**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/>