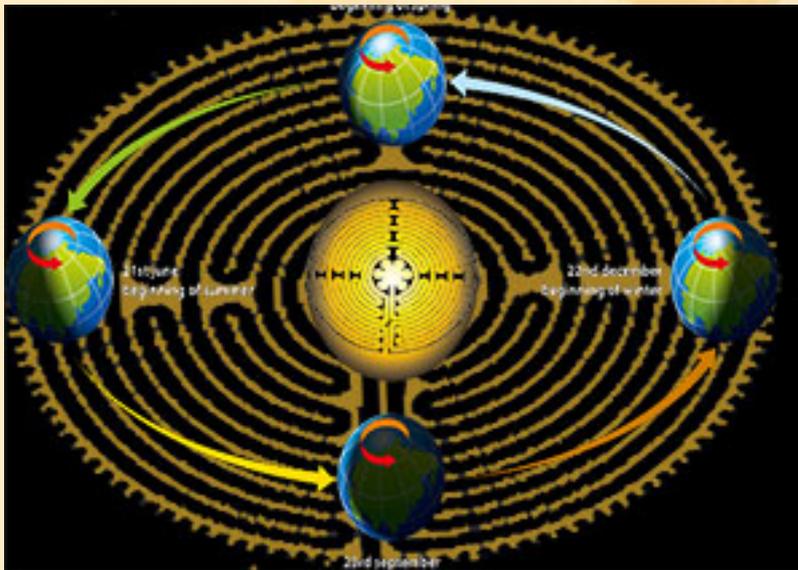


Dear Subscriber,

09/02/2014

Namaste from India



Joyful greetings from the Asian continent. We are half a world away from each other, for most of us, though it is wonderful that we can connect through this news. It proves no matter where we walk in the world, we walk as one with intention and heart.

For most of us in the Northern Hemisphere, September begins the season of change. It is a month to herald in the

return to school from the very young to the college setting. It's a time to remember that International Peace Day falls on the autumnal equinox in every hemisphere.

I will walk each day here with the curious joy of a child in discovery and prepare a coming together for peace in perhaps a different way than ever before this year. No matter what or where we are, may our prints of peace make a bold impression as we step forward for humanity.

Photo Credits: Labyrinthlessons.com

***“Honor the cycle of the circle in the seasons,
counting the blessings of the harvest as it returns
us to the infinite.”***

A Word to Walk on.... *Peace*

Everyone understands the message of peace. The moment we believe we are not in it, we long for it and wish it into our existence or in any part of the world where we see unrest and unease.

The labyrinth proves to be a tool that brings together that sense of peace and a way to collaborate our individuality to achieve it whether it is in the simple walking, gathering, creating or building it draws community.

Enjoy the many videos on this peace labyrinth site that demonstrates the fascination with the labyrinth as a tool of peace around the world.



[Peace Labyrinth](#)

The [International Peace Labyrinth](#) page that was created for the 2002 Olympics

Enjoy the [Los Angeles Peace Labyrinth](#) video

The official [UN International Peace Day](#) website

Here is a link to the [International Peace Labyrinth](#) page that was created for the 2002 Olympics

Photo Credits: LabyrinthLessons.com

"Peace is in every step, walk to release, walk to receive and walk to reflect everyday you wish peace."

Labyrinth Projects



Last year I mentored a High School Girl Scout troop to build a labyrinth in the community. It was project oriented because they spent a year and a half with me prior to the week long building project to really get their heads around what they were doing. In the year we met once a month and they were part of a workshop and some classes to help foster the idea of community consciousness. This would be considered a project because it was more than just a building, it was a

learning and understanding to move forward with.

