

Resources: Veriditas Handheld Labyrinth Meditation , Friday August 11, 2023

Circling into Hopefulness
Vicki Longhofer, Veriditas Council

Inspiration for the theme was found in the work of writer Rebecca Solnit, specifically from her book of essays titled *Hope in the Dark*. In the forward to the 2015 third edition she writes:

“Hope locates itself in the premises that we don’t know what will happen and that in the spaciousness of uncertainty is room to act. When you recognise uncertainty, you recognise that you may be able to influence the outcomes – you alone or you in concert with a few dozen or several million others. Hope is an embrace of the unknown and the unknowable, an alternative to the certainty of both optimists and pessimists. Optimists think it will all be fine without our involvement; pessimists adopt the opposite position; both excuse themselves from acting. It is the belief that what we do matters even though how and when it may matter, who and what it may impact, are not things we can know beforehand. We may not, in fact, know them afterwards either, but they matter all the same, and history is full of people whose influence was most powerful after they were gone.”

Following the meditation period a poem was read from John O’Donohue’s book *To Bless the Space Between Us*.

“For Equilibrium, a Blessing:

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May your sense of irony bring perspective.

As time remains free of all that it frames,
May your mind stay clear of all its names.

May your prayer of listening deepen enough
to hear in the depths the laughter of god.”

At the close, this passage from the same book by O'Donohue was shared:

“We seldom notice how each day is a holy place
Where the eucharist of the ordinary happens,
Transforming our broken fragments
Into an eternal continuity that keeps us.”

- John O'Donohue, *To Bless the Space Between Us: A Book of Blessings*

The following music accompanied our meditation:

1. *Mining-Na* from the album *Transparent Water*; Omar Sosa and Seckou Keita
2. *Morning Meditation* from the album *Music from the Labyrinth*; Diana Stork and Portia Diwa