its multi-dimensionality.

Ask to take on the qualities of this Sacred Heart, and choose to align with those qualities as they reveal themselves.

Allow this Heart to lift your frequency up to the highest octave available to you right now.

When you finish the meditation, go into your life as this UNITIVE HEART.