

Dear Subscriber,

03/04/2015

Welcome January.... Welcome 2015!



This month while we enter a new chapter of our lives, we turn the page to a new year as well. These new beginnings beg questions of us... who will we be... how will we do.. what will we expect.... why would we want to.... where, when and more. It can be a welcome questioning where the rubbing of our hands delightfully together delightfully engages an expected pursuit of our next great adventure. Or perhaps this new beginning is a place we see a natural evolution unfolding as the next dimension of ourselves in the

world shifts to adjust. Whatever it finds itself for you, it represents change and in calendar years, a marking of history to either take part in or observe.

Receiving a message that this Sunday at 9:47am there would be a zero gravitational period for five minutes, it sounded like a good idea to use in a program. The reality in checking was that it was indeed a hoax and we would indeed not be weightless, drat! The esteemed professor from the U.K. making the claim, had done so as part of an April Fool's Day hoax from last year. The idea will still be used in the developed program anyway as it sparked an intriguing idea. However the message about it will be adjusted to something that is equally intriguing, somewhat entertaining and appreciates the truth now with larger perspective.

It might indeed be a message for this month and for this year to get excited about the news we hear or create. Check the facts so that when we do spread a message, if it has truth and adds value to all, then share it splendidly with your own touch included. Communication done right is so essential for all relationships and everything in the world is a relationship.

You may note this on the relationship you have everyday with your walk, the labyrinth you use, or the environment you find yourself in. Each is a relationship, so communicating your message, with truthful facts and delivering it in your most unique way is most helpful way to get clear about what you might extract from your daily experiences.

The 12 Days of Labyrinth Game Wrap Up

So how did it work out for you? I heard from many that chose to play the game and how it served well in wrapping up the year as a way to summarize in a playful manner. Some also suggested that it might be useful for getting the year 2015 off to a great start. For those interested in 2015, [here is the page link](#) to our blog that spells out the details.

While I heard from a number of you that found it exciting enough to participate, I did not hear any follow up about their experiences. I wrote my experiences out on the blog to encourage others to add their own through comments, though after the first few days I did not hear anything.



I personally found it enlightening and playful and that is what made it a game. Finding a new labyrinth in a new city was intriguing and I found many interesting ways to do so. The yogurt labyrinth and the laundry labyrinth were adventures in the lighthearted, while discovering the Mother Labyrinth out in the mountains was joyously serene.

Putting together a random mix of elements such as the skills and abilities tapped into this year, meaningful people and items of importance and walking into the labyrinth letting it unfold the message brought more insight than I could have ever planned.

Overall I found it inspiring at a time when we close the year to be reminded not to close the mind... we are so not done.

A Labyrinth for Your Goals & Resolutions



Whether you have already walked your labyrinth to come up with new goals, dreams or intentions for the year ahead or you have yet to do so, consider that the labyrinth itself has a goal. Often the center of the labyrinth is called a goal, as our aim is to traverse the path in meaningful or meandering ways to arrive at the center.

In one way it can be a calendar for your year by using one of the 12 circuit patterns filling in each path with an action step toward what you put in the center. It can have seasonal reminders and check in points and as you traverse the

turns in each of the four divisions you might have weekly aspirations. Literally you can redesign your labyrinth to assist you in reaching your intentions for the year or for a specific time by adding elements

Another thought is to simply add ideas to your labyrinth such as the one here designed by a counselor and students of Crossroads School in Minnesota. Their design centers around the steps to conflict resolution, with contemplative suggestions on the path moving toward the resolution.



Your labyrinth could be designed in such a way to list your goal or intention in the center and all the different aspects or elements necessary to complete the intention listed on the pathways in priority order. Let me know if you have your own personal story on this idea

Image credits@CrossroadsSchool

Technologies and Trends



As we move into the year ahead the idea was presented to move into some new technology by beginning a page on Facebook for our members to contribute to each other with more ease. The blog is a useful item for sharing short and longer stories, where the Facebook is more about photos, videos and links about the latest information.

Not everyone in our group is an avid social media specialist and nor am I, though I would be willing to get it set up and started if there is indeed an interest. If any who are more

specialized might care to help maintain it, the offering would be a most welcome contribution.

I thought a simple response by email might be best to give me some direction, so I really appreciate your response. Just click on the idea that moves you to help us be moved.



Yes Create a 365 Club Facebook



No 365 Club Facebook



I'll Help 365 Club Facebook

[Click Here for Yes](#)

[Click Here for No](#)

[Click Here to Help](#)

Looking Ahead



As the year unfolds look to your walks, the expertise and the stories you have developed. Can you share your stories... a simple email is all that is necessary... click here, we are fascinated by stories. Even if you think they are not that big of a deal, send them in! Shaping out the year ahead, if you have ideas or items of interest, do send your thoughts.

February brings us to thoughts of Love on the Labyrinth... what is your story of love? Where is your heart shaped labyrinth? How does your labyrinth build intimacy? [Add your ideas to the next newsletter](#) by sending your stories and ideas.

A year of Inspiration



This coming year moved in with the trails of the last somewhat attached. It had been tumultuous and enervating on many levels, so the beginning of this year has new feeling to it mixed with a whisp of excitement as to how it might play out. As I thought of the many unknowns, I realized there was much ahead that resembled the towering mountains in the area I am in currently, I began to think of the things that helped me through difficulties in the past.

I realized that I had been inspired and it made all the difference. So this year I began some earnest conversations and realized just who in my life inspired me and how they might be my inspiration to tackle some challenging situations. Not only do I have support, I have a compelling reason as a result and found that I have inspired those who inspired me. It is a wonderful circle to be in and as I walk in my truth, I wish the same inspiration for all of you.

Happy New Year,

Lynda Turloukis
365 Club Chair, Labyrinth Society
[Questions, ideas, great commentary?](#)

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