



The Spirit of Veriditas Voices From the Labyrinth

Winter 2010

A Veriditas Publication: Voice of the Labyrinth Movement

The Blue Moon Issue

As a kid growing up in rural Northern Ohio, a blue moon was a welcome occasion. I always understood the blue moon to be the 13th full moon of the year. Though it seemed rare, it was predictable, expected and celebrated. It put me in tune with the celestial cycles like our solstice and equinox labyrinth celebrations do now. And this is what we want to do with this edition: put you in tune with all that is happening around labyrinths!

There is an argument in the labyrinth world about whether the “invisible thirteen pointed star” truly does exist within the pattern of the Chartres Labyrinth. Via word of mouth I heard that Keith Critchlow made it up because he liked the sound of it and now denies it exists. On the other hand, Richard Feather Anderson introduced me to it when I was struggling to draw the pattern on the first canvas. It worked beautifully to get the center to be “centered” and settled.

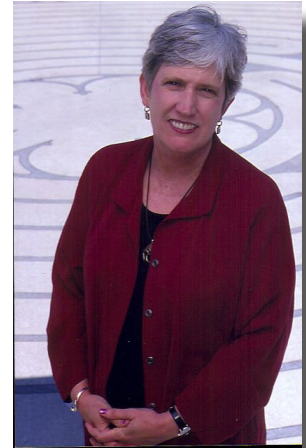
Either way, the number 13 has quite a history. When the Western world “reformed” the Julian calendar to the Gregorian calendar we moved from 13 months of 28 days to 12 months of 30 days. (Of course, more than a few of us notice that the math does not work out!) The 13th month that was dropped was symbolized by the spider, which seems like a loss from the lexicon of important symbols. The spider is a feminine image and unique in that it makes its own web

both as a home and as a method to catch her own food.

We mistrust the number 13. On any Friday the 13th we wake up wondering if the day is going to bring bad luck! This originated on October 13th, 1337 when the Cathars were slaughtered to death. Even now, check out your local office buildings as you go up in the elevator. Notice if the building has a 13th floor. I bet not. It is associated with bad luck; so much so that the construction crews will not work on a 13th floor.

The reason I love labyrinths is because they open us up to the world of symbol and metaphor and put us in tune with nature’s rhythms. I can’t help but think that those anonymous creators of the Chartres Labyrinth knew lots more about the world through their intuition than we could ever know. Over the ages it has been rejected from rational thought because it was labeled “esoteric”

I am venturing into Quantum Physics. As an introduction I recently read Lynne McTaggart’s book, *The Field*. Scientists have discovered that the inner structure of cells is made up of 13 strands that wrap around a hollow core in a spiral way. They all radiate out from the center to the cell’s outer membrane like a cartwheel. Perhaps a new understanding of esoteric is contained in quantum physics and is brought into form through labyrinths!



Lauren Artress

As there remains so much more to be explored and discussed around these topics, I am delighted to announce that *The Wisdom of the Labyrinth* internet radio show is re-entering into production this spring at a brand-new time. Join Robin Bradley Hansel and her guests on the Voice America network <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541> for weekly interviews on a variety of exciting themes within the world of labyrinths.

Enjoy the next Blue Moon!



**Veriditas Labyrinth Facilitator Training with Lauren Artress
St. John's Anglican Church, Kanata, Ontario, Canada**

May 2 - 4, 2010

Register for the workshop by phone at 613-864-1734, by email grace.amirault@rogers.com or debbie.camelin@sypatico.ca. St. John's Web Site: <http://www.magma.ca/~march/stjohns/>

Executive Director Reports on the Latest News at Veriditas by Dawn Matheny, Ph. D.

The hills have turned green here at the newly named "Earthrise" Retreat Center at the Institute of Noetic Sciences (IONS) where we are now located. And so much more is greening –

We ended the year with a very successful year-end fundraising campaign (THANKS TO ALL OF YOU) that helped us recover from a difficult financial year.

We celebrated a bigger than ever Fall Auction (THANKS TO ALL OF YOU and a great Auction committee)

We've had an anonymous donor step forward with a grant to cover a core administrative position for the office for one year. This moves Veriditas toward fulfilling its number one goal of strengthening our administrative core to enable us to grow into the future. WOW!

Due to a special fundraising organized by JoAnn Mast with the Madden Museum in Colorado, we are beginning to develop a Scholarship Fund for those folks wanting to attend our Facilitator Training. More details to come.

With only one cycle of Walking a Sacred Path (WASP) at Chartres this May, it is filling up to our delight and the calendar of events is pretty full for 2010.

Master Teacher, JoAnn Mast (Colorado), will begin leading workshops and trainings for Veriditas this year. And, Kay Mutert (Alabama) and Di Williams (UK) will complete their apprenticeship moving into Master Teacher status for Veriditas in 2010. Kay Sandor (Texas) is our newest Apprentice and hopefully we'll be able to bring a few more on board this year as a part of building a pool of teachers who can widen the reach of Lauren's work.

