

# **Finger Walk Resources for Friday, September 22<sup>nd</sup>, 2020**

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Opening Quote:

**“Maps invite us to locate ourselves in relation to whatever they show, to enter the labyrinth that is each map and to find our way out by grasping what is mapped.”**

**-- Rebecca Solnit**

## **21 Weeks – reading of themes of Friday finger walks (so far)**

Note: further notes & takeaways at end of document

**April 3 Lauren Artress – Orientation**

<https://youtu.be/TXJVKVeWrw8>

**April 10 Kay Mutert – New Stories (Good Friday)**

<https://youtu.be/2GFxUDsVpkk>

**April 17 Judith Tripp – Breathing like Trees (Earth Day)**

<https://youtu.be/QuVMva84d2s>

**April 24 Kay Mutert & Kay Barrett – Chants**

<https://youtu.be/AFFV4dnQJas>

**May 1 Lauren Artress – Healing Essence of Nature**

<https://youtu.be/jF-a0D3gST4>

**May 9 Lars Howlett – Overview Effect (World Labyrinth Day)**

<https://youtu.be/1ri1KeV781M>

**May 15 Judith Tripp – Abiding**

--recording not currently available--

**May 22 Lauren Artress – Kindness**

<https://youtu.be/rSx7tUlrHxU>

**May 29 Lars Howlett – Holding Space**

<https://youtu.be/Y-n8aztPVk0>

**June 5 Judith Tripp – Bearing Witness**

<https://youtu.be/R41KqsB671g>

**June 12 Lauren Artress – Pilgrimage**

<https://youtu.be/WA4THph37iA>

**June 19 Lars Howlett – Resilience**

<https://youtu.be/xulpnu4gaQw>

**June 26 Brigid FitzGibbon – Honoring Thresholds**

<https://youtu.be/WYv7WzH1f0k>

**July 3 Judith Tripp -- American ideals & 'interdependence day'**

[https://youtu.be/B4VpWizTg\\_8](https://youtu.be/B4VpWizTg_8)

**July 10 Judith Tripp – Interference**

<https://youtu.be/F6yYbzI9IKE>

**July 17 Lauren Artress – Self-Forgiveness**

**July 24 Brigid FitzGibbon – Wholeness**

**July 31 Barrie Gibby & Mary Ann Wamhoff – Solidarity in the Space In Between**

**Aug 7 Judith Tripp -- Balance**

**Aug 14 Barrie Gibby -- New Beginnings**

**Aug 21 Lars Howlett & Maggie Perrone – Labyrinth Landscapes**

**Question for this week:**

What regions/realms have you been through in the last five months?

Physically/Seasonally/Emotionally/Evolutionary

**Finger Walk Music:** <http://bonmusic.com.au/lab/>

**by Australian composer Corrina Bonshek**

**Closing Poem: Abiding by Judith Tripp**

**These days so new**

**So fraught with meaning**

**So uncertain.**

**These days so poignant**

**so calling for witness**

**so tragic, so sad**

**These days calling out kindness**

**reuniting, inspiring**

**disturbing in the good way**

**These days send me to my woods**



## **Friday Finger Meditations – Notes and Takeaways by Lars Howlett**

See Videos & Resources: <https://www.veriditas.org/Finger-Labyrinth>

### **April 3 Lauren Artress – Orientation / vocabulary**

#### **Social Distancing vs. Physical Distancing**

Fortunate for Technology to continue Connection with people from around the US and Globe

History of Finger Labyrinths

We're all in this together

Business halted / Shelter in Place

#### **Karen Campbell Quote: Instead of shelter in place, I'm an artist in residence**

How do we use this time? Slowing, quieting, what needs our attention?

How to use a finger meditation tool

#### **Non-dominant hand and different fingers bring different meditations**

We're using our eyes for everything but with the finger meditation tool

Poem- Psalm for Resilience by Kit Kennedy

Eyes can't do everything

Walk public labyrinths one at a time

Lynn Lunger Poem: Pandemic

--Shelter in Place as a Shabbat

Be loving and compassionate to yourself

### **April 10 Lauren Artress & Kay Mutert – Good Friday / A new story**

Holy Week

Gathering around food, music,

Christian story of conflict, loss, crucifixion

Loss, Hurt, Loneliness, Service

#### **New Meaning, Patterns and Traditions**

Can't rush. Don't be afraid to be alone.

Upholding others.

Holidays unlike any we've ever known.

How do we move forward with hope?

#### **Finding holy/sanctuary in our self, our home**

Staying connected to spirit (receiving calls)

Use non-dominant hand to get out of the habitual

### **April 17 Judith Tripp – Trees (and the Breath)**

Virtual connections are still real

Reminder of connection and interweaving on Earth

#### **Lungs/Breathing/Shared Breaths**

Lungs as upside down tree

#### **Global pause**

Dropped WiFi / Dialing In / Reconnecting

### **April 24 Kay Mutert & Kay Barrett – Chant**

Tune into your Body

Find your Voice / Creative Outlet during this time

Chants / Words / Sounds

Entrance of Labyrinth as Tree Trunk or Flower Stem

'All Shall Be Well' -- Julian of Norwich

Don't Be Afraid / Know that you are Loved

### **May 1 Lauren Artress – Healing essence of nature**

Wearing down

Poem – 'peace of wild things'

Get outside, walk a labyrinth outdoors if possible

Hildegard – 'lay your belly on the earth'

### **May 9 Lars Howlett – Overview Effect (World Labyrinth Day)**

Labyrinth as a map we can walk on

World Labyrinth Day

Open Source Archetype

Earth Day

We are all in this together

Isolation vs. Global Perspective

One species with one destiny

Crew members not passengers on Spaceship Earth – Nicole Stott

The COVID Effect – new perspective coming out of the pandemic

What is our mission on this expedition? Frank White

### **May 15 Judith Tripp – Abiding**

Importance of Abiding along with Witnessing

How do we inhabit our world?

