Resources for Friday Labyrinth Walk - March 18, 2022

Twylla Alexander

**Quotes placed around the labyrinth at Mercy Center, Burlingame , CA**

–Hope is the refusal to accept or confirm the closer world of despair.

–Hope is a feeling of empowerment, a sense of purpose that is collaborative and focused on a higher goal.

–Hope is reality based and active… a strength or power that is developed.

–Don’t ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own. - Michelle Obama

**Quote by Jane Goodall**

“Hope is action.”

Her most recent book, *The Book of Hope: A Survival Guide for Trying Times*

Music - Piano and Flute by Dean Evenson and Tom Barabas from the album WINDDANCER.[](https://www.youtube.com/watch?v=Cnfj6QCGLyA)

**1st stanza of “Hope” poem by Emily Dickinson:**

“Hope” is the thing with feathers -

That perches in the soul -

And sings the tune without the words -

And never stops - at all -