

Veriditas Handheld Labyrinth Meditation

Friday, November 24, 2023

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Healing

Musical Selection: *The Path That Winds Before Us*, Karine Polwart and David Milligan from the album "Still as Your Sleeping" with Rob improvising on cello with a tamera drone.

Inspiration for the Theme: Plantain

Meaning: Resilience, Healing

The Druid Plant Oracle: Working With the Magical Flora of the Druid Tradition Cards by Philip Carr-Gomm and Stephanie Carr-Gomm

"Regardless of how tough life is, in the end the real healing comes from within."

"Imagine that what you need is way down beneath you - in the earth - and deep down inside you. Instead of reaching out to be 'saved'...try reaching in. 'Hunkering down' then becomes not resignation and fatalism, but the act of drawing on your secret source of power."



From Anam Cara by John O'Donohue:

"May you recognize in your life the presence, power, and light of your soul. May you realize that you are never alone, that your soul in its brightness and belonging connects you intimately with the rhythm of the universe."

Sound of Ancient Flutes

Poem by Calen Rayne

we are in times of distress
thinking of hometowns
as moonlight etches water's curves
swallows departing
silence of untouched waters
moment by moment
winds and waves will follow flow
now there's nothing else
longing and finding no road
waves keep on coming
in the morning still raining

curtains in the wind
each day now further away
no way to return
ancient graves under water
long to return home
downpour, downpour, my tears drop
now drenching my clothes
rinsed by these flowing waters
walk to source of stream
we flow from great beyond
we come together
as clear sounds of ancient flutes
voice songs into sky
heaven and earth merge again
rains suddenly still
souls immersed in paradox
create new patterns
traces of transformation
emerge from silence
nourished by a mystery
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