

Handheld Labyrinth Meditation on the theme of Gratitude

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with Laura Esculcas (lauraesculcas@gmail.com)



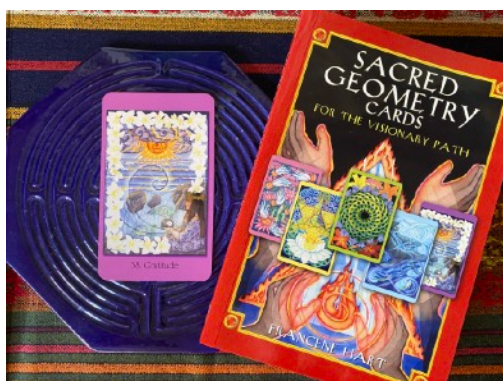
Musical Selection

Emily Burrige - www.emilyburrige.com

Prayer for the Rivers
Labyrinth Walk, Pt. 1

From
Compositions & Meditations, Live in Chartres Cathedral

www.emilyburrige.com/album/compositions-and-meditations-live-in-chartres-cathedral/



Inspiration

Sacred Geometry Cards for the Visionary Path
by Francene Hart

Gratitude Card
“Gratitude unlocks the fullness of life.”

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/

Part 2: www.ubiquityuniversity.org/courses/energetics-of-art-2/



Quotes & Poetry

“Nothing natural or interesting goes in a straight line.” - Naomi Newman



PRESENTS

Norman MacCaig

I give you an emptiness,
I give you a plentitude,
Unwrap them carefully.
--One's as fragile—
And when you thank me
I'll pretend not to notice the doubt in your voice
When you say they're just what you wanted.

Put them on a table by your bed.
When you wake in the morning
They'll have gone through
The door of sleep into your head.
Wherever you go, they'll go with you and
Wherever you are you'll wonder,
Smiling about the fullness you can't add to
And the emptiness that you can fill.

