

Dear Subscriber,

05/02/2014

Entering March...



It is already the third month of the year and it seems to be that 2014 is unrolling slowly. In the Midwest we are inundated by the everlasting winter season, as if to make up for the years of confusion when it came so lightly. Outside of the Midwest the weather has heralded a year of curiosity and perhaps its purpose was to remind us to return again to a path of order in its cyclical nature. Nature has a way of telling us the truth and perhaps this month expresses that as the rebirth of spring dawns upon us. Oh what will we emerge?

***"May the path rise up to meet you,
may the wind be always at your
back.***

***May the sun shine warm upon your face and the rain fall
lightly on your footsteps."***

An Irish Labyrinth Blessing



Patterns of March



3200 B.C.

In honor of our Irish friends among us and those that wish to be, this month we tip our caps to the Triple Spiral Labyrinth. While reportedly rare as permanent installations, this three-whorled spiral or triskele pattern has ancient roots.

Perhaps the most well known one exists in Newgrange, Ireland on the Megalithic Passage Tomb and the other entrance stone, built around

There are few permanent locations for this design in the United States, though Myra Ryneheart of [Laughing Flower Labyrinth](#) has installed one in Bellingham, Washington at a private residence. There is further news about this and information relative to the triple spiral in the [news article](#) created for the installation.



Many theories have been attributed to the meaning and symbolism of the triple spiral. Most seem to agree that its symbolism is tied to the interrelationship between birth, death and rebirth. Other relationships that come in threes that might also be considered are:

- Body, mind and spirit
- Maiden, mother and crone
- Past, present and future
- Christian trinity of Father, Son and Holy Spirit
- Sea, land and sky
- Youth, adult and elder



Perhaps you will experiment with a few triads of your own or be intrigued by a finger-walking journey on one of these unique labyrinths. One way of walking through the life cycles of youth, adult and elder is to pass through each spiral in turn, pausing at the center, then traversing back through the spirals in the opposite direction to the threshold. Repeat the process three times completes one walk.

As you ready yourself for your St. Patrick's Day walk on March 17th, the day when most believe *it really is easy to be green*, you may want to finger walk or create a beach design as the image shows of the Shamrock Triple Spiral Labyrinth design by TLS member [Tony Christie of Ireland](#).

Expressions from the Labyrinth

We find there are many forms of expression and many expressions that come to us in our daily walks. Member Suzanna Alexander was gifted a poem at a time when mourning her father's passing. Today she sends a new poem and one might think it has everything to do with the endless snow that seems to have taken over the year of 2014. We appreciate the sharing and sentiments expressed.

Southern Snow Walk 2014

Usually I do not hear my steps.
Usually I do not see my steps.
Unusual snow covers the labyrinth
today.

I hear the crunch of my steps.
I lighten the load and
Land as gently as the snow.

I see my entering steps as I
Leave my exiting prints.

A re-living occurs.
A re-turn.

But nothing is as usual.

Suzanna Alexander, 2014 Photo credits LabyrinthLessons.com



Creative Walks for March

One can birth almost any kind of walk for an occasion be it solemn or silly occasion. The labyrinth is to be of service and when we branch out of our circle, we can find that there are many ways and ideas that just might encourage our younger generation to become a part of the labyrinth. This month we have the Ides of March to consider along with St. Patrick's Day and the spring's Vernal Equinox, though did you know the Iditarod is traditionally run in March and what a path that is.



It's also the month where we can celebrate the birthday of Dr. Seuss; can you imagine a group of children looking for the Yerkle in the circle? Or see what can disappear with a little lighthearted levity celebrating the birthday of Harry Houdini. [Here's a calendar with some ideas](#) that might spark a little creativity in the serious stride of life. Life is about enjoying the journey and every once in awhile a little fun can be just the ticket to lighten and brighten.



Photo Credits to Kenneth McIntosh who added a labyrinth at Northern Arizona University's Celtic Fest and above at McKinley school

Welcome New Members



This month we welcome Ronald Esquivel all the way from San Pedro, Costa Rica. He plans to use the club as he might a daily alarm clock, to wake up. It's nice to welcome members near and far and find our interesting view points on this daily walk.

Welcome new members and we look forward to hearing more about you and how you use the labyrinth for yourself and for others.

Feel free to share stories and experiences and plenty of pictures. Just write to us

at: 365Club@labyrinthsociety.org

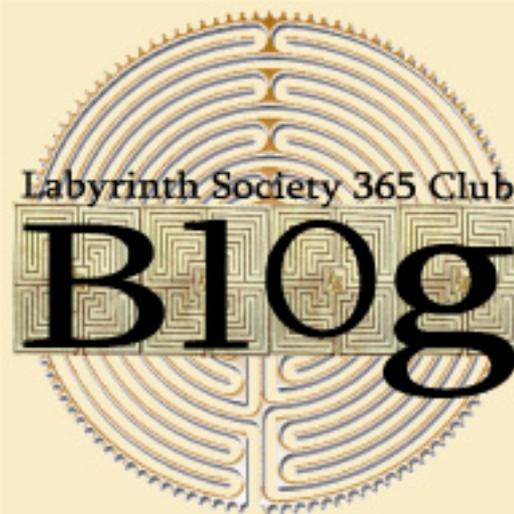
Blog Update

I have lots to say in my experiences of the labyrinth, and often do through the blog. Though this year we both have been looking for what it means to be a member of something as in our 365 Club.

To me it is a sense of belonging to something bigger than myself individually. I joined because I wanted to hear about what others were doing and how I might be able to explore the labyrinth differently. I am creative in my own right and can come up with all kinds of things as evidenced in writings of the last year, though it isn't what I had envisioned and I thought only to be the example in sharing.

The blog is open to your thoughts and even if it isn't something you think you want to do regularly, if every member shared just TWO experiences in words or pictures of this year it would fill our blog all year long. [Email your pictures and words](#) and it will be added with love and thanks for your membership contribution.

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



Marching Forward...



What moves you in your new beginnings of the season? We hope it is with a mixture of curiosity, lightheartedness, passion and purpose.

May this new month offer us all a new beginning and may we all birth all the possibilities of the path before us to our fullest and richest extent.

Blessings in every footstep,

Lynda Turloukis and Mary Silvaroli Daul

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