

Resources for Veriditas Handheld Labyrinth Walk

08/12/2022

Holding the vitality of soul renewal:

what we carry from the walk.

Presenter: Vicki Longhofer

Today's theme revolved around the question of how we maintain the sense of renewal the labyrinth walk offers. We explored how story and reflection can generate and help us tap the spirit energy that emerges from our contemplative practice.

Books

The Second Half of Life Angeles Arrien

In the chapter titled *The Silver Gate* (pp. 30-43) Ms. Arrien addresses the task of staying connected to the regenerative force that represents the fire of the spirit. She introduced the concept of *duende*: "...the igniting fire that comes from the depths of the human spirit..."

She quotes the Spanish Author Federico Garcia Lorca:

"The duende's arrival always means a radical change in forms. It brings to old planes unknown feelings of freshness, with the quality of something newly created, like a miracle, and it produces an almost religious enthusiasm."

She also references the work of Clarissa Pinkola Estes who discusses *duende* and tells the story *La Loba*, used for today's reflection, in her book listed below.

Women Who Run with the Wolves Clarissa Pinkola Estes

*The Story of La Loba* Chapter One (pp. 23-24)

Poetry

*For Presence*

Awaken to the mystery of being here  
And enter the quiet immensity of your own presence.  
Have joy and peace in the temple of your senses.  
Receive encouragement when new frontiers beckon.  
Respond to the call of your gift and the courage to follow its path.  
Let the flame of anger free you of all falsity.  
May warmth of heart keep your presence aflame.  
May anxiety never linger about you.  
May your outer dignity mirror an inner dignity of soul.  
Take time to celebrate the quiet miracles that seek no attention.  
Be consoled in the secret symmetry of your soul.  
May you experience each day as a sacred gift woven around the heart of wonder.

John O'Donohue, from his book *To Bless the Space Between Us*

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Music:

“O Viriditas” from the album Hildegard von Bingen: The Marriage of the Heavens and the Earth

Sung by Catherine Braslavsky

“Heartbeats” from the album Music from the Labyrinth

Diana Stork and Portia Diwa