Veriditas Virtual Finger Walk Resource Guide
By Lars Howlett / Lauren Artress & Hosted by Veriditas
Friday, June 19th, 2020, 4pm California Time on Zoom

Welcome Music: Alma by Gustavo Santaolalla from the album Camino

I would like to take this moment to affirm that Black Lives Matter to me and Veriditas. We can and must do more to support equity and inclusion at our events, workshops, and gatherings. We also need to address systemic racism and implicit bias ourselves and our institutions. Only together we can evolve as a labyrinth community and be of better service to the world. https://blacklivesmatter.com

June 19th is Juneteenth

12 Things You Might Not Know About Juneteenth:
https://www.mentalfloss.com/article/501680/12-things-you-might-not-know-about-juneteenth

Juneteenth is Finally Entering the Mainstream American Consciousness (Video):
https://www.theroot.com/juneteenth-is-finally-entering-the-mainstream-american-1844065083

We are also marking the occasion of Pride Month and the Solstice.

Here are my three worksheets for creating inclusive labyrinths, events, and facilitation:
https://discoverlabyrinths.com/inclusion

Opening Story:

There once was a farmer, whose horse ran away. Upon hearing the news, his neighbors came to visit. “Such bad fortune,” they said with sympathy. “Maybe,” the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. “What great fortune!” the neighbors exclaimed. “Maybe,” replied the old man.

The following day, the farmer’s son tried to ride one of the untamed horses. He was thrown off and broke his leg. The son would forever limp. “What terrible fortune,” the neighbors cried. “Maybe,” answered the farmer.

The next morning, the army came through the farmer’s village to draft young able-bodied men for the war. Seeing his son’s limp, they passed him by. The neighbors congratulated the farmer. “What wonderful fortune!” they said. “Maybe,” said the farmer.

Opening Quote:
From Shantideva (sometimes Santideva), an 8th-century Indian Buddhist scholar
“Where would I find enough leather to cover the entire surface of the Earth? But with leather soles beneath my feet, it’s as if the whole world has been covered. Likewise, it’s not possible for me to restrain the external course of things, but should I restrain this mind of mine, what would be the need to restrain all else?”

Reflection by Tamara Levitt

“What Shantideva is saying is: We often don’t have control over what happens in life, but we do have some control over our response. Rather than letting our resistance and discomfort derail us, we can train so that instead of having to cover the Earth with leather each time the road becomes painful, we can instead work on toughening the soles of our own feet so that we’re more resistant to it. This is the path. And how we experience peace.”

Finger Walk Meditation Music: I AM by Destiny Muhammad
https://destinymuhammadproject.com/track/1971972/i-am

Closing Prayer: (shared by Lauren Artress)

May our eyes remain open even in the face of tragedy.
May we not become disheartened.
May we find in the dissolution of our apathy and denial, the cup of the broken heart.
May we discover the gift of the fire burning in the inner chamber of our being – burning great and bright enough to transform any poison.
May we offer the power of our sorrow to the service of something greater than ourselves.
May our guilt not rise up to form yet another defensive wall.
May the suffering purify and not paralyze us.
May we realize the greatness of our sorrow and not run from its touch or flame.
May clarity be our ally and wisdom our support.
May our wrath be cleansing, cutting through the confusion of denial and greed.
May we not be afraid to see or speak our truth.
May the bleakness of the wasteland be dispelled.
May the soul’s journey be revealed and the true hunger fed.
May we be forgiven for what we have forgotten and blessed with the remembrance of who we really are.

~ The Terma Collective

Closing Music: Follow the Sun by Xavier Rudd

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