Veriditas Friday Labyrinth Meditation: Peace for the Walk

January 28, 2022
Laura Esculcas, Facilitator and Rob Hodges, Cello

Poem By Nayyirah Waheed

Be softer with you. You are a breathing thing.  
A memory to someone. 
A home to a life.

Prayer for Peace by Jose Luis Stevens

Thank you Spirit for manifesting peace in our world  
Thank you for teaching me how to be peaceful 
Thank you for the peace I feel inside now 
May I be a catalyst for peace in the world 
May I live peacefully 
I am at peace 
I am at peace 
I am peace 
I am peace 
I am peace

From his book Praying With Power

Inspiration for the Theme Peace for the Walk

Peace Offering
Sacred Geometry Cards for the Visionary Path  
by Francene Hart

Global Healing Response
2022 Theme: Heart  
Q1 Theme: Breathe  
Website: https://globalhealingresponse.com

What part of you seeks peace? 
What heart of yours seeks peace?
Further Suggestions for walking in Peace

- Write a labyrinth path as a meditation
- Create a visual journal page or SoulCollage® Card for the part of you that is seeking peace.
- Create a Peace Offering, either physically or in meditation (as we did today) for wherever you are experiencing conflict or tension in your life right now.
- Dance, sing, drum the word Peace, or a poem or prayer about peace that touches you.