

## Veriditas Friday Labyrinth Meditation

November 18, 2022

Laura Esculcas, facilitator, and Rob Hodges, Cello

### *Inspiration for the Theme Calm Amid Chaos*

#### **One Drop Card**

**Meaning: Calm Amid Chaos**

“You are the ‘one drop’ that sits in the center of this circle and of your own reality. It is within this quiet place that you have the potential to experience calm amid the chaos of modern-day existence.” - Francine Hart, *Sacred Geometry Cards for the Visionary Path*



### **Returning to the Center**

*Quotes from Mark Nepo's The Book of Awakening*

*“We carry a center that is always returning.”*

*“There is a vastness that quiets the soul. But sometimes we are so squarely in the midst of life's forces that we can't see what we're a part of.”*

*“For each of us, straying from where we are and coming back is a never-ending task, very much like blinking or breathing. When we incorporate this fullness of attention into our daily lives, we seldom notice it. But if we should interrupt our flow of being, we will stumble just as surely as if we were to stop seeing or breathing. That we stray from the moment is not surprising. The more crucial thing is that we return. ^*

*Photo by [Wai Siew](#) on [Unsplash](#)*

**Musical Selection by Rob Hodges:**

***The Path that Winds before Us***  
**by Karine Polwart and Dave Wiggins**

*The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.*

*The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.*

*Don't worry don't hurry  
The seed will take its time to grow.  
Don't worry don't hurry  
Prepare the earth and sow.*

*The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.*

*The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.*

*Don't worry don't hurry  
Sit here and rest your mind.  
Don't worry don't hurry  
Be still and find your feet.*

*(instrumental break)*

*Don't worry don't hurry  
The seed will take its time to grow.  
Don't worry don't hurry  
Prepare the earth and sow.*

*The path that winds before us  
Is not for us to know.  
One step and then another  
Is the only place we have to go.*

*The path that winds before us  
Is not for us to see.  
One breath and then another  
Is all we need.*

***“I have one small drop  
of knowing in my soul  
Let it dissolve in your ocean”  
- Rumi***

*“Please remember that it is what you are that heals, not what you know.” - Carl Jung*

***Poem by Calen Rayne***

breathing in darkness  
deep in silent woods  
let your soul be still  
now we must learn  
wisdom is ancient  
clear images  
birth our imagination  
this day and this night  
will never come again  
awaken to now  
on a path to certainty  
find your one true song  
our world expects your voice  
to join its great chorus  
not a shadow of a cloud  
moon is shining clear  
earth miraculously quiet  
name your passion  
practice for eternity  
years will pass like a dream  
shadows release themselves  
truths will be revealed  
for truths are in our telling  
time now motionless  
wind sings and a crow calls  
stars speak in a whisper  
forever sky now restores  
sacred breath of earth

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