

Veriditas Handheld Labyrinth Meditation

Friday, July 28, 2023

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Reflection and Expansion

**Music Selection: Seckou Keita and Catrin Fitch "Listen to the Grass Grow"
from their CD SOAR.**



Poetry Selection: Cosmic Dance by Calen Rayne

gliding on gossamer wings

through zero point field

a continuum of consciousness

seemingly lost in a sea of energy

finding a force

our interdependent web

of existence

now alive for all to enter
and join their true essence
a hologram of holiness
quantum coherence
vibration of resonance
morphic fields of actualization
alive with purpose
web of wisdom
etheric ephemeral energy
encompassing endless existences
ironies of spacetime
circling square
squaring circle
i float aware and awake
washed in waters of my elders
rising
reaching
rescued from reality
returned to reclaim

my ancient voice

ancient trees

winding waters

a torrent of transformation

awakens waterfalls

silenced by winter ambivalence

flowers push against gray skies

in search of source

delayed dawn deepens

light yields luminescence

reveals a resonance

musical mystery melody

speaks to stars

sounding sweet songs

for my divine mother

my mystical muse

chant of community

prayers of peace

labyrinth of liberation

allows my soul to soar

search for equanimity

on a cushion of thought

on a cushion of thought

search for equanimity

boundless opportunity

breath in breath out

breathe in breathe out

center of continuity

stream of consciousness

consciousness of stream

continuity of center

flowing through field

liberating light

lightning on vast plains

flashing force of nature

electric white

silent stones

raise their voices

to dark matter

to dark energy
veils now lifted
serpent ridge
sings songs of healing
under azure skies
plains breeze
i journey to a realm
of divine responsibility
returning from quiet
in search of a spiritual path
to question
to question
but my search itself
the answer i seek
moving from stone to stone
essence to essence
via negativa to via positiva
via creativa to via transformativa
spirituality manifest
sky water sky rock sky

center of existence
a holy day to be remembered
there is enormous music
rising from creation
intelligent vibration
allows my light
to manifest as matter
i give in
to a rhythm of alchemy
i become a tapestry
woven on a sacred loom
by the divine mother's hands
i am embraced by cosmic energy
in developing dissolving darkness
in a spacious grounded calm
i enter this profound energy
of ancient wisdom
and become one with the dance