

# Veriditas Virtual Finger Walk Resource Guide

Hosted by [Veriditas](#) with [Lars Howlett](#) and [Lauren Artress](#)  
World Labyrinth Day, Saturday, May 2<sup>nd</sup>, 2020, 1pm California

## World Labyrinth Day: the first Saturday in May

12<sup>th</sup> Annual -- Initiated by the Labyrinth Society beginning in 2009  
"Walk as One at 1" in the afternoon to create a wave of peaceful energy around our planet as it turns in space.



Earthrise [Link to Image](#)

Website: <https://labyrinthsociety.org/world-labyrinth-day>

WLD in Schools and Great Collection of General Labyrinth Resources: <https://aln.org.au/wld-resources>

History of WLD: [https://zdi1.zd-cms.com/cms/res/files/382/History\\_of\\_World\\_Labyrinth\\_Day.pdf](https://zdi1.zd-cms.com/cms/res/files/382/History_of_World_Labyrinth_Day.pdf)

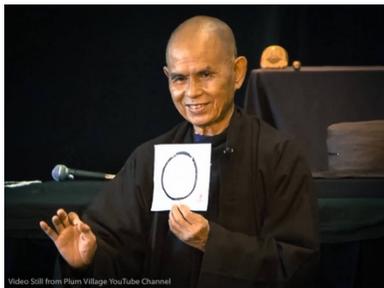
**Welcome Song:** Bethe Bethe Kese Kese by Gaudi & Nusrat Fatheh Ali Khan

<https://www.youtube.com/watch?v=PWJHZSjSFD4>

**Goodbye Song:** Ariadne's Labyrinth Song by Rick Scott

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

**Opening Quote:** "A labyrinth is a symbolic journey . . . but it is a map we can really walk on, blurring the difference between map and world." — Rebecca Solnit



## Breathing Ritual from Thich Nhat Hanh:

Settle in, connect to self and space. Thay recommends tea!

Place finger at bottom of circle

Breathing in trace finger one-third of the way around clockwise (~3 sec)

Breathing out continue tracing two-thirds to complete circle (~5 sec)

Video: <https://youtu.be/CDGBJYenn34?t=1473>

## Opening Reading: The Overview Effect

"This view of the Earth from Space. The Whole Earth perspective I think is the true symbol of this age. And I believe that what's going to happen is that there's going to be a greater and greater interest in communicating this idea because after all its key to our survival. We have to start acting as one species with one destiny. We're not going to survive if we don't do that."

"In response to COVID, the Earth's population has acted *as a species*, perhaps for the first time ever. The phrase of the astronauts: "We're all in this Together" is stated as a self-evident truth... though it was not so clear even a month ago." – Frank White



**Invitation:** Upon reaching the center, picture in your mind's eye the planet Earth as seen from Space. See the blue oceans, the green and brown continents, the swirling clouds, the shadow of night, city lights, lightning storms, aurora borealis.

**Blue Marble Photo:**

<https://www.nasa.gov/content/blue-marble-image-of-the-earth-from-apollo-17>

## Music for a Labyrinth Walk by Australian composer Corrina Bonshek

Composed for a walking meditation at Centennial Park Labyrinth, Sydney, Australia

Free audio stream or download and full credits: [bonmusic.com.au/lab/](http://bonmusic.com.au/lab/)

Story of the composition: [bonmusic.com.au/composing-labyrinth-music/](http://bonmusic.com.au/composing-labyrinth-music/)

Interview: [www.abc.net.au/radionational/programs/archived/rhythmdivine/the-labyrinth-meditation/5900358](http://www.abc.net.au/radionational/programs/archived/rhythmdivine/the-labyrinth-meditation/5900358)

**Notes from Frank White / Nicole Slott / Chris Hadfield:** Like the astronauts we have been away, isolated, most of us with a small crew or maybe even alone, on an expedition (but not of our own choosing), confronting our own mortality and the fragility of the planet. Physically separated even from some of our family. Donning protective gear for 'space walks' outside the station. Trying to be comfortable with uncertainty. Being productive but also trying to take care of our basic needs. Alone, perhaps, but knowing we are supported, loved, and connected to a wider community.

