

Veriditas Handheld Labyrinth Meditation

Friday, December 29, 2023

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Restoration of Wonder

Restoration of Wonder is about returning to our sacred source.

“Parmenides and Empedocles spoke about metis, a quality of very fluid awareness which we all possess and is an awareness of everything that’s going on without any effort. And what we approach here is common sense—the real common sense, where by being aware through all our senses together we merge with the infinite stillness all around us. Even simpler than emptiness, this is an openness that gives birth to the silence. It’s actually a tremendous act of humility just to listen, to sense, to receive. It’s a totally simple presence—natural and rare. To perceive that you are perceiving, aware of yourself seated on a chair, seeing and hearing and feeling together—that is the original meaning of the expression common sense.”

- Peter Kingsley



Photo by Zara Walker, on Unsplash.com

“Awe submerges you in the present.” - Fabiana Fondevilla

“Pay attention, be astonished, and tell about it.” - Mary Oliver

Musical Selection

Sapient - A Cantata of Peace by Stephen Chesne and features chants by many cultures / religious groups / languages: Kikuya, Sikhs, Jews, Muslims, Christian, Hindu, Buddhist, etc. drawing from sacred texts - all teachings on / prayers for peace.

Accompanied by Cello Improvisation by Rob Hodges

“For too long, we have believed that the divine is outside of us. This belief has strained our longing disastrously. This makes us lonely, since it is human longing that makes us holy. The most beautiful thing about us is our longing; this longing is spiritual and has great depth and wisdom. If you focus your longing on a far away divinity, you put an unfair strain on your longing... Yet we do not need to put any strain whatever on our longing. If we believe that the body is in the soul and the soul is divine ground, then the presence of the divine is completely here, close with us. Being in the soul, the body makes the senses thresholds of soul, when your senses open out to the world, the first presence they encounter is the presence of your soul. To be sensual, or sensuous is to be in the presence of your own soul.”

- John O'Donohue, *Anam Cara: A Book of Celtic Wisdom*, pp. 58-59

A Blessing for the Senses, by John O'Donohue

May your body be blessed.

May you realise that your body is a faithful and beautiful friend of your soul.

And may you be peaceful and joyful and recognise that your senses are sacred thresholds.

May you realise that holiness is mindful, gazing, feeling, hearing, and touching.

May your senses gather you and bring you home.



Inspiration for the Theme

Heather: A Restorer of Strength to Fatigued Nerves.

Meaning: Luck, Celebration, Community.

The Druid Plant Oracle by Philip and Stephanie Carr-Gomm