

## Veriditas Friday Labyrinth Meditation: Peace for the Walk

January 28, 2022

*Laura Esculcas, Facilitator and Rob Hodges, Cello*

### Poem By Nayyirah Waheed

Be softer with you. You are a breathing thing.  
A memory to someone.  
A home to a life.

### Prayer for Peace by Jose Luis Stevens

Thank you Spirit for manifesting peace in our world  
Thank you for teaching me how to be peaceful  
Thank you for the peace I feel inside now  
May I be a catalyst for peace in the world  
May I live peacefully  
I am at peace  
I am at peace  
I am peace  
I am peace  
I am peace

*From his book Praying With Power*

### ***Inspiration for the Theme Peace for the Walk***

#### **Peace Offering**

Meaning: Live Peace. Pray Peace.

Sacred Geometry Cards for the Visionary Path

by Francene Hart

#### **Global Healing Response**

2022 Theme: Heart

Q1 Theme: Breathe

Website: <https://globalhealingresponse.com>

What part of you seeks peace?  
What heart of yours seeks peace?





### Further Suggestions for walking in Peace

- Write a labyrinth path as a meditation
- Create a visual journal page or SoulCollage® Card for the part of you that is seeking peace.
- Create a Peace Offering, either physically or in meditation (as we did today) for wherever you are experiencing conflict or tension in your life right now.
- Dance, sing, drum the word Peace, or a poem or prayer about peace that touches you.

