

Veriditas Virtual Finger Walk Resource Guide

By Lars Howlett / Hosted by Veriditas

Friday, May 29th, 2020, 1pm California Time on Zoom

Welcome Music:

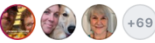

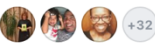


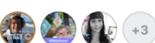
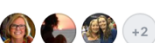




Dancing Tale from the album Altitude by Laura Inserra

My Informal Facebook Poll:

<https://www.facebook.com/groups/TLSevents/permalink/10158010144274564/>

Lars Howlett created a poll.
Conversation Starter · May 7 at 7:47 PM

If the pandemic is a labyrinth, where are you on the journey?

<input type="checkbox"/> Holding Space Added by you		+69
<input type="checkbox"/> Pausing on the Path Added by you		+35
<input type="checkbox"/> Still in the Center Added by you		+32
<input type="checkbox"/> Turning Added by you		+6
<input type="checkbox"/> Lost on the Path Added by you		+4
<input type="checkbox"/> Walking the Perimeter Added by you		+3
<input type="checkbox"/> Going in Added by you		+2
<input type="checkbox"/> Going back in Again Added by you		+2
<input type="checkbox"/> Heading Out Added by you		
<input type="checkbox"/> Still at the entrance contemplating how to do this thing. Added by Maia Scott		
<input type="checkbox"/> Beyond the Labyrinth Added by John E Ridder		



Healing Labyrinth in Half Moon Bay after removal of the stones on the Spring Equinox (weight lifted)

Definition:

Holding Space “means that we are willing to walk alongside another person in whatever journey they’re on without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome. When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgement and control.” — Heather Plett

<https://upliftconnect.com/hold-space/>

Finger Walk Meditation Music:

Musical Incense Volume 1, Passage 1 by Laura Inserra and Darren Gibbs

Free Livestream on Fridays at 8pm Pacific

<https://www.laurainserra.com/shelterinmusic>

Discussion:

How are you holding space for yourself or others?

How are others holding space for you?

How does the labyrinth create a container?

How does this weekly finger walk hold space?

Question from the group: "In what ways can we better hold space for each other online?"

Closing Quote:

"We join spokes together in a wheel,
but it is the center hole
that makes the wagon move.

We shape clay into a pot,
but it is the emptiness inside
that holds whatever we want.

We hammer wood for a house,
but it is the inner space
that makes it livable.

We work with being,
but non-being is what we use."
— Lao Tzu

Upcoming Veriditas Events

Weekly Online Finger Labyrinth Meditations

- Friday June 5th, 4PM Pacific. [Register here.](#)
- Friday June 12th, 1PM Pacific
- Friday June 19th, 4PM Pacific with Lauren Artress & Lars Howlett (Midsummer Eve Poetry Potluck!)
- Friday June 26th, 1 PM Pacific

Tenth Veriditas Labyrinth Summer School (registration opens Wednesday, June 3)

June 20 (Midsummer!) Finger Labyrinth with Catherine Anderson Sat 9-2p

June 22-26 Facilitator Training with Lauren Artress M-F 9-12p

June 26-28 Temporary Labyrinths with Lars Howlett F/S/Su

July 23-25 Master Class in Labyrinth Making with Robert Ferre and Lars Howlett F/S/Su

Closing Music:

Follow the Sun by Xavier Rudd

<https://www.youtube.com/watch?v=0E1bNmyPWww>

Rediscovering the Finger Labyrinth by Marth Erickson

email: Martha.y.erickson@gmail.com. Books are \$20:00 plus \$4:00 postage in US, & \$10:00 foreign
She uses PayPal give and receive account (using different email that I will give them) or by check

Additional Resources:

Qualities of consciously relating to Others by Adam Brady

<https://chopra.com/articles/holding-space-the-art-of-being-present-with-others>

- Safety
- Suspended Self-Importance
- Attention
- Practice Acceptance
- Nonjudgement
- Compassion
- Witnessing

11 Things That Will Help You Hold Space for Someone

May 23, 2017 • By Reaca Pearl, MA, LPC GoodTherapy.org

<https://www.goodtherapy.org/blog/11-things-that-will-help-you-hold-space-for-someone-0523175>

1. PRACTICE LOVING-KINDNESS
2. USE DEEP LISTENING
3. HAVE UNCONDITIONAL POSITIVE REGARD
4. SIT WITH WHAT IS
5. ALLOW
6. BREATHE
7. GROUND
8. BE PRESENT WITH YOURSELF
9. DON'T USURP THEIR PAIN
10. PRACTICE NON-JUDGMENT
11. DON'T TRY TO FIX IT

Ten practices for the liminal space

by [Heather Plett](#) | May 15, 2020

<https://heatherplett.com/2020/05/ten-practices-liminal-space/>