

Veriditas Handheld Labyrinth Meditation

Friday, May 26, 2023

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Imagining a New Path

“There are no such things as idle thoughts.” (*Unknown*)



Photo by Cosmic Traveler on Unsplash.com

Why I Wake Early, by Mary Oliver

Hello, sun in my face.
Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the
miserable and crotchety—

best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light—
good morning, good morning, good morning.

Watch, now, how I start the day
in happiness, in kindness.

Poem read at the end of the walk:

breathing in darkness
deep in silent woods
let your soul be still
now we must learn
wisdom is ancient
clear images
birth our imagination
this day and this night
will never come again
awaken to now
on a path to certainty
find your one true song
our world expects your voice
to join its great chorus
not a shadow of a cloud
moon is shining clear
earth miraculously quiet
name your passion
practice for eternity
years will pass like a dream
shadows release themselves
truths will be revealed
for truths are in our telling
time now motionless
wind sings and a crow calls
stars speak in a whisper
forever sky now restores
sacred breath of earth

By Calen Rayne, www.themonklibrary.com

Musical Selection:

My life flows on in endless song above earth's lamentation.
I hear the real though far-off hymn that hails a new creation.
Through all the tumult and the strife I hear the music ringing.
It sounds an echo in my soul. How can I keep from singing!

What though the tempest 'round me roars, I know the truth, it liveth.
What though the darkness 'round me close, songs in the night it giveth.

No storm can shake my inmost calm while to that rock I'm clinging.
Since love prevails in heav'n and earth, how can I keep from singing!

When tyrants tremble as they hear the bells of freedom ringing,
when friends rejoice both far and near, how can I keep from singing!
To prison cell and dungeon vile our thoughts to them are winging;
when friends by shame are undefiled, how can I keep from singing!



Inspiration for the Theme

Together We Fly

Meaning: Growth and Freedom

Cards for the Visionary Path by Francene Hart

“Expand your vision of your personal power. Envision yourself unlocking your own capacity for growth and then reaching beyond yourself to touch the ones you love.”

Extra resource: Prayer of Transformation

I now consciously and willingly call forth the Holy Spirit and the consciousness of the Higher Mind I Am into every atom, every molecule, every cell, every tissue, every organ, every muscle, every living system in my being, asking to have transformed every energy, every pattern, every belief, every program, every idea, every attitude, every perception, every expectation, every intention and every motivation, every behavior, bringing all into alignment with the perfect will of God.

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intention and every motivation, every behavior, bringing all into alignment with the perfect love of God.

For this I am so grateful. And So It Is!

From Every Day I Pray: Prayers for Awakening to the Grace of Inner Communion (pp. 49-50)
by Iyanla Vanzant