

# Listening to the Voice Within

By Sharlene Inglis



In March 2009 Lauren Artress facilitated a workshop in Portland, Oregon on *Trust the Path: Gaining Strength and Gathering Wisdom*. In the workshop she talked about working with "body pain or feelings in the labyrinth as part of our archetypal work". We had a long period of time for walking and reflecting. I had written down a thought I wanted to work on, but as I walked the labyrinth, I looked over at a participant who had lost her hair and wore a simple knit hat. I had an overwhelming feeling of grief - my own grief for what I need to work on. Usually I am busy doing things, so when I have a feeling, I quickly put it aside. This time I decided to go with it, feel it and reflect on it. I longed to go sit by her and just experience my feelings. My husband received a grim diagnosis with Melanoma last summer, and I haven't spent a lot of time working on my feelings from this diagnosis. The experience was rewarding as I walked the path, going deeper and deeper and reflecting on my feelings.

However, the message was carried from the labyrinth as I left to go home after the workshop. I only ate a small portion of my lunch that day and planned to take it home for dinner. There was a half sandwich, a bag of chips and a huge cookie. As I exited the building, I glanced over at a bench outside the Trinity Cathedral. There was a woman on the bench and she appeared to be a homeless person. I thought about giving her my lunch, but then thought that if

she wasn't homeless I may be insulting her. So I walked on to my car. A still small voice told me to go back with the lunch and give it to her, so I did. She thanked me profusely. She shook my hand, smiled at me and said, "My name is Hope".

About the Author:

Sharlene Inglis is a certified *Veriditas Trained Facilitator* and facilitates labyrinth workshops and walks in the Portland area. She became interested in the labyrinth in the 1990's when a group of friends would create their own rope labyrinths from the Veriditas "seed pattern" at their gatherings. Sharlene has volunteered to the Trinity Episcopal Labyrinth Guild for the past several years at their monthly walks. She has been involved with the first Labyrinth Network Northwest Gathering in Portland, Oregon, and helped coordinate two training workshops with Robert Ferre. Sharlene also takes her 7-circuit canvas labyrinth to a local bookstore for quarterly walks. She recently taught the youth at Unity of West Linn how to make a 7 circuit rope labyrinth and volunteers her labyrinth to Unity for yearly events. Sharlene feels very connected to the labyrinth and enjoys volunteering to help expand the use and knowledge of the labyrinth. She finds that walking it brings her peace of mind, comfort and new insights.