

Dear Subscriber,

12/03/2015

Welcome December



The great joy of December reminds us that the year is not over. It gives us a delicious opportunity to apply our footprint onto the world and use this last month often in the mode of giving. What a beautiful way to receive and become whole in who we are! The gifts of December remind us that when we give a part of us receives and we really do complete a happy balance, just like breathing of inhaling and expiring.

Let your footsteps lead you into the many gifts of reflection that December holds and may your path be filled with new glimmers of what you have indeed sown in the year of 2015. Reflect well in your walks of the last month of the year.

Play with your Path

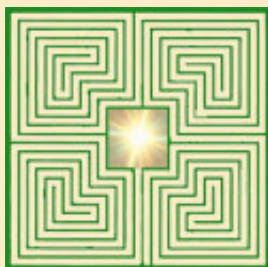
Often to discover what is we need a reference of what was. To assist you with the paths you have taken thus far in the year a little play can be a helpful too. One of the things I discovered in our facilitation was too much seriousness. It is an over arching problem in the world too, where we forget in lieu of worry. There is hope in play. It makes us take the work we have a little lighter and the way a little brighter.

Last year we played a game to wrap up the year and create an understanding of our direction. It was well received by most and a great creativity to enjoy. This year of course, I think it only fitting to continue the idea yet on a simpler path.

Divide the month into four weeks and create a labyrinth that embraces the following for each week. Post your designs on our Facebook page!

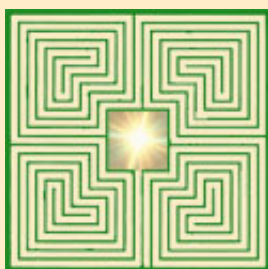


Week One: Where have you been this year?



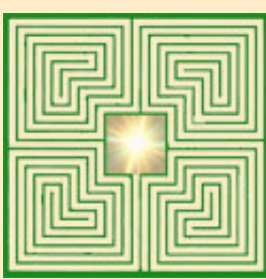
Begin at where you were in January and then dot a page with all the places you visited no matter how far or near you wish to include all. Some may have just moved around a little but for me it is a labyrinth of immense proportion! Loved making a labyrinth out of where I have been... such great designs to look forward to!

Week Two: What have you accomplished?



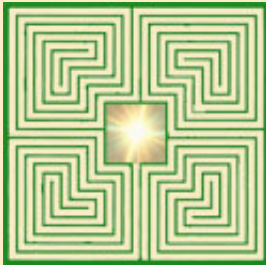
Consider things you have been wanting to do, big things and little things that matter. Think of the first thoughts that come up and write them down and then place them on a page. Make a word up about what each is all about and then draw an image that fits around it. Prioritize the importance, what was most significant and what was least and perhaps put the important at the center, etc. Have fun!

Week Three: Who did you meet in this year?



Who is new in your life or who has come back? Who has made an impact and what is the significance of each person? Maybe it is a book you read where impact was created, a workshop, a Gathering or someone who didn't seem to make much difference until you think of them now. Place their names on a page and circle each, add a characteristic, meaning or significant purpose of this person in the center of your page, like the center of a labyrinth. Now create a beginning point with the first person you met and then connect to another person with similar traits or the next step in meaning and follow with the next and complete with others. When you have prioritized all on your path where ever you put them on the page you can then move into the center. Reflect on your way back out and do share this... if you wish add photographs, drawings or symbols... would love to see what you create!

Week Four: The Paths you create



This week is for the paths you have walked or created this year. Not everyone walks the same labyrinth in the same way over the year. This is your opportunity to make notice by adding the ways you have walked, the different labyrinths, and the paths you have created for yourself or for others. Beyond what you accomplished, this is just about the labyrinth journey. On a page write a description of each, prioritize importance in your life and trace your path to a center place on your page where you drop a note or two of thankfulness, appreciation and gratitude for the gifts. Then reflect in your journey back about the gift of each in your life... this is a life purpose labyrinth.

Please enjoy the experience, be as creative or simple as you wish and do share your creations and collaboration inspires us all!



Paths of Peace



This is a note of purpose as this year ends with much unrest in the world. We often wonder how to find peace when there is so much disruption and our very safety is threatened. As the year closes walk with your own peace, embrace what makes you peaceful and do breathe in the peace of another and exhale fully twice as long for both of you in your walk. Continue this practice all month long on your daily walk and discover more peace in the breath you expire, as it is that of one who inspires elsewhere and their inspiration is your expiration. I find the best we can be is to become the peace ourselves and in simple breath we can find it. In simple steps we can

advance in and when we have the moment, invite another along on your path too.

Our Connections Online

We have sharing and caring and all kinds of news. I am appreciative of those who take the time and drop a note, those who share in the blog and those that take a moment to comment. A like is just a click away and it is a small step in knowing each other in character and support. This is private for you to be you, take advantage of the offered intimacy and together we may discover some wonderful nuances about ourselves on the path. For those who have not joined in the Facebook page, we are waiting for you!



Paved Blessings



This has been a year of great accomplishment and reflection at the same time and I am blessed in the steps I took. Benefitted by those who appreciated those steps and those who took the time to let me know. This is a club for all to do the same for each other and as the year ends it would be a wonder to see your blessings posted on our blog or our Facebook page... and in the simplicity of a reply you can send along your thoughts and notes to be posted.

It is not for me, but for the act of blessing this common path we are all on... send them on and appreciate one another's steps for all we have been in 2015.

With great joy in knowing you,
Lynda Tourloukis 365 Club Chair, Labyrinth Society

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