

# Veriditas Friday Handheld Walk Resource Guide

By Lars Howlett / DiscoverLabyrinths.com

Friday, March 12<sup>th</sup>, 2021

## Theme: Loss & Grief

Covid: One Year Later

Collection of stories from the New York Times:

<https://www.nytimes.com/interactive/2021/03/11/us/covid-one-year-in-review.html>

There Is No One Pandemic Anniversary

There are millions of them. By Jacob Stern

<https://www.theatlantic.com/health/archive/2021/03/526000-pandemic-anniversaries/618263/>

Photo by Rachel Goudey of the lost Land's End Labyrinth last week from San Francisco, CA



## Podcast Interview of Billy Collins by Cheryl Strayed including Poetry Reading:

<https://www.nytimes.com/2020/05/13/podcasts/sugar-calling-billy-collins-poetry-virus.html>

### Opening Quote:

**“A poem about the virus might be an image of just a face mask on a curb, a discarded face mask. Just that one thing might be enough to tell the whole story.”**

— *The poet Billy Collins*

### Reading:

#### **The Names by Billy Collins**

Yesterday, I lay awake in the palm of the night.  
A soft rain stole in, unhelped by any breeze,  
And when I saw the silver glaze on the windows,  
I started with A, with Ackerman, as it happened,  
Then Baxter and Calabro,  
Davis and Eberling, names falling into place  
As droplets fell through the dark.  
Names printed on the ceiling of the night.  
Names slipping around a watery bend.  
Twenty-six willows on the banks of a stream.  
In the morning, I walked out barefoot  
Among thousands of flowers  
Heavy with dew like the eyes of tears,  
And each had a name --  
Fiori inscribed on a yellow petal  
Then Gonzalez and Han, Ishikawa and Jenkins.  
Names written in the air  
And stitched into the cloth of the day.  
A name under a photograph taped to a mailbox.  
Monogram on a torn shirt,  
I see you spelled out on storefront windows  
And on the bright unfurled awnings of this city.  
I say the syllables as I turn a corner --  
Kelly and Lee,  
Medina, Nardella, and O'Connor.  
When I peer into the woods,  
I see a thick tangle where letters are hidden  
As in a puzzle concocted for children.  
Parker and Quigley in the twigs of an ash,

Rizzo, Schubert, Torres, and Upton,  
Secrets in the boughs of an ancient maple.  
Names written in the pale sky.  
Names rising in the updraft amid buildings.  
Names silent in stone  
Or cried out behind a door.  
Names blown over the earth and out to sea.  
In the evening -- weakening light, the last swallows.  
A boy on a lake lifts his oars.  
A woman by a window puts a match to a candle,  
And the names are outlined on the rose clouds -  
Vanacore and Wallace,  
(let X stand, if it can, for the ones unfound)  
Then Young and Ziminsky, the final jolt of Z.  
Names etched on the head of a pin.  
One name spanning a bridge, another undergoing a tunnel.  
A blue name needled into the skin.  
Names of citizens, workers, mothers and fathers,  
The bright-eyed daughter, the quick son.  
Alphabet of names in a green field.  
Names in the small tracks of birds.  
Names lifted from a hat  
Or balanced on the tip of the tongue.  
Names wheeled into the dim warehouse of memory.  
So many names, there is barely room on the walls of the heart.

## **Reflection: Tonglen Meditation (as practiced by Pema Chodron)**

“Tonglen practice, also known as “taking and sending,” reverses our usual logic of avoiding suffering and seeking pleasure. In tonglen practice, we visualize taking in the pain of others with every in-breath and sending out whatever will benefit them on the out-breath.”

## **How to Practice Tonglen**

<https://www.lionsroar.com/how-to-practice-tonglen/>

## **Tonglen on the Spot**

<https://tricycle.org/magazine/tonglen-spot/>

1. Rest your mind for a second or two in a state of openness or stillness. Awaken the heart-mind, open to basic spaciousness and clarity.
2. Work with texture. Breathe in feelings of heat, darkness, and heaviness—and breathe out feelings of coolness, brightness, and light. Breathe in completely, taking in negative energy through all the pores of your body. When you breathe out, radiate positive energy completely, through all the pores of your body. Do this until your visualization is synchronized with your in-and out-breaths.
3. Focus on any painful situation that's real to you. Traditionally you begin by doing tonglen for someone you care about and wish to help. However, if you are stuck, you can do the practice for the pain you are feeling yourself, and simultaneously for all those who feel the same kind of suffering.
4. Finally, expand your compassion to all those who are in the same situation. Breathe in their pain and send them relief. Tonglen can extend infinitely. As you do the practice, your compassion naturally expands over time, and so does your realization that things are not as solid as you thought, which is a glimpse of emptiness. As you do this practice, gradually at your own pace, you will be surprised to find yourself more and more able to be there for others, even in what used to seem like impossible situations.

## **Music :**

Musical Incense by Laura Inserra - Passage 1

<https://laurainserra.bandcamp.com/album/musical-incense-vol-1>

## **Closing Poem:**

**When**

**By John O'Donnell**

And when this ends we will emerge, shyly  
and then all at once, dazed, longhaired as we embrace  
loved ones the shadow spared, and weep for those  
it gathered in its shroud. A kind of rapture, this longed-for  
laying on of hands, high cries as we nuzzle, leaning in  
to kiss, and whisper that now things will be different,  
although a time will come when we'll forget  
the curve's approaching wave, the hiss and sigh

of ventilators, the crowded, makeshift morgues;  
a time when we may even miss the old-world  
arm's-length courtesy, small kindnesses left on doorsteps,  
the drifting, idle days, and nights when we flung open  
all the windows to arias in the darkness, our voices  
reaching out, holding each other till this passes.

## Other links:

**A Therapist's Advice for Processing the Pandemic Anniversary**  
**How to give yourself space to work through your grief**  
**By Christine Tesoro**

<https://forge.medium.com/pause-ing-one-year-later-6abded2a3327>

**How to make an origami butterfly out of paper:**

<https://goorigami.com/single-sheet-origami/origami-butterfly/3006>

Photos from  
location of the  
Land's End  
labyrinth this  
week by Eric  
Mar:

