Veriditas Friday Handheld Walk Resource Guide
By Lars Howlett / DiscoverLabyrinths.com

in collaboration with MC Sungaila

Friday, August 18th, 2021

Theme: Sacred Time

Opening Reading:

Sabbath
by Christine Valters Paintner
https://www.societyarts.org/in-poetry-sabbath.html

Even as the subway car hurtles into the tunnel and calendars heave under growing weight of entries, even under the familiar lament for more hours to do

a bell rings somewhere and a man lays down his hammer, as if to say the world can build without me, a woman sets down her pen as if to say, the world will carry on without my words.

The project left undone, dust on the shelves, dishes crusted with morning egg, the vase of drooping flowers, and so much work still to complete,

I journey across the long field where trees cling to the edges free to not do anything but stand their ground, where buttercups and bluebells sway

and in this taste of paradise where rest becomes luminous and play a prayer of gratitude, even the stones sing of a different time, where burden is lifted and eternity endures.
The Eight Cycles of Sacred Time by Christine Valters Paintner
https://abbeyofthearts.com/books/sacred-time/

- breath
- rhythms of the day
- weekly rhythms and Sabbath rest
- waxing and waning lunar cycles
- seasons of the year
- seasons of a lifetime
- ancestral time
- cosmic time

**Personal Examples:**
daily ritual: Waking up and having tea outside without checking email/news/social media
pilgrimage: Backpacking Patagonia at turn of the millennium with a friend, disconnected & remote

“The horizontal takes us along a straight line from past to future. This is what allows us to plan events and schedule meetings. It is the time we measure with clocks. The other way of experiencing time, the vertical, seems to deliver us from the flow of horizontal time. In moments of rapture, deep meditation, dream states, or intense celebration, we feel liberated from time's passing. The clock does not stop, of course, but we do not hear it ticking. When we connect with vertical time, we step out of horizontal time and touch eternity.” – Gary Eberle

**The Labyrinth: A sacred journey through space and time**

**Invitation:** How do you encounter the eternal?

**Music:** The Road to Peace by Fred Westra: [https://youtu.be/VeOi8E_cACI](https://youtu.be/VeOi8E_cACI)

**Post walk quote:**
“Value of time is not in time but in clarity of thought: the moments we when we see through time and everything else, and see our way “through” everything. Time is valuable only for the moments that cut across and through it vertically.” – Thomas Merton, *Learning to Love*

Participant Sharing
Closing Poem:

Now is the Time

by Hafiz

Now is the time to know
That all that you do is sacred.

Now, why not consider
A lasting truce with yourself and God.

Now is the time to understand
That all your ideas of right and wrong
Were just a child’s training wheels
To be laid aside
When you finally live
With veracity
And love.

(...) Now is the time for the world to know
That every thought and action is sacred.

This is the time for you to compute the impossibility
That there is anything
But Grace.

Now is the season to know
That everything you do
Is sacred.

from The Gift – Poems by Hafiz the Great Sufi Master
translations by Daniel Ladinsky

Additional Quotes and Resources:

Quote:

“She was someone who could not be rushed. That seems like a small thing. But it is actually a very amazing quality, a very ancient one... She went about her business as if she could live forever, and forever was very, very long.”

- Alice Walker, The Temple of My Familiar

Introduction to the book Sacred Time by Christine Valters Paintner

Christine Valters Paintner https://abbeyofthearts.com/books/sacred-time/
“The Hebrew word for holiness, *kedushah*, literally means set aside, designated as different. In this portion, the obligations to sanctify space and time are woven together. We sanctify our time by putting aside our daily occupations and designating Shabbat and holy days as sacred.”

[https://www.myjewishlearning.com/article/sacred-time-amp-space/](https://www.myjewishlearning.com/article/sacred-time-amp-space/)

“We often talk about wasted time, time spent like money, or time fleeting. This rushed and frenzied existence is not sacred time. Sacred time is time governed by the rhythms of creation, rhythms that incorporate times of rest as essential to our own unfolding. Sacred time is time spent being present to the moments of eternity available to us whenever we choose to pause and breathe.

In sacred time, we step out of the madness of our lives and choose to reflect, linger, savor and slow down. We gain new perspectives here. We have all had those moments of time outside of time when we felt as if we were touching eternity, bathed in a different kind of rhythm. Touching eternity brings cohesion to our lives and reminds us of the goodness and surplus of living because it honors the rhythms of the soul.” Christine Valters Paintner page xi, from the book *Sacred Time*

Chronos “gives his name to absolute time, linear, chronological and quantifiable. But the Greeks had another, far more slippery colorful, god of time, Kairos. Kairos was the god of timing, of opportunity, of chance and mischance, of different aspects of time, the auspicious and not-so-auspicious. Time qualitative.” – Jay Giffiths from *A Sideways Look at Time*

“If your journey is indeed a pilgrimage, it will be rigorous. Ancient wisdom suggests if you aren't trembling as you approach the sacred, it isn't the real thing period the sacred, and its various guises as holy ground, art, or knowledge, evokes emotion and commotion.” – Phil Cousineau – the art of pilgrimage