

Dear Subscriber,

11/03/2014

## **From Namaste to Nevada... Greetings of November!**



Back from my happy sojourn to India, I am currently situated in Nevada on a transitional life path full of the challenge and opportunity offered up at each turn of the way. Spring seems to be a time of year for blossoming new ideas and growth, though I have found the fall to be full of new adventures at a time when most settle in for the advent of the holidays, family connections and the beginning of Winter's inner journey.

As the month opens we are excited to be once again joining together in resource and support for the Annual Gathering of the Labyrinth Society. It would seem that the Labyrinth Society also has a bit of this same adventure in mind for us all

too. May we all enjoy the "Liminal Space" in presence or spirit with our family of friends, acquaintances and colleagues that are inspired by the way of the winding path this year in Del Ray Beach, Florida.

Of the many things the month of November represents, it is also known for being National Geography Month. It can be a blessed little reminder to us all about where we are, wherever we go. In many ways the labyrinth is a map that takes us on a journey to a destination where sometimes it is the journey that is significant and sometimes the destination.

*Photo credits*

***"May your path be strewn with a welcoming bed,  
hearty nourishment, love for your heart and a song  
for your soul. "***

## **Where the Road Leads...**



I stayed only ten days in my hometown of Chicago before heading west for the next few months, so I can definitely say that I am one with the path of movement. I was invited to make a difference in the world and contribute to the new Laughter Yoga University in Bangalore, India in August and as I went with little expectation, I left with many gifts returning just recently in October.

I have shared Laughter Yoga and the concept of play at our Annual Gatherings in the past as I see they unite with our spirit of personal, professional and/or purposeful life development as the labyrinth does, so it was with great honor that I offered a labyrinth to the University in India as a form of dynamic meditation. In this busy day and age, we don't often create the space to sit and meditate. Labyrinths are a

natural way to meditate and in sharing the experience, I was able to paint a classical design at the temporary campus headquarters with full expectation of building a permanent structure at the evolving university in the next two years.

I drove to the West Coast from Chicago, so I was able to take in a variety of interesting experiences along my winding path. The natural beauty of the mountains strewn through Colorado, Utah, Nevada and California reminded me to take it all in a breath of gratitude. The opportunity to stop and visit my brother and his children in Denver unfolded brief spontaneous moments of playful connection. Sharing lunch with a homeless woman in Utah humbled my journey and added some depth to my purpose, while laughing with an Elvis impersonator in Nebraska seemed to bring the reality of the trip into perspective. Even when I am not on a physical labyrinth, I understand I am on a metaphorical one every day.



With each experience my path becomes more purposeful. While not all on my recent journey from the Midwest understood or were a part of the path of the labyrinth, those that did added some new dimension in my travels, sometimes as much as those that did not. No matter what intention or direction our paths take, I find it is the experiences along the way that really shape the journey and mold our life. As I settle into Nevada for the remainder of the year, I begin a new labyrinth creating the elements and events for the year ahead and the yet unknown journeys.

*Photo Credits: @youcansayyes.com*

***“The true path is where there is no coming and no going.”***  
**Zen Koan**

# "I was wondering if the 365 Club was active at this time..."

Chloe wrote me this question in an email to inquire as to our active status. I wrote her back to let her know that the club is as active as the members wish it to be. For my part I issue a welcome and the opportunities to share a little about themselves, their labyrinth experiences and then the opportunities to share and receive news in our monthly news and blog as well as the opportunity to convene in physical walks at the annual gathering (this year i will not be in attendance).



Thank you to those who have shared and responded, keep your news and information coming as I know others feel the same and as there is so much that seems to be shaking up the world these days, I wonder how you are all using the labyrinth to find a personal peace or using it with others to find a way to share the experiences? This would be a most helpful share and it is only a click and an email away... [365Club](#)

Things you might not think important that would be wonderful to hear about...

- How you find a personal space, peace or possibilities with the labyrinth
- Blessings or difficulties creating a daily practice of walking
- The ways you share the labyrinth
- Experiences from sharing the labyrinth...with one or many others
- New ideas or ways to create walks for self and others
- Art or designs of the labyrinth you've created
- New labyrinths you have discovered
- What happens when you walk
- How you use the labyrinth daily... or at any time
- Stories from the communities you walk with
- Help or ideas when designing a labyrinth
- New books, articles or facts you have found out about the labyrinth
- How you set up a community in your area
- Your travels and discovering labyrinths
- Metaphors, meditations and mysteries you have discovered or designed

You can see there are endless possibilities to share. When you do we all grow, and are interesting and educationally active contributing toward something we all have in common. Your contribution is what keeps this club alive.

