

Finger Walk Resources for Friday, September 22nd, 2020

by Lars Howlett / DiscoverLabyrinths.com & Maggie Perrone / GenuineJourneys.com

Opening Quote:

“Maps invite us to locate ourselves in relation to whatever they show, to enter the labyrinth that is each map and to find our way out by grasping what is mapped.”

-- Rebecca Solnit

21 Weeks – reading of themes of Friday finger walks (so far)

Note: further notes & takeaways at end of document

April 3 Lauren Artress – Orientation

<https://youtu.be/TXJVKVeWrw8>

April 10 Kay Mutert – New Stories (Good Friday)

<https://youtu.be/2GFxUDsVpkk>

April 17 Judith Tripp – Breathing like Trees (Earth Day)

<https://youtu.be/QuVMva84d2s>

April 24 Kay Mutert & Kay Barrett – Chants

<https://youtu.be/AFFV4dnQJas>

May 1 Lauren Artress – Healing Essence of Nature

<https://youtu.be/jF-a0D3gST4>

May 9 Lars Howlett – Overview Effect (World Labyrinth Day)

<https://youtu.be/1ri1KeV781M>

May 15 Judith Tripp – Abiding

--recording not currently available--

May 22 Lauren Artress – Kindness

<https://youtu.be/rSx7tUlrHxU>

May 29 Lars Howlett – Holding Space

<https://youtu.be/Y-n8aztPVk0>

June 5 Judith Tripp – Bearing Witness

<https://youtu.be/R41KqsB671g>

June 12 Lauren Artress – Pilgrimage

<https://youtu.be/WA4THph37iA>

June 19 Lars Howlett – Resilience

<https://youtu.be/xulpnu4gaQw>

June 26 Brigid FitzGibbon – Honoring Thresholds

<https://youtu.be/WYv7WzH1f0k>

July 3 Judith Tripp -- American ideals & 'interdependence day'

https://youtu.be/B4VpWizTg_8

July 10 Judith Tripp – Interference

<https://youtu.be/F6yYbzI9IKE>

July 17 Lauren Artress – Self-Forgiveness

July 24 Brigid FitzGibbon – Wholeness

July 31 Barrie Gibby & Mary Ann Wamhoff – Solidarity in the Space In Between

Aug 7 Judith Tripp -- Balance

Aug 14 Barrie Gibby -- New Beginnings

Aug 21 Lars Howlett & Maggie Perrone – Labyrinth Landscapes

Question for this week:

What regions/realms have you been through in the last five months?

Physically/Seasonally/Emotionally/Evolutionary

Finger Walk Music: <http://bonmusic.com.au/lab/>

by Australian composer Corrina Bonshek

Closing Poem: Abiding by Judith Tripp

These days so new

So fraught with meaning

So uncertain.

These days so poignant

so calling for witness

so tragic, so sad

These days calling out kindness

reuniting, inspiring

disturbing in the good way

These days send me to my woods

Friday Finger Meditations – Notes and Takeaways by Lars Howlett

See Videos & Resources: <https://www.veriditas.org/Finger-Labyrinth>

April 3 Lauren Artress – Orientation / vocabulary

Social Distancing vs. Physical Distancing

Fortunate for Technology to continue Connection with people from around the US and Globe

History of Finger Labyrinths

We're all in this together

Business halted / Shelter in Place

Karen Campbell Quote: Instead of shelter in place, I'm an artist in residence

How do we use this time? Slowing, quieting, what needs our attention?

How to use a finger meditation tool

Non-dominant hand and different fingers bring different meditations

We're using our eyes for everything but with the finger meditation tool

Poem- Psalm for Resilience by Kit Kennedy

Eyes can't do everything

Walk public labyrinths one at a time

Lynn Lunger Poem: Pandemic

--Shelter in Place as a Shabbat

Be loving and compassionate to yourself

April 10 Lauren Artress & Kay Mutert – Good Friday / A new story

Holy Week

Gathering around food, music,

Christian story of conflict, loss, crucifixion

Loss, Hurt, Loneliness, Service

New Meaning, Patterns and Traditions

Can't rush. Don't be afraid to be alone.

Upholding others.

Holidays unlike any we've ever known.

How do we move forward with hope?

Finding holy/sanctuary in our self, our home

Staying connected to spirit (receiving calls)

Use non-dominant hand to get out of the habitual

April 17 Judith Tripp – Trees (and the Breath)

Virtual connections are still real

Reminder of connection and interweaving on Earth

Lungs/Breathing/Shared Breaths

Lungs as upside down tree

Global pause

Dropped WiFi / Dialing In / Reconnecting

April 24 Kay Mutert & Kay Barrett – Chant

Tune into your Body

Find your Voice / Creative Outlet during this time

Chants / Words / Sounds

Entrance of Labyrinth as Tree Trunk or Flower Stem

'All Shall Be Well' -- Julian of Norwich

Don't Be Afraid / Know that you are Loved

May 1 Lauren Artress – Healing essence of nature

Wearing down

Poem – 'peace of wild things'

Get outside, walk a labyrinth outdoors if possible

Hildegard – 'lay your belly on the earth'

May 9 Lars Howlett – Overview Effect (World Labyrinth Day)

Labyrinth as a map we can walk on

World Labyrinth Day

Open Source Archetype

Earth Day

We are all in this together

Isolation vs. Global Perspective

One species with one destiny

Crew members not passengers on Spaceship Earth – Nicole Stott

The COVID Effect – new perspective coming out of the pandemic

What is our mission on this expedition? Frank White

May 15 Judith Tripp – Abiding

Importance of Abiding along with Witnessing

How do we inhabit our world?

