

Sept 18, 2020, Friday Finger Walk Facilitated by Lars Howlett

Sept 17th - Hildegard of Bingen Feast Day

- A 12th century mystic, abbess, composer, artist and writer in natural medicine and science, one of the wisest women of all time.
- Veriditas as the greening power of God or the divine
<https://www.healthyhildegard.com/hildegards-veriditas/>

Today - Rosh Hashanah / Jewish New Year

Coming next week: Equinox Tues, Sept 22nd

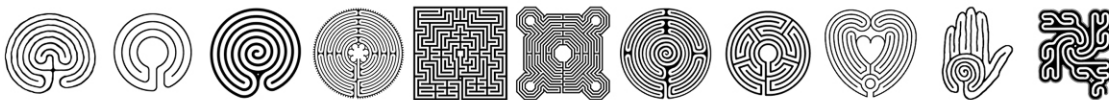
Creating Sacred Space

What is sacred?

- Connected with God, dedicated to a religious or spiritual purpose
- Regarded with respect & reverence
- Not to be made profane or violated
- Dedicated or devoted (consecrated)



Labyrinths create sacred space because:



- they have a defined **perimeter** that marks a separate precinct
- they have a **gateway** to enter the special domain
- they have a designated **pathway** to direct and focus a journey within
- created with **intention**, consecrated through ceremony
- intended for spiritual, religious, or personal **reflection**
- ancient **archetype** that has symbolic meaning and historic tradition
- meant to be **respected**, free from distraction, inappropriate activity
i.e. not violated by walking randomly across the space
- **sacred geometry** in design and often by proportion

“The sacred is not in heaven or far away. It is all around us, and small human rituals can connect us to its presence. And of course the greatest challenge (and gift) is to see the sacred in each other.” -- Alma Luz Villanueva

Reflection for the walk: What do you hold sacred?

Music for the finger walk (via Kayleen Asbo):

“O Virtus Sapientie” by Hildegard von Bingen
Performed by Karen Clark and Hank Dutt

<https://youtu.be/SK1mLpRxO3M>

"Veri Creator Spiritus" (Come Creating Spirit) by Hildegard von Bingen

Performed by Anonymous 4 / The Origin of Fire - Music and Visions of Hildegard von Bingen

https://youtu.be/eJ0_SczP15Y

Translation:



Closing Quote:

“There are few straight lines in nature, especially in its biological aspects. There are, however, plenty of cycles, circles and spirals. The life processes of every ecological system is a never-ending circle of giving in order that everything may thrive and live. Technology prefers straight lines from point A to point B, or aligned architectural forms. In that environment we often lose touch with the life-giving circles and the slow-moving spirals that sustain us.”-- Lynn Bauman

Temporary Labyrinths (Online) with Lars Howlett

Oct 23-25, 2020

<https://www.veriditas.org/event-3961220>

Expand your labyrinth toolkit for making labyrinths that benefit any event or space. Learn how to create Classical and Chartres variations quickly and easily using simple materials. Craft a tabletop labyrinth for a home altar or art installation using small objects and make two walkable labyrinths over the course of one weekend! Apply the techniques you learn to design labyrinths for your own workshops, presentations, festivals and community events.

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Three Circuit Radial Labyrinth (Petite Chartres?) with Seed of Life Rosette by Lars Howlett