Finger Walk Resources for Friday, September 22nd, 2020
by Lars Howlett / DiscoverLabyrinths.com & Maggie Perrone / GenuineJourneys.com

Opening Quote:
“Maps invite us to locate ourselves in relation to whatever they show, to enter the labyrinth that is each map and to find our way out by grasping what is mapped.”
--- Rebecca Solnit

21 Weeks – reading of themes of Friday finger walks (so far)
Note: further notes & takeaways at end of document

April 3 Lauren Artress – Orientation
https://youtu.be/TXJVKVeWrw8

April 10 Kay Mutert – New Stories (Good Friday)
https://youtu.be/2GFxUDsVpkk

April 17 Judith Tripp – Breathing like Trees (Earth Day)
https://youtu.be/QuVMva84d2s

April 24 Kay Mutert & Kay Barrett – Chants
https://youtu.be/AFFV4dnQJas

May 1 Lauren Artress – Healing Essence of Nature
https://youtu.be/jF-a0D3gST4

May 9 Lars Howlett – Overview Effect (World Labyrinth Day)
https://youtu.be/1ri1KeV781M

May 15 Judith Tripp – Abiding
--recording not currently available--

May 22 Lauren Artress – Kindness
https://youtu.be/rSx7tUlrhxU

May 29 Lars Howlett – Holding Space
https://youtu.be/Y-n8aztPVk0

June 5 Judith Tripp – Bearing Witness
https://youtu.be/R41KqsB671g

June 12 Lauren Artress – Pilgrimage
https://youtu.be/WA4THph37iA
June 19 Lars Howlett – Resilience
https://youtu.be/xulpnu4gaQw

June 26 Brighid FitzGibbon – Honoring Thresholds
https://youtu.be/WYv7WzH1f0k

July 3 Judith Tripp -- American ideals & ‘interdependence day’
https://youtu.be/B4VpWizTg_8

July 10 Judith Tripp – Interference
https://youtu.be/F6yYbzI9lKE

July 17 Lauren Artress – Self-Forgiveness

July 24 Brighid FitzGibbon – Wholeness

July 31 Barrie Gibby & Mary Ann Wamhoff – Solidarity in the Space In Between

Aug 7 Judith Tripp -- Balance

Aug 14 Barrie Gibby -- New Beginnings

Aug 21 Lars Howlett & Maggie Perrone – Labyrinth Landscapes

**Question for this week:**
What regions/realms have you been through in the last five months?
Physically/Seasonally/Emotionally/Evolutionary

bym Australian composer Corrina Bonshek

**Closing Poem:** Abiding by Judith Tripp

These days so new
So fraught with meaning
So uncertain.
These days so poignant
so calling for witness
so tragic, so sad
These days calling out kindness
reuniting, inspiring
disturbing in the good way
These days send me to my woods
to the muddy path, 
encountering spring fed streams 
To the guardian oaks, the thriving underbrush, 
the astounding chorus of birds 
These days offer the invitation 
to commune, abide and be 
over and over 
I've been listening to the echoes my soul makes 
traveling the green way 
the subterranean mycenial way 
The wild exhaulting sky way 
My Way 
Her Way 
Our Way

Word Map of themes/emotions/realms/keywords shared by participants in chat.
Friday Finger Meditations – Notes and Takeaways by Lars Howlett

See Videos & Resources: https://www.veriditas.org/Finger-Labyrinth

April 3 Lauren Artress – Orientation / vocabulary
Social Distancing vs. Physical Distancing
Fortunate for Technology to continue Connection with people from around the US and Globe
History of Finger Labyrinths
We’re all in this together
Business halted / Shelter in Place
Karen Campbell Quote: Instead of shelter in place, I’m an artist in residence
How do we use this time? Slowing, quieting, what needs our attention?
How to use a finger meditation tool
Non-dominant hand and different fingers bring different meditations
We’re using our eyes for everything but with the finger meditation tool
Poem- Psalm for Resilience by Kit Kennedy
Eyes can’t do everything
Walk public labyrinths one at a time
Lynn Lunger Poem: Pandemic
--Shelter in Place as a Shabbat
Be loving and compassionate to yourself

April 10 Lauren Artress & Kay Mutert – Good Friday / A new story
Holy Week
Gathering around food, music,
Christian story of conflict, loss, crucifixion
Loss, Hurt, Loneliness, Service
New Meaning, Patterns and Traditions
Can’t rush. Don’t be afraid to be alone.
Upholding others.
Holidays unlike any we’ve ever known.
How do we move forward with hope?
Finding holy/sanctuary in our self, our home
Staying connected to spirit (receiving calls)
Use non-dominant hand to get out of the habitual

April 17 Judith Tripp – Trees (and the Breath)
Virtual connections are still real
Reminder of connection and interweaving on Earth
Lungs/Breathing/Shared Breaths
Lungs as upside down tree
Global pause
Dropped WiFi / Dialing In / Reconnecting

April 24 Kay Mutert & Kay Barrett – Chant
Tune into your Body
Find your Voice / Creative Outlet during this time
Chants / Words / Sounds
Entrance of Labyrinth as Tree Trunk or Flower Stem
‘All Shall Be Well’ -- Julian of Norwich
Don’t Be Afraid / Know that you are Loved

May 1 Lauren Artress – Healing essence of nature
Wearing down
Poem – ‘peace of wild things’
Get outside, walk a labyrinth outdoors if possible
Hildegard – ‘lay your belly on the earth’