I looked up some thoughts and ideas that people have had that exemplify the idea of creating a project idea for the labyrinth. Here are a few:

[The After School Garden Club Project](#) – California

[Bellin Health Care's Cancer center Labyrinth](#) – Greenbay, WI

[The Grey Coat Hospital Labyrinth Art Project](#)

[100 Labyrinths in one day project](#) – from the city of labyrinths in Toronto

[Dartmouth college is creating a labyrinth](#)

[Do you have a project, new use or idea you are using the labyrinth uniquely for? Share the details!](#)

Photo Credits: UMassd.edu

"A circle is a reflection of eternity. It has no beginning and it has no end - and if you put several circles over each other, then you get a spiral."
Maynard James Keenan

Therapeutic Labyrinths

While walking a labyrinth all by itself can be therapeutic, just adding a light illumination to a pool can add a whole dimension to walking in water.

The water gives just enough tension to help people with difficulties and at the same time allows for easier movement than exercise and walking on dry land.



How clever to use a labyrinth to stimulate the walking path in water! [Read about Phillip Behman's work with the lighted labyrinth](#). Phillip will be featured at the TLS Annual Gathering in November at Del Ray Beach in Florida this year.

[What ways do you know of or use to stimulate health and well being with the labyrinth on a physical level?](#)

Photo Credits: Alberta Children's Hospital, Phillip Behman

"A blessing is a circle of light drawn around a person to protect, heal and strengthen." **John O'Donohue**

Labyrinth Stories from the heart...

God's Coincidence *By Clarice O'Bryan*

My day started with a dozen eight year olds excited and ready to experience something new—a walk through a labyrinth. I gave each of them a three-yard swath of brightly colored silk veils to wrap around their shoulders.

They began running around like super butterflies as their silk wings floated behind them. After they had freed some of their psychic energy I asked them to paint their feet with body paint choosing any symbols they liked and was amazed at the diversity of their creativity and sharing. Some chose sacred symbols such as a cross and others chose things from nature such as a bird.

When it was time to walk the Sacred Oak Labyrinth each one selected a staff. Wrapped in their mantles of silk and holding their staffs, they might have stepped out of the Old Testament. We chanted "Home" as I thought they might relate to the movie *ET* and that "Home" would be more acceptable than "OM" to some of their parents. I then asked them to focus on their hearts and told them an animal would appear to walk with them. As they began the journey to the center of the labyrinth I watched these children transform into masters and avatars as each shape-shifted into another identity.

When they exited, they cocooned themselves to lie on the ground, and then I guided them through a meditation. "Picture a butterfly on your forehead," I said. "It will give you a message. "

As they focused on their sixth chakra I could almost hear the silence they had entered. I waited until one began to wiggle and then I sat with them on the ground and asked what their butterflies looked like and what they had to say. One child said his was colored like a rainbow and told him to be nicer to his cousin. Another said, "My butterfly was purple and told me to do my homework." Each message seemed meaningful to the listener.

They related what animal they had walked with and how they felt. Ryan said, "I walked with a bear and he told me he would always protect me." Amber said, "I walked with a lamb and she told me to say my prayers every night." Mary said, "I feel so wonderful, can we walk the labyrinth again?" Todd said he walked with an alligator and the alligator kept telling him to walk slower and listen to him. Madelyn said she walked with a puppy. "He told me I was wonderful and would help a lot of people when I grew up." All of the children seemed peaceful and inspired. One boy asked if he could keep his silk wrap. I don't think he had ever had anything around his body that felt so sensuous.

We spoke of how we are connected to the earth and all beings. Then I asked them to put their hands on the earth to feel the earth's energy. At that moment we had a minor earthquake.

Astonished, I said, "Wow, you are so powerful."

Einstein said that coincidence is God's way of remaining anonymous. In gratefulness I wonder how this coincidence may affect these children in later years.

Photo Credits, Clarice O'Bryan

Peaceful walks, peaceful wishes

Life is definitely full of interesting choices and here in India it is one day at a time learning new fascinating things. Just as I come to one understanding, there is a breath of change and direction and then we start down a new path.



The idea of what we are creating here is to work together using our inner knowledge so that we create external opportunities on a global level. Not unlike the steps on the path of a circuitous route we call the labyrinth. It is a walk in itself and each day yields a new surprise and just when the path seems the farthest away... it is so close to the mark! I am on a labyrinthic adventure!

In circles of joy,
Lynda Tourloukis, 365 Club Chair

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

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