

Veriditas Friday Handheld Walk Resource Guide

By Lars Howlett / DiscoverLabyrinths.com

in collaboration with MC Sungaila

Friday, August 18th, 2021

Theme: Sacred Time

Opening Reading:

Sabbath

by Chritine Valters Paintner

<https://www.societyarts.org/in-poetry-sabbath.html>

Even as the subway car hurtles
into the tunnel and calendars heave
under growing weight of entries,
even under the familiar lament
for more hours to do

a bell rings somewhere
and a man lays down
his hammer, as if to say
the world can build without me,
a woman sets down
her pen as if to say,
the world will carry on
without my words.

The project left undone,
dust on the shelves,
dishes crusted with morning
egg, the vase of drooping
flowers, and so much work
still to complete,



I journey across the long field
where trees cling to the edges
free to not do anything but
stand their ground,
where buttercups
and bluebells sway

and in this taste of paradise
where rest becomes luminous
and play a prayer of gratitude,
even the stones sing
of a different time,
where burden is lifted
and eternity endures.

The Eight Cycles of Sacred Time by Christine Valters Paintner

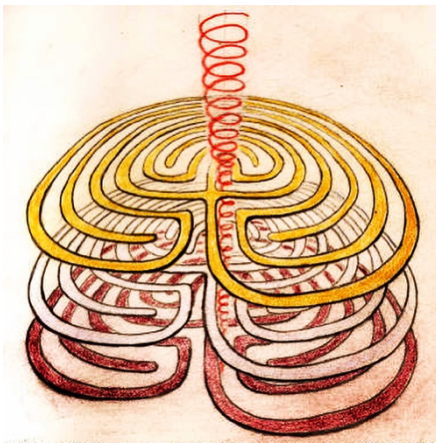
<https://abbeyofthearts.com/books/sacred-time/>

- breath
- rhythms of the day
- weekly rhythms and Sabbath rest
- waxing and waning lunar cycles
- seasons of the year
- seasons of a lifetime
- ancestral time
- cosmic time

Personal Examples:

daily ritual: Waking up and having tea outside without checking email/news/social media

pilgrimage: Backpacking Patagonia at turn of the millennium with a friend, disconnected & remote



“The horizontal takes us along a straight line from past to future. This is what allows us to plan events and schedule meetings. It is the time we measure with clocks. The other way of experiencing time, the vertical, seems to deliver us from the flow of horizontal time. In moments of rapture, deep meditation, dream states, or intense celebration, we feel liberated from time's passing. The clock does not stop, of course, but we do not hear it ticking. When we connect with vertical time, we step out of horizontal time and touch eternity.” – Gary Eberle

The Labyrinth: A sacred journey through space and time

Invitation: [How do you encounter the eternal?](#)

Music : The Road to Peace by Fred Westra: https://youtu.be/VeOi8E_cACI

Post walk quote:

“Value of time is not in time but in clarity of thought: the moments we when we see through time and everything else, and see our way “through” everything. Time is valuable only for the moments that cut across and through it vertically.” – Thomas Merton, *Learning to Love*

Participant Sharing

Closing Poem:

Now is the Time

by Hafiz

Now is the time to know
That all that you do is sacred.

Now, why not consider
A lasting truce with yourself and God.

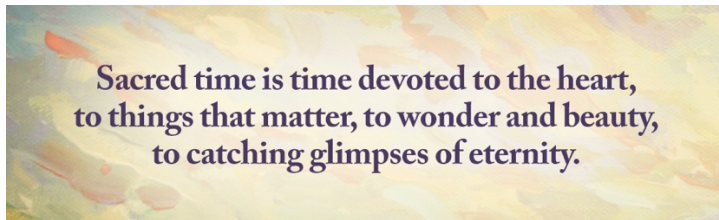
Now is the time to understand
That all your ideas of right and wrong
Were just a child's training wheels
To be laid aside
When you finally live
With veracity
And love.

Additional Quotes and Resources:

Quote:

**“She was someone who could not be rushed.
That seems like a small thing.
But it is actually a very amazing quality,
a very ancient one...
She went about her business
as if she could live forever,
and forever was very, very long.**

- Alice Walker, *The Temple of My Familiar*
Introduction to the book *Sacred Time* by Christine Valters
Paintner



Christine Valters Paintner <https://abbeyofthearts.com/books/sacred-time/>

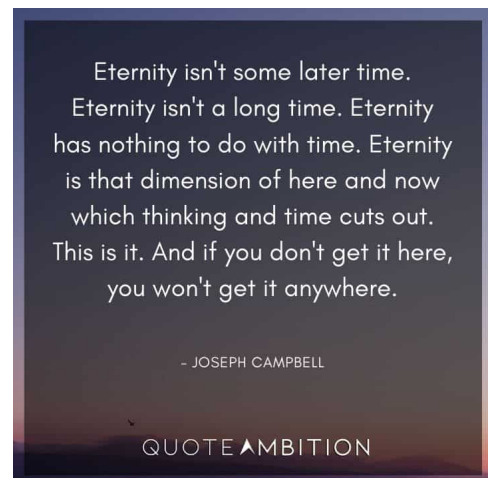
(...)

Now is the time for the world to know
That every thought and action is sacred.

This is the time for you to compute the
impossibility
That there is anything
But Grace.

Now is the season to know
That everything you do
Is sacred.

**from *The Gift* – Poems by Hafiz the Great Sufi
Master
translations by Daniel Ladinsky**



“The Hebrew word for holiness, *kedushah*, literally means set aside, designated as different. In this portion, the obligations to sanctify space and time are woven together. We sanctify our time by putting aside our daily occupations and designating Shabbat and holy days as sacred.”

<https://www.myjewishlearning.com/article/sacred-time-amp-space/>

“We often talk about wasted time, time spent like money, or time fleeting. This rushed and frenzied existence is not sacred time. Sacred time is time governed by the rhythms of creation, rhythms that incorporate times of rest as essential to our own unfolding. Sacred time is time spent being present to the moments of eternity available to us whenever we choose to pause and breathe.

In sacred time, we step out of the madness of our lives and choose to reflect, linger, savor and slow down. We gain new perspectives here. We have all had those moments of time outside of time when we felt as if we were touching eternity, bathed in a different kind of rhythm. Touching eternity brings cohesion to our lives and reminds us of the goodness and surplus of living because it honors the rhythms of the soul.” Christine Valters Paintner page xi, from the book **Sacred Time**

Chronos “gives his name to absolute time, linear, chronological and quantifiable. But the Greeks had another, far more slippery colorful, god of time, Kairos. Kairos was the god of timing, of opportunity, of chance and mischance, of different aspects of time, the auspicious and not-so-auspicious. Time qualitative.” – Jay Giffiths from A Sideways Look at Time

“If your journey is indeed a pilgrimage, it will be rigorous. Ancient wisdom suggests if you aren't trembling as you approach the sacred, it isn't the real thing period the sacred, and its various guises as holy ground, art, or knowledge, evokes emotion *and* commotion.” – Phil Cousineau – the art of pilgrimage