

# Veriditas Virtual Finger Walk Resource Guide

By Lars Howlett / Lauren Artress & Hosted by Veriditas

Friday, June 19<sup>th</sup>, 2020, 4pm California Time on Zoom

Welcome Music: Alma by Gustavo Santaolalla from the album Camino

I would like to take this moment to affirm that [Black Lives Matter](#) to me and Veriditas. We can and must do more to support equity and inclusion at our events, workshops, and gatherings. We also need to address systemic racism and implicit bias ourselves and our institutions. Only together we can evolve as a labyrinth community and be of better service to the world. <https://blacklivesmatter.com>

June 19<sup>th</sup> is Juneteenth

12 Things You Might Not Know About Juneteenth:

<https://www.mentalfloss.com/article/501680/12-things-you-might-not-know-about-juneteenth>

Juneteenth is Finally Entering the Mainstream American Consciousness (Video):

<https://www.theroot.com/juneteenth-is-finally-entering-the-mainstream-american-1844065083>

We are also marking the occasion of Pride Month and the Solstice.

Here are my three worksheets for creating inclusive labyrinths, events, and facilitation:

<https://discoverlabyrinths.com/inclusion>

**Opening Story:**

*There once was a farmer, whose horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad fortune," they said with sympathy. "Maybe," the farmer replied.*

*The next morning the horse returned, bringing with it three other wild horses. "What great fortune!" the neighbors exclaimed. "Maybe," replied the old man.*

*The following day, the farmer's son tried to ride one of the untamed horses. He was thrown off and broke his leg. The son would forever limp. "What terrible fortune," the neighbors cried. "Maybe," answered the farmer.*

*The next morning, the army came through the farmer's village to draft young able-bodied men for the war. Seeing his son's limp, they passed him by. The neighbors congratulated the farmer. "What wonderful fortune!" they said. "Maybe," said the farmer.*

**Opening Quote:**

From **Shantideva** (sometimes **Santideva**), an 8th-century **Indian Buddhist** scholar

**“Where would I find enough leather to cover the entire surface of the Earth? But with leather soles beneath my feet, it’s as if the whole world has been covered. Likewise, it’s not possible for me to restrain the external course of things, but should I restrain this mind of mine, what would be the need to restrain all else?”**

Reflection by Tamara Levitt

“What Shantideva is saying is: We often don’t have control over what happens in life, but we do have some control over our response. Rather than letting our resistance and discomfort derail us, we can train so that instead of having to cover the Earth with leather each time the road becomes painful, we can instead work on toughening the soles of our own feet so that we’re more resistant to it. This is the path. And how we experience peace.”

**Finger Walk Meditation Music: I AM by Destiny Muhammad**  
<https://destinymuhammadproject.com/track/1971972/i-am>

**Closing Prayer:** (shared by Lauren Artress)

May our eyes remain open even in the face of tragedy.  
May we not become disheartened.  
May we find in the dissolution  
of our apathy and denial,  
the cup of the broken heart.  
May we discover the gift of the fire burning  
in the inner chamber of our being –  
burning great and bright enough  
to transform any poison.  
May we offer the power of our sorrow to the service  
of something greater than ourselves.  
May our guilt not rise up to form  
yet another defensive wall.  
May the suffering purify and not paralyze us.  
May we realize the greatness of our sorrow  
and not run from its touch or flame.  
May clarity be our ally and wisdom our support.  
May our wrath be cleansing, cutting through  
the confusion of denial and greed.  
May we not be afraid to see or speak our truth.  
May the bleakness of the wasteland be dispelled.  
May the soul’s journey be revealed  
and the true hunger fed.  
May we be forgiven for what we have forgotten  
and blessed with the remembrance  
of who we really are.

~ The Terma Collective

**Closing Music: Follow the Sun by Xavier Rudd**

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