

Dear Subscriber,

10/08/2014

Overseas with October Greetings



At this writing I am still overseas and finding something new on the path of possibility daily. Like the purpose of this 365 Club, everyday there is something new to discover.

As we usher in the fall with the crisp weather of October in the Northern Hemisphere, it is a time of transition as we move to the shorter days and grow a fonder

appreciation for the light that now begins to wane. Our footsteps cast a longer shadow on the path and we transition to warmer clothing to accommodate the temperature adjustments. It is a time of change and knowing October, it can translate to be the unexpected.

October is derived from the Latin "Octo", meaning eight. It was once the eighth month in the Roman calendar, which began in March. Caesar adopted the Julian calendar adding the months of January and February giving us twelve months instead of ten and thereby creating more of a lunar calendar. One might realize here that even in our greatest of transitions, we still like to keep some of what is routine in place, otherwise October doesn't make sense. October is definitely not what it appears to be as a result. Let it be a message this month to perhaps look beyond what you expect to the unexpected. It is the unexpected that really changes our lives.

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“The unexpected travel suggestions are dancing lessons from God.” Kurt Vonnegut Jr.

A Word to Walk on.... Home

This month I will be coming home, though since last year home has meant many things. Where the summer gives rise to travel and exploration, the fall brings us to a sense of coming home and the beginning of the season of family gatherings. I will be returning from India, though only for about 10 days will I

be at home in the traditional sense, for I depart shortly after for the west coast through the end of the year.

My new year of 2015 will be most likely on the east coast and so I am unsure as to when I will return to the Chicagoland area as of now. It gives rise to defining what home actually is. We typically think of it as our house and family, though I am coming to understand a richness to what home really is.

Like our labyrinth, we may note the center as a goal or home. We come to it and we leave it when satisfied. Though perhaps where our heart is may really be our home after all as Piny the Elder shares. Walk on this idea this month and enjoy defining the aspects of your home and may you find a depth of meaning in it along with me as I journey along the path of the unknown.



Photo Credits: labyrinthsinstone.com

"One returns to the place one came from" Jean De La Fontaine

Weaving your story

Before I left Chicago in August I had the great opportunity to share the experience of the labyrinth with a woman fascinated by what it meant. She wanted to know how to tell its story and how to align it with hers.

Her path led in many directions full of fascination over the years so it was with that volume of life experience that we began her journey. Together we took the borders of her foundation in what she knew and believed, added her variety of interests onto the paths and noted the many special insights as the turning points. We were indeed creating the labyrinth and weaving her story into it effortlessly.

Finding her purpose was to be the center and the journey she chose to take determined the style of labyrinth that she would personally endorse. How she might deliver the fabric of her story included the materials she would build with. In the end as I thought I was giving her a way to understand how to weave the labyrinth into any topic on retreat, she gave back as the labyrinth often does. She suggesting I take the topic of a mission I am creating and use that as a basis. I ended up creating the outline and clarity of direction as a result and together we gave closure to this beautiful journey we were on in creating something that fit us both wonderfully.

Photo Image Credits, LabyrinthLessons.com

"Innovation and inspiration have one thing in common, they start with-in."

The Laughing Labyrinths

I offered to create a fitting labyrinth for the University of Laughter Yoga before I left India. It might seem a giggle to you in reading this, though those who invest in the leadership of laughter understand over time that there is a great emotional voice in laughter and when its released, what fills the void? The same beliefs and structure, unless something new is adopted.

It is for that very beneficial reason that the labyrinth can help sort out what individuals are feeling. The labyrinth tends to be a feeling place as it moves us along spiraling to an understanding and so with all the study the university provides and all the personal growth developed, this laughing labyrinth could indeed be a place to sort, simplify and soothe what comes up.

It inspired me before I left to take a portable laughing labyrinth on to the Laughter Conference in Los Angeles in October. Sorting through home belongings for the right material, I came across the unused trampoline...and then it got fun. I took the legs off and made it one that could be stepped onto with a bouncy feeling. Thousands of children had bounced happily on this trampoline over the years, camping out and using it for a backyard gathering after school. It had all the energetic requirements to indeed make this a walk that might bounce away the blues and elevate the attitude playfully.

Pictured is my laughing cohort Johanna as we made a simple design into a practical project laughing all the way. What fun we had in its creation laughing at our mistakes and appreciating with gratitude our final project. It's like we recycled happiness using creativity.

Do tell us all about your creative endeavors. The labyrinth lends itself to finding solutions and we are always intrigued in knowing the innovative ideas that come up in solving problems with and for the labyrinth.

***"Laughter is a circle of respiration
inspiring breath and expiring joy and
the more you spiral into it, the more
joy it delivers."***

The Art Line Project



Alex Champion was inspired by an aerial view of three of the large Earth labyrinths he created realizing they all sat on the 39th parallel. Getting together with fellow enthusiasts in Kansas City where another labyrinth exists with aerial viewing distinction they created the idea for the Art Line Project.

The 39th parallel is the meeting point for the north and south states and what better way to bring unity to any community than the labyrinth? They envisioned a line of artistic labyrinths that would serve as those meeting points in every state.

If you live at the 39th parallel, do you know of the labyrinth that unites for your state? Would you like to add to the line by building one?

[The Art Line Labyrinth Project](#) | [More Information at TLS](#) | [From Earth Symbols site](#)

"Creating a physical line of walkable Art can be viewed as activating the heart meridian"

Alex Champion

The Annual Gathering

It is coming! This year's gathering will be held at the Duncan Center in Del Ray Beach, FL on Nov 14-16 with the theme of "Embracing Liminal Space". Liminal in Latin means threshold. As we step into the labyrinth, we are often stepping over a threshold.



This year with all my travels I don't expect to be present, though I would love to be there with all the greatness I believe the gathering creates. There is such a vast richness when we share and learn from each other. I am asking any that do attend to be our correspondents and send back news if I do not attend. As a result there will be no reception for 365 Club walkers that I know of, though why not create your own journey and share back the information for the November news?

[Gathering](#) | [Speakers](#) | [Schedule](#)

From here to there...labyrinths are everywhere!

This completes my overseas journey for the year...I think, though it has been a marvelous adventure and one I hadn't really planned. I do love how the labyrinth fit into it all and it is really nice to be able to take a little bit of yourself and enrich the world with new ideas.

As I return home and prepare to leave again, I will journey from Chicago to Nevada initially and will be looking for the labyrinths on the path. If you have one that is spectacular on that route, please share as it will most likely become a new story for next month.

Tell me what you like about it and if you have walked it already. I love to hear about what you know! For the rest of you, don't be a stranger... contribute and add to our rich experience. We are all better off when you do!



Full of the story and loving the walk,

Lynda Turloukis, 365 Club Chair

As always... delighted to hear your thoughts, great ideas and questions

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