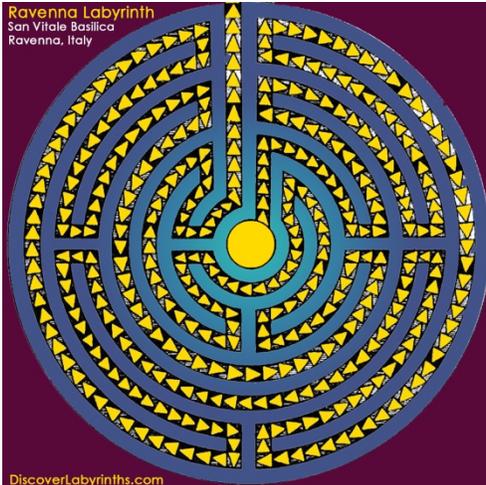


Starting from the Center

Handheld Labyrinth Walk, December 3rd, 2021

Facilitated by Lars Howlett / DiscoverLabyrinths.com and Hosted by [Veriditas](https://Veriditas.com)



Ravenna Labyrinth

San Vitale basilica, Italy

“Installed in 1583-4 after many floods damaged an earlier floor mosaic, the labyrinth’s pathway moves from the center to the outside, winding through four quadrants. An uninterrupted series of three hundred and eighty-four arrows point the way through the labyrinth and once outside continue westward towards the center of the larger octagonal mosaic.” – JKHG

<https://throughjillseyes.wordpress.com/2016/08/23/sixteenth-century-labyrinth-in-ravenna-italy/>

I'toi from the Tohono O'odham Nation (Man in the Maze)

“We come from the center and that is your birth. Then you go through life and that is the maze. The turns that you take are the times that you fall, but you pick yourself up and you go on. When you have fulfilled your life up here (at the top) then death comes and you are back in the center.”

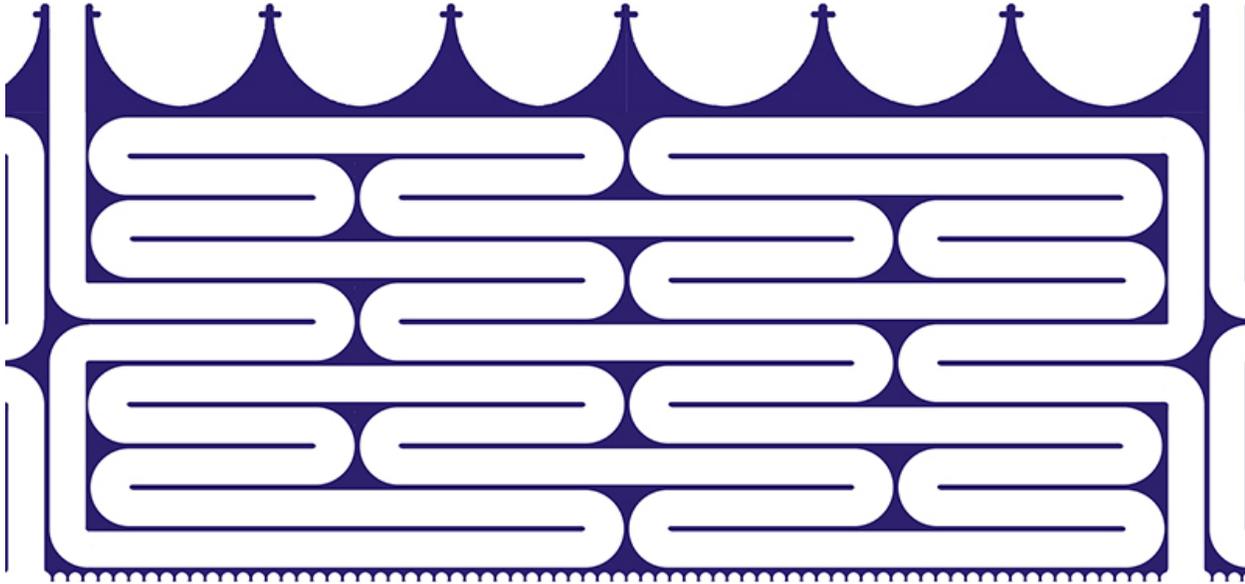
– Margaret Acosta
from the short film “[Weaving Tradition](#)”



Archetypal Classical and Chartres Labyrinths are self-dual

(They have the same turn sequence going in as coming out)

If you rotate the diagram below 180 degrees, it is the same journey in & out (circumambulated twice).



Chartres Labyrinth made linear by Lars Howlett / DiscoverLabyrinths.com

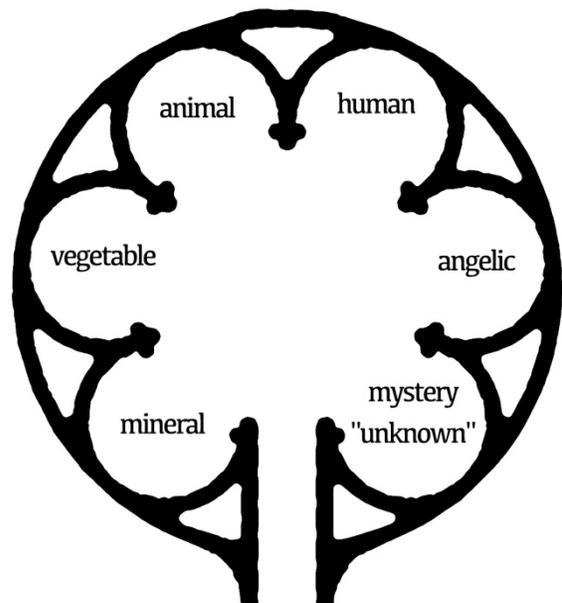
We began as a mineral. We emerged into plant life and into the animal state, and then into being human, and always we have forgotten our former states, except in early spring when we slightly recall being green again.

That's how a young person turns toward a teacher. That's how a baby leans toward the breast, without knowing the secret of its desire, yet turning instinctively.

Humankind is being led along an evolving course, through this migration of intelligences, and though we seem to be sleeping, there is an inner wakefulness that directs the dream, and that will eventually startle us back

to the truth of who we are.

~ [Rumi](#) excerpted from Chapter 9, The Essential Rumi found [here](#)



Handheld Walk Music by [Laura Inserra](#) & Darren Gibbs: Musical Incense Volume 1, Passage 1

Invitation:

Start at the Center

Question:

Where is my center?

Mantra:

I have arrived, I am home

Centering Prayer:

"Allow your heart to open toward that invisible but always present Origin of all that exists."

Use a word or short phrase that helps you to let go of thoughts no matter what their nature.



Walking Meditation with Thich Nhat Hanh

I have arrived. I am home.

In the here, in the now.

I am solid, I am free.

In the ultimate I dwell.

Dharma Talk:

<https://www.youtube.com/watch?v=MNQhj82jDRO>



More information about Centering Prayer:

<https://www.contemplative.org/contemplative-practice/centering-prayer/>

Closing Song:

Villancico by Las Áñez: https://youtu.be/ra_zEJsrlDk

<https://soundsandcolours.com/articles/colombia/las-anez-reflexion-51854/>