

Dear Subscriber,

03/04/2015

### March On!



Begin anew. Have you ever noticed that we are always beginning again? With each new day and each new walk it is our opportunity to do it all new, different and perhaps evolve. Welcome your new month on the labyrinth and if you walked each day in this way, what might the end of the month reveal?

March offers the beginning of the season of Spring and a farewell to the more inward time of winter. As this transition appears later in the month, there is a chance to complete the thoughts and actions of winter allowing us to step more freely and purposefully into the new season ahead. Embrace the transition and activate with purpose all the steps taken in this month that comes in untamed. Conscious evolution is our choice using faith, patience, intention and action, enjoy the adventure that awaits.

*The labyrinth at New Beginnings Church, Redmond, MI*

### Aerial Labyrinths

As the labyrinth is such a tool for metaphor, the reality of this topic is written at the moment in particular as I find myself aboard an aircraft headed overseas with introspective above the clouds. I am suddenly mindful of the advantage of viewpoint and cannot tell how many flights I have looked out of the windows to attempt a discernment of the landscape below. I have



only had a few occasions to witness an aerial view of a labyrinth, though with enough travels perhaps my inquisitive eye will fall upon one

The one thing about those labyrinths that have been photographed from above, I haven't been able to find any on my journeys that were built for that purpose, rather an opportunity presented itself. I have only my own story of the labyrinth at the Chicago Botanical Gardens to realize the truth of this statement. I was there photographing one day and nearby was a stationed vehicle called a cherry picker. It was brought in to escalate service individuals to repair a part of the roof. I approached the man preparing to ascend to duty and asked if he might snap a more aerial view for me. After telling him my purpose he was very happy to oblige and while the artistic angles might not be present, he indeed accomplished the task happy in the ability to be of service. This was creativity meeting opportunity.

Where have you had that occur? What happy circumstances have shown up to meet your needs with such ease?

*The labyrinth at the Garfield Park Conservatory, Chicago, IL*

## **Return and Reflect**



I am on another journey currently headed to Istanbul, a new temporary exploration in layover on my way to France and Spain. I have been to both before so it is a return visit with different purposes. Though in that return I am reminded of the two labyrinths I met that had impact years ago. The labyrinth of Chartres I will be 40 minutes away from and currently will be occupied

throughout my time so that visiting seems a remote chance. Instead its memory might suffice from afar in meditation and heart.

The other labyrinth I met was upon the Camino de Compostela de Santiago. I had walked this six years ago and found a labyrinth inscribed in the ground that had intentionally remained while all the concrete around it had been replaced. I will not be on the Camino this time, although some of our colleagues are taking a minor journey of it, it is but another opportunity to be close but far away.

This reminds me of the point in the labyrinth where we are feeling so far away, but truly closer to the center than we think. The irony of it all is not lost, it is instead appreciated and a great reminder that on this journey of many unknowns. I am closer to the point than I might have thought, patience and keeping feet on the path, taking one step in front of the other affords the trip more rich reflection. The return is not going back, it is coming back to see the next step.

Where might you have returned to see the next step? May great reflections be yours!

*Reflective Labyrinth*

## **Moving into Facebook**



Thank you for the encouragement, I am looking forward to setting up a Facebook page for our group to better respond when I return. I will herald its arrive in the May news with some ideas. Should great ideas percolate in your mind about this, hesitate not... email and it will be appreciated!

## **The “How” of Daily Practice**

There are those in our group who are consistent and walk the labyrinth daily, and those who want to walk it daily or at least more consistently. You are in this group because you do want to be connected and to know you are in the company of others holding the space and daily committing. How, is just an acronym for "hundreds of ways" and with that in mind, I thought we might make a collective list of HOW we all walk and what it is that compels us to connected daily. Share your ideas



1. 1. Do it first thing in the morning before the mind knows you are awake
2. 2. Do it last thing at night so that you can recap your day before entering dreams.
3. 3. Play with the ideas of doing it, like a game or fun challenge. How many times this week or month?
4. 4. Think "Just for today"... what if I walked?
5. 5. Walk with music as a reminder.

Add your ideas here and lets connect around how we walk... [365 Club](#)

*Dragon's Teeth Labyrinth Maui, HI*

### **Madness to Mirth, March on in your journey,**



March is known for its weather whirling up in its transition as well as the commercial sports mania. It is also International Mirth month and so we have a bit of a balance in all. It seems it is a month for notice, adjustment and new beginnings indeed. As I embark on new adventures overseas, wishing you all the balance of the joy in walking right in your own back yard too!

Walk in wellness,  
Lynda Turloukis  
365 Club Chair

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