

Veriditas Friday Labyrinth Meditation

November 26, 2021

Laura Esculcas

Poem: The Way In

By Linda Hogan

Sometimes the way to milk and honey is through the body.

Sometimes the way in is a song.

But there are three ways in the world: dangerous, wounding,
and beauty.

To enter stone, be water.

To rise through hard earth, be plant
desiring sunlight, believing in water.

To enter fire, be dry.

To enter life, be food.

Music: “Moon Dance” and “Sacred Journey”

by John Two-Hawks

from the album Good Medicine

Reading: Fire Keepers: Sacred Responsibility, Service

Fire is historically the source of protective warmth, light in the darkness, and heat for cooking and was essential to the survival of original peoples. Firekeepers hold a sacred responsibility both for the physical survival and the ceremonial spiritual protection of the community. Theirs is an essential and esteemed service.

Excerpt from [Sacred Geometry Cards for the Visionary Path](#)

by Francene Hart