*Photo Credits: labyrinths of taos, taos.org*

***"On the road map of life, there are many paths converging and in the crossing of paths we meet some interesting people that shape our lives."***

# When a Labyrinth is not a Labyrinth



I spent a day with a friend wondering around the Los Angeles area after our conference ended. We wanted to enjoy the air and just strolling along in observation and friendly communication. We had been told to visit The Last Bookstore and when we did we found it an enjoyable experience of old vintages and art tucked into the Historic District of downtown Los Angeles at the happy little corner of 5th and Spring Streets.

People at our conference told us that there was a labyrinth on the top floor so of course I was interested to have a look. After touring the main floor I headed up to the next and in walking into the labyrinth area I was at first disappointed to find it was not a labyrinth at all.

Instead it was a whimsically designed collection of books in a maze like pattern complete with art and shelves of book covers in the same hues at different intervals.



What it was however, was an opportunity. Those present in the store that day were not very familiar with what a labyrinth was, and were eager to find out more. One man had pulled books about labyrinths

together, though most were the stories where the labyrinth is a place of mystery and unknown strangeness.

I could have been disappointed, though instead they were eager to share information and wanted to know more. I shared the Labyrinth Society, Veriditas and the Labyrinth Locator. I shared how they could be differently designed to create more of a labyrinth with their shelves and have a shelf devoted to some good books with recommendations....and their was a spot on the floor for a small design and some small wooden tables that could easily sport a finger labyrinth. I may have come in disappointed, though I left leaving behind possibility and intrigue.

***We've all been similiarly situated with what others believe... how have you helped to educate and enthuse? We would all love to hear!***

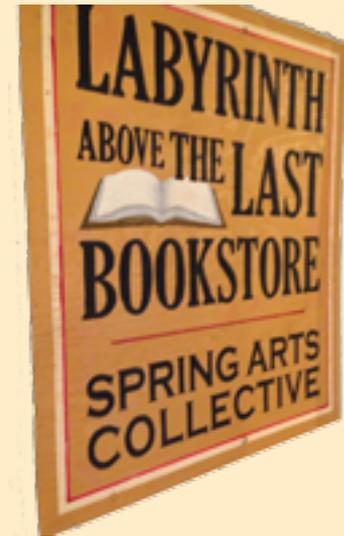


photo credits: @labyrinthlessons.com

## Are You Gathering?

I really enjoy the Gathering each year and see it as a dedication of new information and opportunity. I think of it as a renewal and a new commitment I take on annually.

I appreciate the outstanding efforts and the great wealth of information that pours out each year. It tells me of the vast richness we surround ourselves with and I look forward to always learning something new.

I will miss this year due to my recent travels and ask that those who do have the gift of attendance to [send me your highlights and any photos](#) that the rest of our membership might enjoy and I will be happy to post them in our December news.



***For those still curious***

**Step over the threshold and enjoy the theme of "Embracing Liminal Space" at the Duncan Center in Del Ray Beach, FL on Nov 14-16**

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

photo credits: labyrinth society.org

## To the Center and Back...



Everything is a metaphor and the more we walk this insightful path, the more we begin to see how we are the world that unfolds and not so much the other way around.

As this month begins and the idea of adventure still hangs in the air, I plan to lay out my intentions in a quiet way exploring the familiar paths of family and friends... though I am open to the change that has been sweeping rapidly around us too. I hadn't expected to be where I am right now at the beginning of the year and here I am.

So with a bit of flexibility, a dash of purpose and a bundle of love I move into the last part of the walk of the year with you in step with change. For those that feel that life has them by the seat of the pants... reach out to others who have a heavier belt for grounding. You are all part of a greater connection in being a member. I hope you choose to take something away and give something forward.

Begin to think of what you want out of this membership in the coming year and what you want to contribute to it to keep it growing and flowing... that kind of information is useful to all of us, you may find we have the same things in mind. We won't know however if you don't let us know... so don't be a stranger and share like your membership matters.

Loving the peace, serenity and the reality of my daily walk,

*Lynda Turloukis, 365 Club Chair*

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

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