

Dear Subscriber,

12/02/2013

Welcome November

The eleventh month of the year greets us as the artistry of nature begins to depict a new landscape. For those of us who walk outdoors, there is a glorious crispness in the air that we may embrace the change of seasons with. Nature is a wonderful calendar as it reminds us to shake off our colorful bits and reflect on the starkness for its basic and simple essence.



Every year we have the opportunity to say welcome to November and to take in the wisdom of the natural almanac in the things we choose to be or do for the next 30 days. How might we migrate through the month to take in what it delivers and leave behind a knowing contribution in our steps?

Enjoy the embrace of November and all it's natural possibilities and simply take in the grateful moments to be as one in our membership.

Mary & Lynda

Labyrinth design by Style Shout Out

November Focus



November is awash with gratitude, generally in response to the upcoming holiday of Thanksgiving celebrated in the USA where the majority of us hail from. Though our Canadian friends celebrate it in October and in many parts of the world, a festival of giving thanks relates to the harvest.

Traditionally a festival or ritual and tradition come about as it is a way to create peace, harmony and gratitude for what has befallen us in the year. It is much like our opportunity in the reflective part of the labyrinth walk, a way to look back and when done with a grateful heart it shows us the gifts the year or the walk has given us.

We are sending blessings and gratitude in this month for all that has harvested and the

bounty it has provided us in the circle of the 365 Club. May your month focus be about the harmony and peace that come from your gratitude in all you do.

Labyrinth Design by Labyrinth Lessons

A Value in Gathering

In gathering, there is much to learn when we simply let go of "I already know that". This was a helpful consideration mentioned at the opening remarks of the 2013 Annual Gathering because in releasing this as it comes up, we are open and inviting the learning to be part of us. This attitude invites us into the circle in a place where realization meets awareness and the two harmonize our purpose in a most grand form. Many thanks for the reminder as we in our glory and knowledge, often forget.

We wrote a basic summary of the Annual Gathering last month, as it is largely experiential and to convey the vastness of all that transpires during our short time together, it seems it would do little justice in the small space of this newsletter, to how significant it becomes when one attends. There are messages to bring and many to take home and impart with others and then there are the messages for the heart alone to absorb. This is the uniqueness to which we will all digest the experience and were we all to reflect upon the events and interactions; it would translate as one big thriving circle of fulfillment.

This is the value of attending a gathering and we are indeed glad to have been a part. To this end, we will reflect on bits of it over the coming year so that looking ahead to next year in Florida; we have created a greater reason for attending, having lived its heart messages each month.

The image on the right is called the Mother and Child labyrinth by Carolyn Rondthaler, it is



Looking Ahead to 2014... A mission with *Heart*

Having met each other for the first time in two years at the Gathering, it was a delight for both Mary and I to connect and collaborate on a physical level instead of an online level. In our conversations over the weekend we came to note a great many comments and ideas and from that we formed two objectives for the coming year that felt right and purposeful to explore and enjoy. We hope you will find them both helpful and purposeful for your labyrinth and life journey in the next year as we aim for simplicity in all.



Our first mission is of discovery over the year, that many of our membership do not walk the daily path, even though each of us walks it literally. It is a commitment and one that those of us who do value for its daily point of purpose and reflection. The metaphors for life abound and help to guide us as we have found it to be like a practice that one makes to learning anything, like going to the gym to work out, attending weekly services or daily education as in school. In other words, a value has been established and when we miss a day here and there, we don't worry about it as we know our commitment.

Until one arrives at this point for value, it is understandable that it might take time to build it. So what both Co Chairs of this committee have come to realize, is that we might have many more consider building a walking practice if the guidelines were more flexible and called us to simply be dedicated to walking for purpose, rather than time. So we are considering a proposal to adjust the parameters for participation in this club as it seems we have in common the desire to walk, the commitment to do it more and the understanding that it brings value to our lives.

Before we pursue this, we wanted to take a moment and share this idea with all our membership and ask for your feedback in order to move with the membership's consensus. Please simply reply 365Club@labyrinthociety.org with your point of view and we will be happy to hear it as our hearts embrace change, though for the good of all when we do.



Our second mission is to really embrace the story of the labyrinth and how it fits us all as individuals. Each of us has a story that speaks about its value at a deep level and each of us has come to know this story in a unique way. Perhaps it is in hosting or facilitating a walk for others, maybe it came in the after walk thoughts and came about as a result of being the thoughts in a different scenario, or quite possibly it is the story of another that moved you to a new realization. Whatever it is, we know there are fascinating stories about the labyrinth waiting to be told.

Your mission.... Should you choose to accept it (and we so hope you do), is to help us create 365 stories for 2014 that reflect your experiences with the labyrinth. It is lofty, it is rich and it is time we think to get to know each other beyond the veil of membership to become a club that is both rich in what it gives as it is in what it receives. Do begin to consider the stories you would like to share and it will be as easy as sending us an email telling us. If you have photos to depict it, all the better!

Our many thanks for helping us with your thoughts and sharing... together we make the 365 Club! *Viva La Labyrinth!*

Heart Path Labyrinth design by Eve Hogan.

