

**Labyrinth Meditation for Global Healing Response
to Earthquake Victims in the Middle East
February, 2023 by Warren Lynn**

Even now, so soon following the aftermath of crumbling rock
And cracking earth

The headlines and our attention are beginning to turn away.
Away from pain, suffering, loss.
Away from compassionate care that is refused passage across political borders.
Away from mountainous cairns of stone marking communal death.
Away from newly minted orphans, and newly grieving parents.
Away from rescuers moving one stone at a time,
 hands bleeding from a lack of proper equipment.
Away from lack of adequate shelter and food and warmth.
Away from tens of thousands of deaths,
 And many more whose lives have been grievously wounded
 By the violence and ruin of it all.

May we, then, return our gaze with all mindfulness and care.
Let us refuse to turn away.
Let our witness look directly into the aftermath of ruin.
Let our humanity bring the suffering of humans
 undone by the wrenching of this earth
 back to the forefront of intimate personal and also global care.

In this time, may we bring ourselves
 into the intimate presence of transformative possibility —
Yes, to ask and argue and doubt and cry.
Yes, to confess all exhaustion and the rawness of overwhelming grief...
But only so our honesty moves us past all that is hopeless
 to a quiet breathing of calm focus.

May we find peace that doesn't deny tragedy,
 but rather is a way-maker
 an empowering guide for our own response to the need of others.
This is what we seek in this time;
 Peace, Śānti, Shalom, Salaam.
May such Peace have its way with us.
May such peace guide us to offer something more.
May such peace in us be foundation for a response to others in need.

Indeed, now, claim this peace;
 Begin by breathing in deeply;
 And breathing out fully.
Let your breathing in feed you,
 And your breathing out cleanse you.
Breathing in — breathing out.
In this space, find renewal through your breathing
 to abide in each new step;
 one after the other.
In this space, in our breathing and in our walking,
May you find strength and nourishment for the way ahead
 toward a more-focused compassion.

Begin to ask, "how can I help?"
"What creative solution can come from my gifts?"
"How can I be used for healing, reconciliation, comfort...
 ...for those in places like Syria and Turkey wherein lives have been
 undone by mysteries of earth's ways.

Let us listen for inspiration in the deepest places of our living.
Let us acquaint ourselves with sacred possibilities within our own lives.
Let us affirm and confirm our ability to bring a new light of relief and recovery
 into darkened holes of grief and pain across our world,
 and even next door;

May deep peace be ours,
 as much as we offer our own gifts to meet the needs in this world.
May it be so.