

January 2003

Volume 3, No. 1

The Labyrinth

Robin Majeski

My walk opens mindfully
on carefully laid slowly veering cobblesteps.

Like warm, vapor rising, memories return -
of convent spent weekends
providing a safe harbor and shelter from chaos and despair.
The presence of these nurturing nuns fills each step I take
beckoning me back to
intimate conversations,
shared meals,
chapel Masses lit by a flock of flickering votive candles and
the rhythm of liturgical life past.

This sultry August evening I circle the labyrinth, taking in outstretched verdant life.
Dusk descends,
a soft, loose blanket;
the steady, jeweled hum of crickets pulsing.
Thin spiky pine tree needles meet, like children's fingers
joyfully at play making church steeples and itsy bitsy spiders.
Tall wide trunked arching trees anchor the dance.
Each of my breaths is a river running through me

Circling to center, I feel gently held by silken threads of time and space.
Heart Sutra strands echo within me:
no attainment,
no obstacles for the mind,
no understanding,
the path as its own destination.

From the apparent imperfect palm of now pours Nirvana. From my feet unfold the next steps of
the journey.

Contact

Robin Majeski, Ph.D.
Director, Gerontology and Social Science
School of Undergraduate Studies
University of Maryland University College
3501 University Blvd East

Adelphi, MD 20783
Rmajeski@umuc.edu

TERMS OF USE

The International Journal of Healing and Caring On Line is distributed electronically. You may choose to print your downloaded copy for relaxed reading. Feel free to forward this to others.

The International Journal of Healing and Caring
P.O. Box 76, Bellmawr, NJ 08099
Phone (609) 714-1885 - Fax (609) 714-3553

Email: center@ijhc.org Web Site: <http://www.ijhc.org>

Copyright 2001 IJHC. All rights reserved.