

Veriditas Handheld Labyrinth Meditation

Friday, September 29, 2023

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Gratitude

“Gratitude unlocks the fullness of life.” (John O’Donohue)

Question: Reflecting on your week, what people, pets, places and things are you grateful for?



Photo background y Scott Webb on Unsplash.com

Gratitude, by John O’Donohue

Gratitude unlocks the fullness of life.
It turns what we have into enough and more.
It turns denial into acceptance,
Chaos to order, confusion to clarity.
It can turn a meal into a feast,
A house into a home,
A stranger into a friend.
Gratitude makes sense of our past,
Brings peace for today,
And creates a vision for tomorrow.

Musical Selection:

A Scottish slow air (name unknown) and “Listen to the Grass Grow” by Seckou Keita (kora) and Catrin Finch (harp) from their album SOAR.

Inspiration for the Theme

Gratitude

Meaning: Appreciation, Thankfulness

Cards for the Visionary Path by Francene Hart

“The golden spiral within a circle here symbolises offering prayers of appreciation and gratitude for all of life’s gifts. Spirals represent the purest form of moving energy; therefore, they are a perfect means of expression for sending into consciousness your prayers of gratitude.”

Poem by Nayyirah Waheed:

we
return to each
other
in waves.
this
is how
water
loves.

