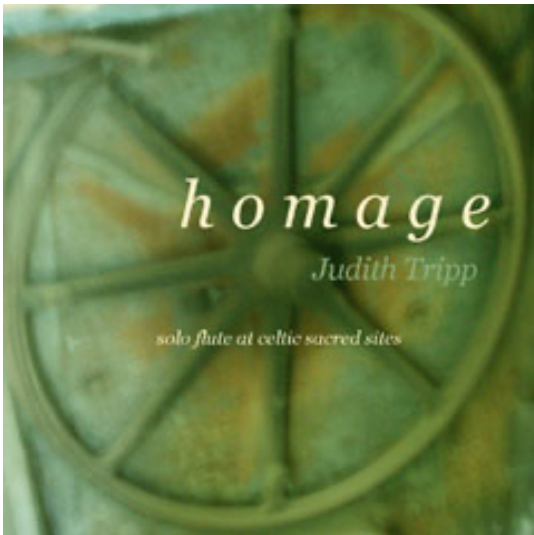


**Veriditas Handheld Labyrinth Meditation**  
September 24, 2021  
with Laura Esculcas ([www.mysticalportugal.com](http://www.mysticalportugal.com))

**Theme: Labyrinth as a Garden of Delights (even on our darkest nights)**



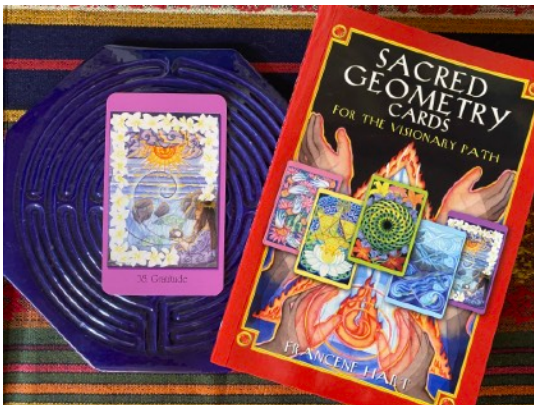
**Musical Selection**

**Judith Tripp**  
<https://circleway.com>

**Woodacre Meadow Labyrinth**

From  
**homage**

a compilation of solo flute pieces performed by Judith Tripp,  
recorded live at various sacred sites in England and France



**Inspiration**

**Sacred Geometry Cards for the Visionary Path**  
by Francene Hart

Garden of Delights Card  
Meaning: Surprises

**Portal Painting**

With intention to support this and future handheld labyrinth walks hosted by Veriditas, Laura created this painting according to the portal painting technique pioneered by Dr. Calen Rayne. Dr. Rayne teaches how to create portal paintings in the class A Conversation with Brush, in part two of the Course Series Energetics of Art online at Ubiquity University.

Part 1: [www.ubiquityuniversity.org/courses/energetics-of-art-video-course/](http://www.ubiquityuniversity.org/courses/energetics-of-art-video-course/)

Part 2: [www.ubiquityuniversity.org/courses/energetics-of-art-2/](http://www.ubiquityuniversity.org/courses/energetics-of-art-2/)



## Quotes & Poetry

“When the soul wants to experience something  
she throws out an image in front of her and then steps into it.”  
- Meister Eckhart



### the garden of delight

for some  
it is a stone  
bare smooth  
as a buttock  
rounding  
into the crevasse  
of the world

for some  
it is extravagant  
water mouths wide  
washing together  
forever for some  
it is fire  
for some air  
and for some  
certain only of the syllables

eden

for them  
it is a test

- *Lucille Clifton*  
**blessing the boats**

**(at St. Mary's)**

may the tide  
that is entering even now  
the lip of our understanding  
carry you out  
beyond the face of fear  
may you kiss  
the wind then turn from it  
certain that it will  
love your back may you  
open your eyes to water  
water waving forever  
and may you in your innocence  
sail through this to that

- Lucille Clifton

**Garden**

*Excerpted from The Book of Symbols: Reflections on Archetypal Images*

*A garden begins in the intimacy of a hand touching the earth, sifting and turning the soil, scattering seed or burying tubers, absently plucking one form of vegetation to give breathing space to another. We plant, tend and nourish gardens, gather and prune them, all the while negotiating the claims of nature's forces. We must be observant, mindful of the garden's needs, said the poet Stanley Kunitz, who compared the tiers of his garden to the stanzas of a poem. The garden expresses fusion, secrets, changeability, possibility and an "exchange between the self and the atmosphere" (p. 62ff). Gardens, in turn provide us with food, herbs and medicinals. They nurture us with the fragrance of flowers, soil, mulch and compost, the vividness of colors and shapes, the interplay of the elements, the presence of songbirds, small animals, humming insects and stirrings in the dark.*

*Most often gardens are set apart from the pressures of ordinary life for pleasure and contemplation. In many languages the word for garden signified enclosure, bringing to mind walled gardens, secret gardens or mythical gardens - hidden, supernatural worlds transcending time and disorder. The garden paradise is the imagined locus of our beginning and end, the original matrix and mandala of life, fed by underground sources of living waters....*

*...In almost all cultures and religions, the garden represents a sacred space, a uniting of the conscious self with its source.....*

*In Ronnberg, A., In Martin, K., & Archive for Research in Archetypal Symbolism. (2010). The book of symbols: Reflections on archetypal images. P.146.*