## Closing Readings: Advice from Astronauts

"The way we peacefully and successfully achieve our missions on a space station is the same way we should be doing it down here on earth. We need to be behaving like crewmembers on Spaceship Earth and not just passengers. And that's what I think is really going to carry forward after all this." -- **Nicole Slott from NYT OpEd Video**

"Just as astronauts experience the Overview Effect when they are in outer space and return with a new worldview, maybe we will experience the COVID Effect during this time and emerge with a new perspective on ourselves, our planet, and our place in the universe. The big difference between us, as "astronauts of Spaceship Earth" and astronauts like Chris Hadfield is that we did not know our mission when all of this began. We have to define it while we are in the middle of the expedition. Unlike a professional astronaut, who carries out a mission that has already been assigned to them, we get to choose the meaning of this experience, the nature of humanity's mission. What do you think it might be?" – **Frank White from the Overview Effect Blog**

## My Reflection(s):

- We are in the midst of a global labyrinth journey. Some are still entering the labyrinth, beginning to find their way, letting go of the past, coming to terms with a new reality, and journeying to their center.
- Others are beginning the journey back out. Retracing their steps or taking what feels like new steps on a worn path. Consciously.. . slowly.. . Or maybe mindlessly.. . abruptly! Some are trying to run out of the labyrinth across the lines, disregarding the archetype.
- Many of us are in the center, pausing, listening, connecting, reflecting, being. Wondering when to embark on the journey outward. Not knowing how the experience has changed us, our community, the surrounding world. How life will feel, look, be different from now on.
- Not everyone has this privilege of slowing down or even pausing. For some this has been a busy time, an overwhelming experience, a fully outward experience, people giving themselves fully on the front lines or supporting friends, family and neighbors.
- For those who have been self-isolating it may feel as if we are returning from a pilgrimage. The return is half of the journey. What have we learned? How will we integrate this experience in our lives? How can we honor the wisdom we gained? Maintain this fresh perspective? Make the most of the opportunity to recreate ourselves, our community, and our environment? Who are we becoming? Who do we want to become?

## Tips for using Finger Labyrinths

Video tutorial by Lars Howlett: <https://youtu.be/XQYNfggtBbA>

- Create Ambience (ie. Candle, music, plant, etc)
- Set an Intention
- Trace the Circumference
- Be Aware of your Breath
- Use Non-Dominant Hand to Trace Path
- Take it Slow
- Pause in the Center
- Switch fingers, hands or close your eyes for different experience
- Retrace the Path Back out
- Trace the Circumference again (Clockwise to go deeper, Counter to wind down)
- Begin a second finger walk to lengthen the experience or go deeper
- Use a soft gaze and a light touch
- Experience your Experience
- Practice Non-Judgement
- Use what happens as a metaphor
- Try different designs, materials, sizes to see what works best
- Use a stylus if the path is too narrow to follow with a finger
- Do what works for you, create your own practice and ritual

## Videos:

### What My Spacewalk Taught Me About Isolation

Feel as if you're drifting in space? I know what that's like.

By Nicole Stott

<https://www.nytimes.com/2020/04/27/opinion/coronavirus-astronauts-isolation.html>

**OVERVIEW:** a short film by the Planetary Collective

(interviews with astronauts describing their experience of seeing earth from space)

<https://vimeo.com/55073825>

### Astronaut Chris Hadfield Wisdom during the Pandemic and Interview on Yuri's Night

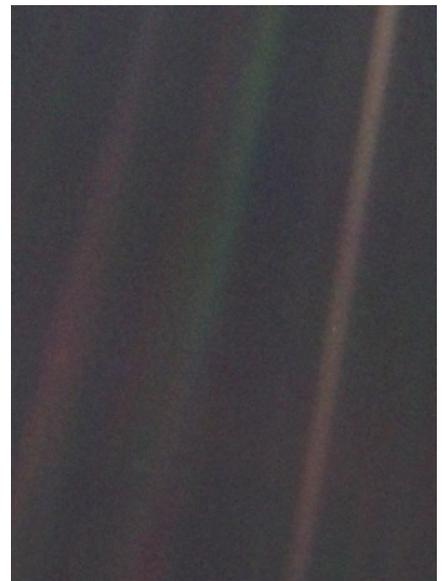
<https://youtu.be/mTXtw5pvjr0?t=745>

### The Pale Blue Dot: reflection by Carl Sagan

<https://youtu.be/wupToqz1e2g>

### Pale Blue Dot Photo:

<https://photojournal.jpl.nasa.gov/catalog/PIA00452>



## Further Reading:

### The COVID Effect by Frank White

<https://overvieweffect3.blogspot.com>

### The Overview Effect By Coco Kanters

When astronauts gaze upon the Earth from space, they experience powerful feelings of global interconnectedness. This blog explores what this phenomenon, called 'the overview effect', contributes to understanding how the covid-19 crisis might expand the scale of social relations.

<https://www.leidenanthropologyblog.nl/articles/the-overview-effect>

### Seeing Earth from Space Is the Key to Saving Our Species from Itself

By Becky Ferreira

[https://www.vice.com/en\\_us/article/bmvpxq/to-save-humanity-look-at-earth-from-space-overview-effect](https://www.vice.com/en_us/article/bmvpxq/to-save-humanity-look-at-earth-from-space-overview-effect)

### The Coronation

<https://charleseisenstein.org/essays/the-coronation/>

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<https://www.veriditas.org/supportveriditas>