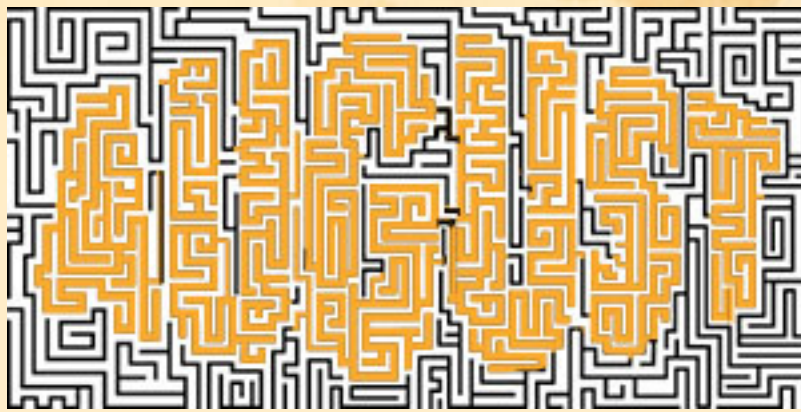


Dear Subscriber,

09/03/2014

August Greetings



This month marks the dog days of summer and the month without a permanent holiday. There are holidays that flow into the month, yet none are situated as perpetual markers to indicate an honorary celebration of life. It is as if we have one month in which we breathe

and let everything flow. Consider this your free month to do as you will and enjoy the nothingness of it all.

As we all seem to have gotten busier and more complex, allow the ease and flow of this month to enter your pathway and be a restorative reminder to walk as walk as we are. For many this seems the last month before we return to the indoor migration, sink your toes in the grass and breathe in nature's wonders. The sense of smell is linked to our memories so take a long deep breath in what nature provides and store up your savory memories for the hibernating months that come too soon.

Photo Credits: Labyrinthlessons.com

“A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”

A Word to Walk on... *Simplicity*

Life starts out quite simple. Our needs are very easy, feed us, bathe us, keep us warm and protected and love us. In the end of our life it is pretty much the same. All our wants are quite simple and somewhere along the way we just get complicated with all the learning, living and longing that goes on.



Take in the simplicity that August offers with its carefree stroll into the end of summer and enjoy the lighthearted laughs of summertime with ease and joy. With all the stress that looms in the everyday, carve out that beautiful time in your walk, go barefoot and just be. Discover the great joy of not having to.... anything.

It's your stroll, your walk and your life... live it marvelously simple.

[How simple can do you make your walks? Where do you find complication?](#)

Photo Credits: EJohnson Labyrinth Gardens

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to take steps in the opposite direction."

E.F. Schumacker

The path across the ocean



Later this month I will be heading off to India to live until October. It is exciting, as I have been invited to contribute to the Laughter Yoga University in Bangalore. We will be traveling somewhat through India as well so I will have lots to share as the months unfold. I will have set up some primary newsletters while I am gone if for some reason I find myself in a jam and not able to access my mail.

I look forward to creating a laughing labyrinth at the university there and a laughing garden to surround it. It is my contribution and my joy to do so and if any have ideas or thoughts, feel free to send them along.

India is a nation of interesting harmony and discord from all I have heard in its extreme living conditions. Where it is the place of much spiritual development it is also the home of much unrest in human rights so I find it a bit of an ironic walk much like finding the calm in the chaos. It sounds like the adventure is a labyrinth in the journey to discover and develop the letting go of predisposed notions, allowing the realities to sink in and reflecting on what is beneficial and present in all.



Look forward to the reflections I will add along the way or in the November/December reflections of our news when I return.

Photo Image Credits, Labyrinthlessons.com and photoblog.com

"A labyrinth is like a symbolic map of our world, with each step we create our journey and lay down markers for where we have been leaving an indelible design with us in mind."

Participation Counts



I asked one of my workshops to set up some rules in which to facilitate the experience as they were the individuals who joined in the experience and as I tend to ask what their objectives are so that I can meet them along with mine, I found what they

collaborated on really set the tone for how the weekend would prevail.

Ask to educate
Listen to learn
Keep it simple
Step outside the box
Be present
Participate

The participants had the opportunity to create as much as they wanted to get the most out of the experience and the walks together and this list is what they felt satisfied with. Participate was the one that they declared had the most benefit because while the others were good things to move themselves along the experiential path we created, none of the other points would make as much difference in their outcome as when they took an active role.

Like anything in life we do, what we put into it we get out of it.

What would make your walks this month that much more valuable to you? What can you put into it with intention that would yield you importance and significance in the outcome of the month? If you participate in this and the idea has value, let me know. It tells me what works and what doesn't and in a way appreciates the efforts I am making more effectively for everyone.

"Participation provides a balance of view points."

Christine Varney

Photo Credits, Labyrinthine Katherine Voss

Belly dancing on the path



While it isn't something I have learned as of yet, I am sure belly dancing on the labyrinth might be a new way to share the labyrinth... I will have to let you know how it all goes, though I expect the colleagues in India will be teaching me all kinds of new adventures.

I look forward to sharing adventures from overseas and I hope you do so from your own backyard. Together we will have some interesting ideas to share about where our path takes us, no matter how near we are or far we go.

I've recently added some new [blog posts](#)... you might just find one of my innovations interesting and next month I will share what two women accomplished in the name of joyful living.

Lynda Tourloukis, 365 Club Chair

[As always... delighted to hear your thoughts, great ideas and questions](#)

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