Make the most of this pause?

Communion with our home/local environment

What if mother earth was praying for us?

- Abide with me my daughter, my son, abide and we are one.

Voices coming from inside hearing more and more in these times

Don't keep your insights and wisdom hidden, but share it

We are all in this together

Feel the spaciousness in our own bodies and homes

Feel our interconnectedness – we are one

May 22 Lauren Artress – Kindness

Where are we on the journey?

Where is kindness? Where is it lacking?

Are we being kind to ourselves?

Do we see each other as brothers & sisters?

Kindness – innate vs. learned

Sorrow brings kindness – poem

How have we been touched by kindness?

How have we reached out in kindness?

Finger Meditation Invitation: Wander into your inner world

The joy of living

May 29 – Lars Howlett – Holding Space

Pandemic as a Labyrinth

Labyrinth as Container

Facilitator is not on the Journey

Labyrinth has a life of its own

Destruction vs. Transformation

Labyrinth is the journey not the design/physical object

Black Lives Matter – Holding space for anger/pain/suffering

June 5 Judith Tripp – Bearing Witness

Weekly gathering like a church

Ritual/Practice of the finger walk

Developing a community

Chaos in our world / Disruption

Apocalypse as Lifting the Veil so we can see the truth

Reconciliation / Solidarity

Empathy predicated on Hope

Breath in, Breath out with sigh/shout/any sound release

Being in the center of your 1st labyrinth

Resting in Communion

Circles around circles – sense of unity

The answer my friend is blowing in the wind.. .

June 12 Lauren Artress – Pilgrimage

An in-between time – leave home, venture out, step into the unknown

Terra incognita – being without a map

Outer journey vs. inner journey

Liminal Space

Celtic Pilgrimage – get on a boat and see where water takes you

‘For those who have far to travel’ by Jan Richardson

What vows do you need to make for this part of your journey?

Mauricio Martinez’s paintings : the world in between

May the roads rise to meet you may the winds always be at your back

June 19 Lars Howlett – Resilience

Juneteenth / Summer Solstice / Pride

Independence / Freedom / Racism/ Inclusion / Community

Zen Parable – ‘Maybe...’ Good / Terrible Fortune

Can’t control the world, but can control our response to it

Non-attachment / non-judgment / self-responsibility

Global impact of Self-transformation
Endurance, Finding/Bringing Peace to the Path
Optimism of coming out of the pandemic vs. reality
Transformation doesn't come without commitment
Celebrating our victories – pride/DACA decisions in supreme court
'May our eyes remain open even in the face of tragedy' Terma Collective

June 26 Brigid FitzGibbon – Honoring Thresholds

Movement and Stillness through Contemplative pauses
CVP-Thresholds: in-between time/imaginal-literal doorway
Hinge Time – turning through cycles, passing of seasons
Labyrinth as a Doorway
Pause before crossing/transitioning/entering & exiting spaces
Poem – each breath a yes, a letting go, a journey

July 3 Judith Tripp -- American ideals & interdependence day

I've lost track of how many weeks it's been but it does seem like quite a few
Time of reckoning
America the Beautiful - unsung verse
The maze has been the dominant paradigm - Emily Simpson
Labyrinth is maze therapy
Theseus and the Minotaur
Guided back to the light by the hero within
Remember the centers of the labyrinths we have been on

July 10 Judith Tripp – Interference

Opening ourselves up to that which is greater
What resonates with you that other people are sharing?
Finding a place of peace, harmony and presence
JOD - poem - absences
Belonging to the practice, to earth,
Remembrance
How to be with what isn't here, Loss
Ubi caritas

July 17 Lauren Artress – Self-Forgiveness

Miracle of the magic eyes – looking back to time before hurt
Can't change the past but can heal the hurt
Invite someone to come back into your heart again
Placing a pebble in our heart, carrying a burden
Maybe this is a time to let go of past hurts/wounds
See something in a new way
Visual dreaming on the labyrinth
Develop your own method instead of using someone else's

July 24 Brighid FitzGibbon – Wholeness

Labyrinth as Symbol of Wholeness

'an undivided life' – we form circle around each other

Community of weekly walks

Rumi – 'how do you know side you are used to is better than is what to come?'

Deep Listening also builds community

July 31 Barrie Gibby & MaryAnn Wamhoff – Solidarity in the Space In Between

Building bridges

John Lewis – make good trouble

'never the wrong path' by Jeff Foster

Ok to feel lost on the labyrinth

We walk the same path

Aug 7 Judith Tripp -- Balance

Story of the storm pulling the house to the sky

People of conscience never left the house

Weathering the storm and knowing another will come

Speak from our inner world and connect with outer world

Weaving our lives together, the bright and dark threads of our journey

Guardians of our inner lives – bring gifts to our outer lives/community

Aug 14 Barrie Gibby -- New Beginnings

New Moon, New Beginnings, New Creativity

Uptick our inner fire

Facing East, Looking Up

Releasing, Centering in the Present, Receiving, Renewal, Remembering, Reuniting

Diversity of Labyrinths but unity through intention

Encompassing the journey with the finger trace around the labyrinth and breathing to begin

Palm to palm in the video screen to connect a circle of people

Judith Tripp's idea of resting hands on your labyrinth/center

JOD- for a new beginning