Veriditas Handheld Labyrinth Meditation
Friday, July 28, 2023
Facilitator: Laura Esculcas
Music: Rob Hodges

Theme: Reflection and Expansion
Music Selection: Seckou Keita and Catrin Fitch “Listen to the Grass Grow” from their CD SOAR.

Poetry Selection: Cosmic Dance by Calen Rayne

    gliding on gossamer wings
    through zero point field
    a continuum of consciousness
    seemingly lost in a sea of energy
    finding a force
    our interdependent web
    of existence
now alive for all to enter
and join their true essence
a hologram of holiness
quantum coherence
vibration of resonance
morphic fields of actualization
alive with purpose
web of wisdom
etheric ephemeral energy
encompassing endless existences
ironies of spacetime
circling square
squaring circle
i float aware and awake
washed in waters of my elders
rising
reaching
rescued from reality
returned to reclaim
my ancient voice
ancient trees
winding waters
a torrent of transformation
awakens waterfalls
silenced by winter ambivalence
flowers push against gray skies
in search of source
delayed dawn deepens
light yields luminescence
reveals a resonance
musical mystery melody
speaks to stars
sounding sweet songs
for my divine mother
my mystical muse
chant of community
prayers of peace
labyrinth of liberation
allows my soul to soar
search for equanimity
on a cushion of thought
on a cushion of thought
search for equanimity
boundless opportunity
breath in  breath out
breathe in  breathe out
center of continuity
stream of consciousness
consciousness of stream
continuity of center
flowing through field
liberating light
lightning on vast plains
flashing force of nature
electric white
silent stones
raise their voices
to dark matter
to dark energy
veils now lifted
serpent ridge
sings songs of healing
under azure skies
plains breeze
i journey to a realm
of divine responsibility
returning from quiet
in search of a spiritual path
to question
to question
but my search itself
the answer i seek
moving from stone to stone
essence to essence
via negativa to via positiva
via creativa to via transformativa
spirituality manifest
sky water sky rock sky
center of existence

a holy day to be remembered

there is enormous music

rising from creation

intelligent vibration

allows my light

to manifest as matter

i give in

to a rhythm of alchemy

i become a tapestry

woven on a sacred loom

by the divine mother’s hands

i am embraced by cosmic energy

in developing dissolving darkness

in a spacious grounded calm

i enter this profound energy

of ancient wisdom

and become one with the dance

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