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Supporting information for the Meditation way

*Your inner
treasure map*

„God in you and with you“

Station 5 „Forgiveness“

„And forgive us our trespasses, as we forgive those who trespass against us“

If we are hurt, we complain and ask: Why did that have to happen if nothing good came from it? I didn't do anything wrong!

- Think about people who you have deliberately or accidentally hurt or disappointed.
- What have my transgressions taught me about myself and my behaviour?
- How will I now behave?
- Who is waiting for my forgiveness?
- Can you imagine expressing your desire in an honest prayer that the wounds you have caused are healed?

„Forgiveness is an incredible gift. It costs nothing, but gives us everything we need.“



Station 6 „Overcoming“

„And lead us not into temptation, but deliver us from evil.“

Pride forms the roots of **wrath** if we denigrate everybody who doesn't acknowledge our power and importance.

Pride forms the roots of **envy** if we believe that we have earned more than other people or if we hope that another person might fail so that we feel better.

Pride is the root of **sloth** if we do nothing to realise our potential or if we do not help others because we are too comfortable.

Pride forms the roots of **greed** if we feel entitled to stockpile more than we are due, if we take something from others, or if money and power are what we desire most in the world.

Pride forms the roots of **gluttony** if we damage our body, our soul, and our spirit through excessiveness or addiction.

Pride forms the roots of **lust** if we objectify another person for our own satisfaction.

- Can you harness the energy of these vices which you feel regarding one of these issues and turn it into a positive force or peaceful actions, and loosen their hold on you?

„Take care of your words, thoughts, actions, and habits – because they will become your character.“



Station 7 „Love“

„For thine is the kingdom and the power and the glory forever“ – „AMEN“

Start the day by resolving to try and show more love, from the moment you wake up to the moment you go to bed, in every situation that you face. This love should be for everyone you come across, be they family members, friends, colleagues, bosses, strangers, salespeople, everyone – no exception, even if they seem unfriendly towards you. At the end of the day, take time to reflect on every situation you encountered throughout the day.

- Ask yourself if you were able to respond to people with love.
- Could I have shown more love?
- Did I struggle in certain situations?
- What did I gain by responding to other people with love?
- If you were successful for a day, try and do this for a week, then a month etc. The aim is to live every day with more love – or to try and do this, at least.

„Do everything with love, and love will do everything.“



Introductory words

At 450 meters in length the „Lord´s Prayer“ by 7 sculptures is artistically symbolized. All of the artist Walter File from Serafaus, who designed the interior, the windows and the front door of thy family lights chapel Hög. An idea and script by Uschi Peer.

A romantic gem on the east bank of the Högsee, surrounded by tall trees, the family lights chapel Hög.

A very modern chapel where people of all faiths are welcome.

Station 1 „Belief“

„Our Father, who art in heaven, hallowed be thy name“

- How does God appear according to my understanding?
- What do I feel when I think of God?
- Which image of God leads my thoughts and deeds?
- Can I respect another person's image of God, even if it is different from my own?
- Can I approach God as a father and ask him for something in His paternal role?

„I have a unique path, and each day shows me anew what it entails.“



Station 2 „Devotion“

„Thy kingdom come, thy will be done“

Can I remember a time when I didn't get something I really wanted, but recognised in hindsight that it was better that way? This inner disappointment can concern anything: a friendship, a job, a special occasion.

- What did I want and why did I want it? How would it have benefited my life back then?
- Why did I not get what I wanted?
- Has my idea as to why I didn't get it changed over time?
- Do I have wishes and worries? Stick them to a balloon and let it fly away.

„I can establish a personal relationship with God and trust in His help.“



Station 3 „Service“

„On earth, as it is in heaven“

- What do I do to ensure that other people can experience a piece of heaven on earth?
- In my surrounding area, who could need voluntary or other assistance?
- How and in what way can I help people?
- Perhaps a personal service, a prayer, a conversation, by providing financial help or material objects?

„God has no hands on the earth... except ours. It is necessary to give, so that hands are free to receive.“



Station 4 „Fullness“

„Give us today our daily bread“

Think of all the blessings which have come your way from time to time. Don't take anything for granted: neither your health, family, relationship, employment, encounters which come your way, nor prosperity.

„Pause awhile and give thanks for this“

- What am I lacking?
- What is it in particular that I really want?
- Say your wishes out loud for yourself to hear!
- What do I consider to be the fullness of life?
- Does that comply with God's will?

„If I am willing to give, God will bestow upon me in abundance what I need to be happy.“





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