

Dear Subscriber,

05/02/2014



@LabyrinthLessons.com

**For all that has been... thanks!  
For all that will be... Yes!**

***Dag Hammarskjold***



@labyrinthlessons.com

**Beginnings**

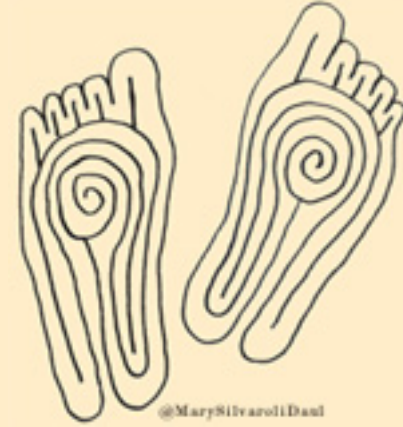
We begin the year on this day in the spirit of the two-headed Roman god Janus, January's namesake. In December we looked back on our first year together as a Club and now as the new year emerges, we look forward to all that we might create *together* in the 365 days ahead! Our news in December reflected accomplishments for our club in 2013 and what we as co-chairs hope to initiate with your input as a mission of purposeful steps for 2014.

We are most grateful for the launching and the successful delivery of the monthly member newsletter and blog last year, and it was a joyful opportunity to meet and connect with more of our members at the annual conference. We look forward with great anticipation to the value you put into your membership and the heartfelt stories and experiences with the labyrinth that you are moved as a member to send along. We hope we all might make more of our membership by taking a step forward to co-create this club experience for us all in the coming months. It's time for a new beginning and a collaborative circle to be born in 2014 and that just means showing up different. We look forward to what will emerge as a result.

Thinking ahead, we hope to get to know more of you “in-print” as the months unfold and to meeting more of you in person this November in Delray Beach Florida at the TLS Gathering. Being connected in this way really has added dimension to our understanding of the labyrinth over the years and we wish that more could experience it. If you will be attending, please include the 365 Club Reception in your plans. Letting us know in advance will help us shape it for a worthwhile and memorable experience for all.

## The New Year's Resolution

Most of us, at one time or another, have started the first day of January with New Year's Resolutions. It is a tradition that dates back to 153 B.C. to Janus, the Roman God of beginnings and guardian of gates and doors. Janus, the ancient symbol of resolutions, was originally honored at the start of each day, the first of every month, at the start of planting season, at the harvest or at any important event in one's life.



Much like Janus, each time we enter the labyrinth, we have an opportunity to look ahead with new resolve while looking back on where we have been. How might we use Janus as our guide as we begin our *Heart Mission of 2014*?

*Can it be a year of 365 beginnings?* When we strive for awareness, awakening each day with the committed thought of it being a new beginning can add whole purpose and action, creating a more meaningful and in-depth year ahead. Using the labyrinth as we are awake can put us into a thriving year so instead of the typical resolution that for so many is given up on in less than three weeks, the simplicity of this routine can add dimension to our lives in introspective ways.

As we journey with these in mind, it may be helpful to first recall what prompted you to join the 365 Club and ask yourself, how it is indeed creating a benefit for your life. Beyond our personal reasons for making the commitment to walk, might we consider expanding the possibilities for club membership in the true spirit of the labyrinth, for ourselves, each other/others *and* the world?

We are reminded in all that we are simply the humble coordinators for our club and it is with you in mind that we hope to offer thoughts and ideas that make our commitments stronger and lend more value to our experiences with the labyrinth.



The following **365 Club Daily Walkers: Making the Commitment and Participation Guidelines** have been copied from the Labyrinth Society

website for your review and reflection.

### **365 Club Daily Walkers: Making the Commitment**

*Walking and journaling. Walking and journaling. Walking and journaling. Listening. Connecting. Learning. Is it a different journey each day when the foot first falls on the labyrinth's path or a finger starts its circuitous tracing? What would it be like to walk a labyrinth every day for a year?*

The Labyrinth Society offers a unique opportunity—connecting with others of like heart on a daily basis through the 365 Club. This is a

dedicated group of labyrinth enthusiasts committed to walking a labyrinth every day for a year. As of February 2004, there were 129 members, growing from 70 members in Atlanta when the group was initially formed in 2001.

The majority of comments from daily walkers have been that the labyrinth helps them feel more centered and brings clarity to life issues. Some are reporting that the labyrinth seems to have become a part of their being—bringing a sense of peace to all aspects of their lives. The overall consensus is that whether walkers are choosing to fulfill the 365 Club daily commitment or not, all are receiving enlightening messages about their individual life journeys. To many, the labyrinth is a valuable spiritual tool—those familiar with its energies see this as truth. Many of the 365 Club believe that walking a labyrinth on a daily basis is a deepening commitment to spiritual development in their daily lives.