Thanks Living Labyrinths

Natural and Native:

Exploring the very great concept of gratitude as we celebrate the upcoming Thanksgiving holiday this month, we might take a moment to reflect on the nature of its humble origins. In America we united with Native American cultures to find a peaceful coexistence. Today we still look for understanding that and this reminder each year allows us to look back in history to note our evolving choices.



Native American History Day actually falls on the day following Thanksgiving holiday and it is an opportunity to further understand the cultures our ancestors first encountered blended with our current understanding of the rich traditions that form today's symbolism. The labyrinth falls into this equation when we observe the design known as Titoi, as called by the Tohono O'odham

Indians of the southwest. We might commonly refer to it as "The Man in the Maze".

Other Indian cultures might call the labyrinth "Se-eh-ha" or house of the elder brother or creator. Elements of life's journey and choice are depicted through the seven circuits and much like our understanding of the twists and turns in a labyrinth; this design tells the story of knowledge, strength and understanding. It also can represent the cycle of life for many with death being at the center.



This labyrinth begins at the top and to the Indians of the Southwest; it can represent our life as beginning at the apex with birth and then descending through the ages and courses into death. In some ways having death at the center can be a reminder that there is a death to many occurrences in our everyday walk and a new birth to reflect upon when we move forward.

This design can be a great reflection on cultural community as we gather with our immediate families for the holiday and reflect upon the many families of man that we indeed belong to through our life associations.

Design and images from EarthArt.org, Southwest Home, Carolyn Rondthaler, Symbol 101

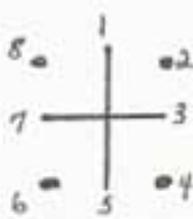
Moments of Gratitude:

In 2008 [Gernot Candolini](#) of Austria shared a spiritual exercise connecting and bringing influential people in our lives with the labyrinth. Martha Erickson has taken a three circuit labyrinth and given us a simple idea similar in drawing out the labyrinth assigning the

names of significant people who have impacted our lives as we create a finger design.

A Labyrinth Meditation of Thanksgiving

1. Make a random list of eight significant persons that have been a part of your life
2. Starting at the top of the cross, number the cross ends and dots, 1-8. Then, place the initials of each person listed for each number.
3. As you draw the labyrinth, think of how each person has contributed to your life.
4. Offer thanksgiving for those whom you have encountered on your path of life.



To give you an idea about how you might reflect, Mary is moved this year to introduce her extended family to the labyrinth as part of the thanks of the day in gathering. Similar to Martha's intention, she will share the exercise of drawing out the labyrinth with the names of the important people who have and do make up their extended circle of family. In drawing out the labyrinth, a reflection of gratitude will be shared in a simple finger walk following it all.

Lynda decided to share this exercise with friends that will gather for the birthday celebration of a recently deceased friend. All wanted to honor this dear friend and coming together for her birthday, it is an opportunity for each to further her beautiful legacy for living in either a singular collaborative contribution or

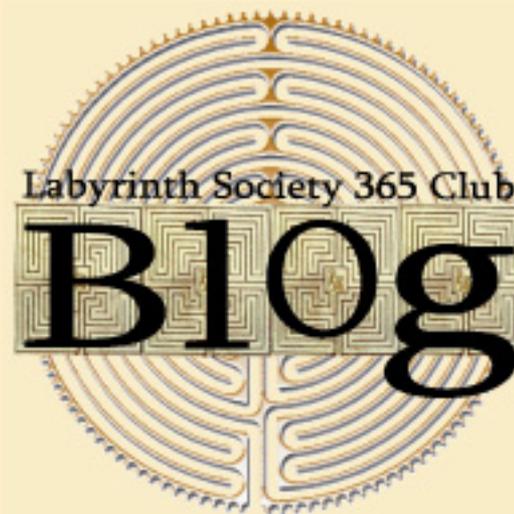
individual ones. Simply asking individuals to embrace ideas where they wish to go forward with our friend in heart mindedness, drawing the ideas and actions into their labyrinth design will give them a tangible place to move from and the reflective finger walk can be of comfort to each in this period of grief.

In these ways we can introduce the labyrinth to individuals unfamiliar, as a tool to express gratitude in a favorable way. How might you use the labyrinth for family and gathering in the spirit of gratitude this holiday? Image redesigned from Martha Erickson.

Blog Update

Our focus for the month is harmony and peace created from gratitude and what that might create in your daily walk. For many it seems we walk a pretty grateful path, though when one combines the awareness of how we become more harmonized and peaceful people as a result of it, what a path it then becomes!

For this great grateful month of November, consider perhaps weekly forage into peace into the walks. When focusing on the peace, how is gratitude manifested. The next week can be a focus on harmony with the same question and in the third week a focus on gratitude itself to discover where the consequences of harmony and peace unfold. In the last week simply be open with thanks and curious to what it is that comes about when the gratitude is open to receiving.



As always... share your thoughts...and we grow. [Contact us](#) to be added as a contributing writer.

With Autumn Blessings...

In all gratitude, we are blessed to find purpose and passion in co-chairing this club and wish you the great fullness of this month in all of its days.

With Thanks and Giving,



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