**Resources from February 8, 2021 Online Hand/Finger Labyrinth Walk**

**Music**

Speigel im Spiegel by Arvo Part

**Chant from Melanie DeMore:**

I am sending you light

to heal, to hold you,

I am sending you Light,

To hold you in love

**Fragment from Leonard Cohen;**

Ring the bells that still can ring

Forget your perfect offering

There is a crack, a crack in everything

That's how the light gets in

That's how the light gets in

That's how the light gets in.

**How the Light Comes**

Jan Richardson

I cannot tell you

how the light comes.

What I know

is that it is more ancient

than imagining.

That it travels

across an astounding expanse

to reach us.

That it loves

searching out what is hidden,

what is lost,

what is forgotten

or in peril

or in pain.

That it has a fondness

for the body,

for finding its way

toward flesh,

for tracing the edges

of form,

for shining forth

through the eye,

the hand,

the heart.

I cannot tell you

how the light comes,

but that it does.

That it will.

That it works its way

into the deepest dark

that enfolds you,

though it may seem

long ages in coming

or arrive in a shape you did not foresee.

And so

may we this day

turn ourselves toward it.

May we lift our faces

to let it find us.

May we bend our bodies

to follow the arc it makes.

May we open

and open more

and open still

to the blessed light

that comes.