Veriditas Friday Labyrinth Meditation
November 18, 2022
Laura Esculcas, facilitator, and Rob Hodges, Cello

Inspiration for the Theme Calm Amid Chaos
One Drop Card
Meaning: Calm Amid Chaos

“You are the ‘one drop’ that sits in the center of this circle and of your own reality. It is within this quiet place that you have the potential to experience calm amid the chaos of modern-day existence.” - Francine Hart, Sacred Geometry Cards for the Visionary Path

Returning to the Center
Quotes from Mark Nepo’s The Book of Awakening

“We carry a center that is always returning.”

“There is a vastness that quiets the soul. But sometimes we are so squarely in the midst of life’s forces that we can’t see what we’re a part of.”

“For each of us, straying from where we are and coming back is a never-ending task, very much like blinking or breathing. When we incorporate this fullness of attention into our daily lives, we seldom notice it. But if we should interrupt our flow of being, we will stumble just as surely as if we were to stop seeing or breathing. That we stray from the moment is not surprising. The more crucial thing is that we return.”

Photo by Wai Siew on Unsplash
Musical Selection by Rob Hodges:

**The Path that Winds before Us**
**by Karine Polwart and Dave Wiggins**

The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.

The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.

Don’t worry don’t hurry  
The seed will take its time to grow.  
Don’t worry don’t hurry  
Prepare the earth and sow.

The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.

The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.

Don’t worry don’t hurry  
Sit here and rest your mind.  
Don’t worry don’t hurry  
Be still and find your feet.

(instrumental break)

Don’t worry don’t hurry  
The seed will take its time to grow.  
Don’t worry don’t hurry  
Prepare the earth and sow.

The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.

The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.
“I have one small drop of knowing in my soul. 
Let it dissolve in your ocean.”
- Rumi

“Please remember that it is what you are that heals, not what you know.” - Carl Jung

Poem by Calen Rayne

breathing in darkness 
deep in silent woods 
let your soul be still 
now we must learn 
wisdom is ancient 
clear images 
birth our imagination 
this day and this night 
will never come again 
awaken to now 
on a path to certainty 
find your one true song 
our world expects your voice 
to join its great chorus 
not a shadow of a cloud 
moon is shining clear 
earth miraculously quiet 
name your passion 
practice for eternity 
years will pass like a dream 
shadows release themselves 
truths will be revealed 
for truths are in our telling 
time now motionless 
wind sings and a crow calls 
stars speak in a whisper 
forever sky now restores 
sacred breath of earth

©Calen Rayne 2018