### **365 Club Daily Walkers: Participation Guidelines**

Interested in making a commitment? Below are some general guidelines for participation:

1. If you are lucky enough to have one available, it is preferable to walk on a full-size labyrinth, but finger labyrinths, those drawn on paper or in the sand and virtual labyrinths are all acceptable.
2. Everyone is allowed up to two weeks of vacation or 14 days “off” throughout the year.
3. There is no right or wrong way to walk/run/crawl/dance the labyrinth. Use any process that works for you. Trying techniques that you haven't used before may offer the diversity you need to stay committed to the process.
4. We encourage you to keep a daily, weekly or monthly journal of your walking experiences. (Note: We are not insisting on this, whatever resonates is what you should do. If you feel like simply storing the experiences away in your heart or mind, this is acceptable, too.) The idea is twofold—one is to document any changes you experience throughout the year and two, we hope you will share your experiences with others and writing them down may help with this process.

Everyone comes to the labyrinth with a different set of experiences and approach to a daily walking commitment. One member suggested using forms to track different ways she walked her labyrinth fingerboards and the various emotional/physical feelings she experienced. Others choose not to journal at all.

If you do decide to journal, below are a few questions you might wish to consider:

- When do you have a particularly strong experience?
- Is there any kind of pattern?
- What about evidence of spiritual development?
- Did you have to stop walking everyday? Why?
- Have you had any special insights about the labyrinth? About your life?
- Is there any difference between walking a classical, Chartres, or any other type of labyrinth?



So much of our world in the technological age that has emerged since 1990 has picked up an increasing speed of delivery it seems with each coming year. It puts us in a larger awareness of change in a more consistent fashion. Change is inevitable, though at a gradual pace it gives us time to become adaptable and the choice in how we want to comprehend and absorb it. When it comes on in bigger and bolder fashion, we can get lost in the vast array of what it means to be connected and in a more curious reflection of what it means to really be connected.

The labyrinth as many of us know is an excellent tool to navigate change and can help us to sort out the array of messages from what seems so vitally important in the moment to what actually is. The walk is singular as we all take it individually in our own manner and time. It reminds us of who we are as individuals and perhaps to be more whole in who and what we wish to be in more of our minutes and more of our engagements.

Our unique individuality is how we come to the world to be a part of something greater. Those interactions and conflicts that make us question and learn help us to be more of that unique identity and give purpose to our passions. Navigating change alone is rewarding in personal reflection, though transitioning with others is how we become a family, a community and a planet.

As we begin the new year realizing we are one in seven billion, perhaps it is a good time to take a look at how we can use the labyrinth to be more connected, committed and create more significant value to the many circles in our life that we belong to. The Flower of Life as depicted above may be a good visual reminder of the many circles we belong to and how significant each becomes when we engage in each.

*Design by LabyrinthLessons.com*

## ***Our Heart Mission of 2014***



The first part is to take a look at what it means to be a member in our 365 Club as so many do not make a daily journey or reflection. For those of us who do, this is not a threat or a worry as we will do what we do no matter what. For those that have not found this to be an easy stride, we hope to adjust those outlines and simply invite any committed to walking with regular purpose as that is indeed what we all have in common. Feel free to send your thoughts on this. [365Club@labyrinthociety.org](mailto:365Club@labyrinthociety.org)

The second is to encourage the labyrinth into our everyday lives via the stories you share. We hope to have collected 365 stories by next year's end because of you. You all have these amazing stories we hear about and sometimes there simplicity reveals a beauty all by itself. Do share with us and we will add it to the blog. Consider becoming a writer with one story a month that makes sense that just might be a simple reflection of your walk... keeping it all very simple, easy and from the heart is our aim. Help us add value to this club for all of us.

With great thanks... Lynda and Mary

*Your thoughts or stories?* [365Club@labyrinthociety.org](mailto:365Club@labyrinthociety.org)

## Blog Update

January with its new beginnings invites you to make this a blog worth reading and enjoying. As you may have noted the blog takes a small effort to have put together. Keeping it running was mostly filled with Lynda's stories and insights. Many thanks for the comments and sharing of thoughts.

Now it is time for your thoughts. You can be added as a contributing writer if you plan to share one story per month. Otherwise, simply share your thoughts of the new year, events and ideas for us to consider via email to us at this [link](#). One story from all the submissions will go in the newsletter and the rest will be added to the daily blog. Please send a photo or image you would like to share with your story as it often can add to the meaning of what you share.

We are really looking forward to your contributions and hearing how others grow and relate from their commitment to walk.

[Contact us](#) to be added as a contributing writer.



### New Beginnings...



We wish you the most spectacular year ahead filled with the worthwhile steps that it takes to reach your goals, desires and dreams.

In the times of the lessons, may your steps provide profound realization and in the times of lightness may you absorb the heart of the moment.

Whatever unfolds in this year ahead, we are happy to connect with each other and appreciate the opportunity to coordinate and share what we all have in common... breath, life, and love of the

labyrinth!

Happy New Year, Happy You Year, with wishes for joyous purpose ahead,

*Lynda Turloukis and Mary Silvaroli Daul*

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