**Resources for January 21, 2022 Handheld Finger Labyrinth Walk**

Chant for Thich Nhat Hahn  
  
Breathing in, breathing out  
Breathing in, breathing out  
I am blooming like a flower  
I am fresh as the dew  
I am solid as a mountain  
I am firm as the Earth  
  
I am free,  
I am free,  
I am free  
  
Blessing for planting— Judith  
Mother Gaia, receive these seeds of my hearts desire  
Mycinial sisters cary them far through your networks of wonder  
Light, streaming in Sacred Earth, magnify their dreams of peace  
Through all the realms.  
  
Earth Treasure Vase Practice from Lama Cynthia Jurs  
  
<https://gaiamandala.net/>