

Dear Subscriber,

12/03/2015

### Welcome June



June, the month of flags and fathers and fair weather as we shift into the oncoming summer solstice that brings us outdoors in the Northern Hemisphere and less inhibited by the unencumbered freedom of simply wearing less clothes. In this month of emerging warmth, imagine the tangential labyrinth of your daily walks. What might propel you into a more curious pace, activity or feeling this month to match the sensations of the season?

Where will you travel and what might you share with us about labyrinths used in weddings, graduations or

ceremonies, as this is the time for those celebrations of commencement of one form or another. What kind of a walk might you develop or take part in that celebrates our paternal side as Father's Day approaches? I share many of my stories... have they inspired you to develop, create or participate in the labyrinth in different ways? If so share those for July.

*Photo Credits @Labyrinth Lessons*

### Labyrinth by Mistake

The overdue need to cut the grass, the lawnmower that needed extra love and attention in between bag fills to operate, the impending rain on the horizon, the desire to complete the design, the unbelievable weed "stickers" that popped up in distraction on the path and the ant hill.... all this was creating a maze of the mind and a hurried process in reestablishing an outdoor grass mown labyrinth.



All this and more caused me to oooops on the design. The paint outline I was making for speed suddenly had nine circles on one side, and in other places there was a slimming path where in others a widened one and in the end thinking it all laid out well and beginning with the mower, the realization dawned after several cut paths that something was indeed amiss.

A moment to step back brought out a laugh, I indeed had converged two paths into one and it threw off everything. I thought about adding two rows and getting back to the original plan, though instead this brought out a new opportunity to simply create something new. I converged more paths, opened up the center and needed only draw in a small line and voila... a five-circuit design for the busy mind.

Where have you created something different out of what you intended and found the metaphor looming largely at the end?

*Photo credits @LabyrinthLessons.com*

## **Flexible Creativity with the Labyrinth**



Last month I was at a conference, one of six I had attended since the beginning of the year. It was set in the rural area of Wisconsin along the Mississippi bordering Iowa and Minnesota at a Bible Camp Retreat Center. I had given a few talks and been a part of the opening and closing ceremonies with a Peace Candle I had been escorting from conference to conference this year.

Mostly I speak on emotional education, though lots of life purpose and lighter ways for living are always my happy domain to share as well. I've become known for sharing the virtues of the lighter side of the labyrinth at most conference so there is always a part where I share the joys of metaphor, merrier movement or playful or intuitive experiences. As the conferences tend to have a more connected consciousness that comes from the gathering, they eventually evolve spiritually and usually that is about the time I share the labyrinth.

I was going to offer a sensory experience to the group as the labyrinth was outdoor and the retreat setting was wonderfully restorative. As I listened to the speaker before me, a camp director found me and let me know there was a wasp nest in the bush next to the labyrinth and it was alive with activity. They were recommending we stay clear. With 15 minutes to go in the presentation, I wondered what I was going to come up with in alternative and as I am a fan of using what is natural and in the vicinity, I looked down to laugh at the large industrial size roll of toilet paper that was sitting next to me. The activity previous brought tears to one of the participants so someone ran and brought the whole large roll of toilet paper off the dispenser in the community bathroom. We just passed it around and when I held the roll and just let the tissue extend to all in the larger circle of the group, we all had a laugh at the circle of tears and cheers. There I sat, 15 minutes left and nothing that seemed viable except for the large roll of toilet paper.

Suddenly it just made sense to pull long strips between my fingers to create some texture and volume and knot them together to make a long running strand to build with. I worked quietly but caught the attention of a number who were simply curious. At the break I had an enormous encircling rope of toilet paper that would avoid the tears that might occur from use, in the way I was planning, if I had simply rolled it out on the floor. There was a short break of about 10 minutes and when all came back we had the world's first toilet paper labyrinth!

I had participants walk it independently or with a guide using blindfolds. They were to navigate using sensory abilities of hearing and touch. Along the way they said they also developed a sense of trust in themselves and/or their guides. Those who guided others were also mindful of the independents on the path and simply tapped those lightly on the arm on the side of the body that was veering off the path and they self corrected. The simplicity of it all made it work and all were amazed at the experience. I offer workshops in intuitive as well as sensory and emotional development so this exercise is done with the energetics of the labyrinth and a simple short demonstration ahead of time allowed participants to witness how easy it was for me to maneuver along the paths feeling the difference between the carpet of the

floor and the toilet paper ribbon because I've practiced and developed.

*Photo Credits @LaughterYogaLife.com*

## Do 30 Days Differently

I would like to discover the ways that you walk on the labyrinth? For the next 30 days I put out the idea of walking everyday thinking.... Just for today. Give yourself a little lift in asking what might be different as you begin your journey and let it be a theme for the month. Remember too that it can be a simple drawing, and that might be different than you are used to so it fits the idea, or an online walk or a new design you create like I did above.



So just for this month.... Explore, experiment and maybe excite yourself with a little more focus than usual and report your findings at the month's end. We grow with what we know and when we know more we also seem to glow more too. Shift your perspective and what do you see this month?

*Photo Credits @LabyrinthLessons.com*

## More Travels with the Labyrinth



I spent the early part of April in France and created a happy dance labyrinth for the Bolanger, a traditional dance festival that attracts about 30,000 people to the small town of St. Jean du Gard at the southeast area of the country annually. It is largely a music and movement festival as someone is always creating something with a few individuals on the side of the street, in front of a shop or where ever a small pocket of

space becomes available and the dance steps of history just become a way to walk throughout the week.

Laying it out, it just became something people naturally stepped into and moved through. It was part of the celebration and no instructions were necessary. It seemed that the musicians were drawn to it and the moment someone stepped onto the path. It became quite interesting to watch the different interpretations and how it became used. In many ways it was a social experiment and while just setting it up and letting it be was the way of this experience, it would have been quite a novel idea to have had a video camera on it to witness the social experiment that was occurring.

What are some of the fun ideas you have had when traveling?

## Curiously discover June



As we shift into the second half of the year, remember again the joy of shedding the layers and as you do notice the lightness you carry. I know I feel wonderful in not having to wear a coat or the heavier outerwear that protects us so well in the Northern Hemisphere. It is a very freeing feeling and it makes me again remember the freedoms of the child. They are curious and inquisitive and when they are unafraid, they tend to turn thin

As we all enter the warmer weather, know that it has a more intriguing sense because we may also be aware that time is fleeting and we begin to see it more significantly when we notice what has already transpired

and we see it is much like the time we have left in our own lives. Ours is to enjoy that time and use it up well.

May we all find that curious road to do it swell!

With Joy,

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Chair, Labyrinth Society 365 Club

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