May 9 Lars Howlett – Overview Effect (World Labyrinth Day)
Labyrinth as a map we can walk on
World Labyrinth Day
Open Source Archetype
Earth Day
We are all in this together
Isolation vs. Global Perspective
One species with one destiny
Crew members not passengers on Spaceship Earth -- Nicole Stott
The COVID Effect – new perspective coming out of the pandemic
What is our mission on this expedition? Frank White

May 15 Judith Tripp – Abiding
Importance of Abiding along with Witnessing
How do we inhabit our world?
Make the most of this pause?
Communion with our home/local environment
What if mother earth was praying for us?
- Abide with me my daughter, my son, abide and we are one.
Voices coming from inside hearing more and more in these times
Don’t keep your insights and wisdom hidden, but share it
We are all in this together
Feel the spaciousness in our own bodies and homes
Feel our interconnectedness – we are one

May 22 Lauren Artress – Kindness
Where are we on the journey?
Where is kindness? Where is it lacking?
Are we being kind to ourselves?
Do we see each other as brothers & sisters?
Kindness – innate vs. learned
Sorrow brings kindness – poem
How have we been touched by kindness?
How have we reached out in kindness?
Finger Meditation Invitation: Wander into your inner world
The joy of living

**May 29 – Lars Howlett – Holding Space**
Pandemic as a Labyrinth
Labyrinth as Container
Facilitator is not on the Journey
Labyrinth has a life of its own
Destruction vs. Transformation
Labyrinth is the journey not the design/physical object
Black Lives Matter – Holding space for anger/pain/suffering

**June 5 Judith Tripp – Bearing Witness**
Weekly gathering like a church
Ritual/Practice of the finger walk
Developing a community
Chaos in our world / Disruption
Apocalypse as Lifting the Veil so we can see the truth
Reconciliation / Solidarity
Empathy predicated on Hope
Breath in, Breath out with sigh/shout/any sound release
Being in the center of your 1st labyrinth
Resting in Communion
Circles around circles – sense of unity
The answer my friend is blowing in the wind...

**June 12 Lauren Artress – Pilgrimage**
An in-between time – leave home, venture out, step into the unknown
Terra incognita – being without a map
Outer journey vs. inner journey
Liminal Space
Celtic Pilgrimage – get on a boat and see where water takes you
‘For those who have far to travel’ by Jan Richardson
What vows do you need to make for this part of your journey?
Mauricio Martinez’s paintings: the world in between
May the roads rise to meet you may the winds always be at your back

**June 19 Lars Howlett – Resilience**
Juneteenth / Summer Solstice / Pride
Independence / Freedom / Racism/ Inclusion / Community
Zen Parable – ‘Maybe...’ Good / Terrible Fortune
Can’t control the world, but can control our response to it
Non-attachment / non-judgment / self-responsibility
Global impact of Self-transformation
Endurance, Finding/Bringing Peace to the Path
Optimism of coming out of the pandemic vs. reality
Transformation doesn’t come without commitment
Celebrating our victories – pride/DACA decisions in supreme court

‘May our eyes remain open even in the face of tragedy’ Terma Collective

June 26 Brighid FitzGibbon – Honoring Thresholds
Movement and Stillness through Contemplative pauses
CVP- Thresholds: in-between time/imaginal-literal doorway
Hinge Time – turning through cycles, passing of seasons
Labyrinth as a Doorway
Pause before crossing/transitioning/entering & exiting spaces
Poem – each breath a yes, a letting go, a journey

July 3 Judith Tripp -- American ideals & interdependence day
I’ve lost track of how many weeks it’s been but it does seem like quite a few
Time of reckoning
America the Beautiful - unsung verse
The maze has been the dominant paradigm - Emily Simpson
Labyrinth is maze therapy
Theseus and the Minotaur
Guided back to the light by the hero within
Remember the centers of the labyrinths we have been on

July 10 Judith Tripp – Interference
Opening ourselves up to that which is greater
What resonates with you that other people are sharing?
Finding a place of peace, harmony and presence
JOD - poem - absences
Belonging to the practice, to earth,
Remembrance
How to be with what isn’t here, Loss
Ubi caritas

July 17 Lauren Artress – Self-Forgiveness
Miracle of the magic eyes – looking back to time before hurt
Can’t change the past but can heal the hurt
Invite someone to come back into your heart again
Placing a pebble in our heart, carrying a burden
Maybe this is a time to let go of past hurts/wounds
See something in a new way
Visual dreaming on the labyrinth
Develop your own method instead of using someone elses
July 24 Brighid FitzGibbon – Wholeness
Labyrinth as Symbol of Wholeness
‘an undivided life’ – we form circle around each other
Community of weekly walks
Rumi – ‘how do you know side you are used to is better than is what to come?’
Deep Listening also builds community

July 31 Barrie Gibby & MaryAnn Wamhoff – Solidarity in the Space In Between
Building bridges
John Lewis – make good trouble
‘never the wrong path’ by Jeff Foster
Ok to feel lost on the labyrinth
We walk the same path

Aug 7 Judith Tripp -- Balance
Story of the storm pulling the house to the sky
People of conscience never left the house
Weathering the storm and knowing another will come
Speak from our inner world and connect with outer world
Weaving our lives together, the bright and dark threads of our journey
Guardians of our inner lives – bring gifts to our outer lives/community

Aug 14 Barrie Gibby -- New Beginnings
New Moon, New Beginnings, New Creativity
Uptick our inner fire
Facing East, Looking Up
Releasing, Centering in the Present, Receiving, Renewal, Remembering, Reuniting
Diversity of Labyrinths but unity through intention
Encompassing the journey with the finger trace around the labyrinth and breathing to begin
Palm to palm in the video screen to connect a circle of people
Judith Tripp’s idea of resting hands on your labyrinth/center
JOD- for a new beginning