Make the most of this pause?

Communion with our home/local environment

What if mother earth was praying for us?

- Abide with me my daughter, my son, abide and we are one.

Voices coming from inside hearing more and more in these times

Don't keep your insights and wisdom hidden, but share it

We are all in this together

Feel the spaciousness in our own bodies and homes

Feel our interconnectedness – we are one

### **May 22 Lauren Artress – Kindness**

Where are we on the journey?

Where is kindness? Where is it lacking?

Are we being kind to ourselves?

Do we see each other as brothers & sisters?

Kindness – innate vs. learned

Sorrow brings kindness – poem

How have we been touched by kindness?

How have we reached out in kindness?

Finger Meditation Invitation: Wander into your inner world

The joy of living

### **May 29 – Lars Howlett – Holding Space**

Pandemic as a Labyrinth

Labyrinth as Container

Facilitator is not on the Journey

Labyrinth has a life of its own

Destruction vs. Transformation

Labyrinth is the journey not the design/physical object

Black Lives Matter – Holding space for anger/pain/suffering

### **June 5 Judith Tripp – Bearing Witness**

Weekly gathering like a church

Ritual/Practice of the finger walk

Developing a community

Chaos in our world / Disruption

Apocalypse as Lifting the Veil so we can see the truth

Reconciliation / Solidarity

Empathy predicated on Hope

Breath in, Breath out with sigh/shout/any sound release

Being in the center of your 1<sup>st</sup> labyrinth

Resting in Communion

Circles around circles – sense of unity

The answer my friend is blowing in the wind.. .

### **June 12 Lauren Artress – Pilgrimage**

An in-between time – leave home, venture out, step into the unknown

Terra incognita – being without a map

Outer journey vs. inner journey

Liminal Space

Celtic Pilgrimage – get on a boat and see where water takes you

‘For those who have far to travel’ by Jan Richardson

What vows do you need to make for this part of your journey?

Mauricio Martinez’s paintings : the world in between

May the roads rise to meet you may the winds always be at your back

### **June 19 Lars Howlett – Resilience**

Juneteenth / Summer Solstice / Pride

Independence / Freedom / Racism/ Inclusion / Community

Zen Parable – ‘Maybe...’ Good / Terrible Fortune

Can’t control the world, but can control our response to it

Non-attachment / non-judgment / self-responsibility

Global impact of Self-transformation  
Endurance, Finding/Bringing Peace to the Path  
Optimism of coming out of the pandemic vs. reality  
Transformation doesn't come without commitment  
Celebrating our victories – pride/DACA decisions in supreme court  
'May our eyes remain open even in the face of tragedy' Terma Collective

### **June 26 Brigid FitzGibbon – Honoring Thresholds**

Movement and Stillness through Contemplative pauses  
CVP-Thresholds: in-between time/imaginal-literal doorway  
Hinge Time – turning through cycles, passing of seasons  
Labyrinth as a Doorway  
Pause before crossing/transitioning/entering & exiting spaces  
Poem – each breath a yes, a letting go, a journey

### **July 3 Judith Tripp -- American ideals & interdependence day**

I've lost track of how many weeks it's been but it does seem like quite a few  
Time of reckoning  
America the Beautiful - unsung verse  
The maze has been the dominant paradigm - Emily Simpson  
Labyrinth is maze therapy  
Theseus and the Minotaur  
Guided back to the light by the hero within  
Remember the centers of the labyrinths we have been on

### **July 10 Judith Tripp – Interference**

Opening ourselves up to that which is greater  
What resonates with you that other people are sharing?  
Finding a place of peace, harmony and presence  
JOD - poem - absences  
Belonging to the practice, to earth,  
Remembrance  
How to be with what isn't here, Loss  
Ubi caritas

### **July 17 Lauren Artress – Self-Forgiveness**

Miracle of the magic eyes – looking back to time before hurt  
Can't change the past but can heal the hurt  
Invite someone to come back into your heart again  
Placing a pebble in our heart, carrying a burden  
Maybe this is a time to let go of past hurts/wounds  
See something in a new way  
Visual dreaming on the labyrinth  
Develop your own method instead of using someone else's

### **July 24 Brigid FitzGibbon – Wholeness**

Labyrinth as Symbol of Wholeness

'an undivided life' – we form circle around each other

Community of weekly walks

Rumi – 'how do you know side you are used to is better than is what to come?'

Deep Listening also builds community

### **July 31 Barrie Gibby & MaryAnn Wamhoff – Solidarity in the Space In Between**

Building bridges

John Lewis – make good trouble

'never the wrong path' by Jeff Foster

Ok to feel lost on the labyrinth

We walk the same path

### **Aug 7 Judith Tripp -- Balance**

Story of the storm pulling the house to the sky

People of conscience never left the house

Weathering the storm and knowing another will come

Speak from our inner world and connect with outer world

Weaving our lives together, the bright and dark threads of our journey

Guardians of our inner lives – bring gifts to our outer lives/community

### **Aug 14 Barrie Gibby -- New Beginnings**

New Moon, New Beginnings, New Creativity

Uptick our inner fire

Facing East, Looking Up

Releasing, Centering in the Present, Receiving, Renewal, Remembering, Reuniting

Diversity of Labyrinths but unity through intention

Encompassing the journey with the finger trace around the labyrinth and breathing to begin

Palm to palm in the video screen to connect a circle of people

Judith Tripp's idea of resting hands on your labyrinth/center

JOD- for a new beginning