Transformation: One Step at a Time

March 29, 2024
Veriditas Handheld Labyrinth Meditation
Brighid FitzGibbon
We will walk. 
We will only walk. 
We will enjoy our walk 
without thinking of arriving anywhere. 
Walk peacefully. 
Walk happily. 
Our walk is a peace walk. 
Our walk is a happiness walk. 
Then we learn 
that there is no peace walk; 
that peace is the walk; 
that there is no happiness walk; 
that happiness is the walk. 
We walk for ourselves. 
We walk for everyone 
always hand in hand. 
Walk and touch peace every moment. 
Walk and touch happiness every moment. 
Each step brings a fresh breeze. 
Each step makes a flower bloom under our feet.

Start Close In
by David Whyte

Start close in,
don’t take the second step
or the third,
start with the first
thing
close in,
the step
you don’t want to take.
Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way to begin
the conversation.
Start with your own
question,
give up on other
people’s questions,
don’t let them
smother something
simple.
To hear
another’s voice,
follow
your own voice,
wait until
that voice
becomes an
intimate
private ear
that can
really listen
to another.
Start right now  
take a small step  
you can call your own  
don’t follow  
someone else’s  
heroics, be humble  
and focused,  
start close in,  
don’t mistake  
that other  
for your own.  
Start close in,  
don’t take  
the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don’t want to take.

A David Whyte poem from  
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