Besides her usual time in France, Lauren will be traveling to Canada, the UK, Australia, and maybe even Switzerland in the next year, continuing to spread the work of the labyrinth internationally.

Over the last year, we enlarged the size of the Board and welcomed new Board members, Lee Matthew (New Mexico), Cindy Cleary (California), Christine Katzenmeyer (Colorado) and Rebecca Rodriguez (Texas).

A big thank you to our outgoing Board members for their service to Veriditas – Jane Cayley (Canada), Phyllis Mayo (Louisiana), and Catherine Pyke (California). We couldn't do the business of Veriditas without a strong and supportive Board! We wish you the best as your path takes a different turn.



*Dawn Matheny, Ph.D.
Veriditas Executive Director
email: dawn@veriditas.org*

We are gearing up to launch a "Sustained Giving Campaign," asking those of you who believe in the importance and power of this work around the labyrinth to pledge your support in the form of a monthly contribution. We will continue with our year end fundraising drive, but our sustained giving program will help us stabilize financially.

We often get asked by those new to Veriditas, what does Veriditas mean? It is a term coined by the 12th century mystic, healer and philosopher, Hildegard von Bingen, in referring to her vision of the greening power of Nature and the divine force within all life. It feels as though we are experiencing some of the blessing of our name.

In Gratitude,

A handwritten signature in dark ink that reads "Dawn".



Labyrinth Making with Robert Ferre - Grace Cathedral - August 3, 2010

The basics of sacred geometry and its application to labyrinths
Classical and medieval labyrinth design principles
Considerations for building permanent and temporary labyrinths
How to build a masking tape labyrinth in 15 minutes

early registration: \$150.00
Price increases to \$175 June 30, 2010

Click Link to Register: <http://www.veriditas.org/programs/grace.shtml>

Welcome to the Blue Moon Issue, by Robin Bradley Hansel

“Suddenly, from behind the rim of the moon, in long, slow-motion moments of immense majesty, there emerges a sparkling blue and white jewel, a light, delicate sky-blue sphere laced with slowly swirling veils of white, rising gradually like a small pearl in a thick sea of black mystery. It takes more than a moment to fully realize this is Earth . . . home.” - Edgar D. Mitchell

This past New Year's Eve, December 31, 2009, brought us the gift of a rare, full Blue Moon. A “blue moon” is popularly defined as the second full moon in a calendar month. These lunar events are typically infrequent



which is why the term “blue moon” is used colloquially to mean “a rare event”, as in the phrase “once in a blue moon.” In fact, the next time New Year's Eve will fall on a

Blue Moon will not be until 2028.

This event seemed quite significant to me, especially at the dawning of a brand-new decade. As I began thinking in terms of the rich universal symbolism of the labyrinth, swirling themes of our global work as facilitators, walkers and seekers started to surface. Our Veriditas Journal team began brainstorming ideas about the many ways the labyrinth is being utilized across our planet. Soon afterwards, the devastating events in Haiti unfolded. Our newest issue suddenly began birthing itself in unimagined ways. . . . As we go to press, the GHR has just been implemented again in response to the earthquake in Chile.

Also in the spirit of being connected globally, we wanted to remind our readers of an invitation to ‘Walk As One at 1’ in an attempt to create a rolling wave of peaceful energy moving around the

planet. To participate, people are invited to walk a labyrinth at 1:00 P.M. on Saturday, May 1st, 2010 in their local time zone to celebrate the second annual World Labyrinth Day. Visit <http://www.labyrinthociety.org/> for more information and begin planning your walk today!

All of us at Veriditas sincerely hope you enjoy The Blue Moon issue. Please be thinking ahead now to next quarter's theme of “The Sacred Feminine”. Email me your stories and ideas for future issues of *The Spirit of Veriditas, Voices From the Labyrinth*.

Peace for your Path,
Robin
robin@labyrinthwellness.com

“My view of our planet was a glimpse of divinity.” - Edgar D. Mitchell



iSpiritual and Veriditas: Working Together



Rita Caroni and Dayle Marshall, the creators and owners of **iSpiritual** are happy to join in partnership with *The Rev. Dr. Lauren Artress of Veriditas*.

Veriditas is a non-profit organization dedicated to promoting the healing powers of the labyrinth. Founded in 1995 by the Rev. Dr. Lauren Artress at the Grace Cathedral in San Francisco, Veriditas offers workshops, retreats and professional training for those interested in facilitating labyrinth walks in their own communities. Veriditas recently relocated its office to a retreat center in the hills of Sonoma County.

iSpiritual is a 10 year old business that sells premium quality products for labyrinth lovers and facilitators. A leader in the field, **iSpiritual** has both an on-line, and soon to open walk-in retail store in Sonoma County. A wide range of labyrinth products are available.. For more information click web link:

<http://ispiritual.com/index.php>



Medieval Eleven Circuit
Chartres Labyrinth - 36 foot
Octagon Shaped Canvas

Baltic Wheel Labyrinths

Modified Medieval 7-Circuit
Labyrinth Pattern - 24 foot
Octagonal Canvas Labyrinth

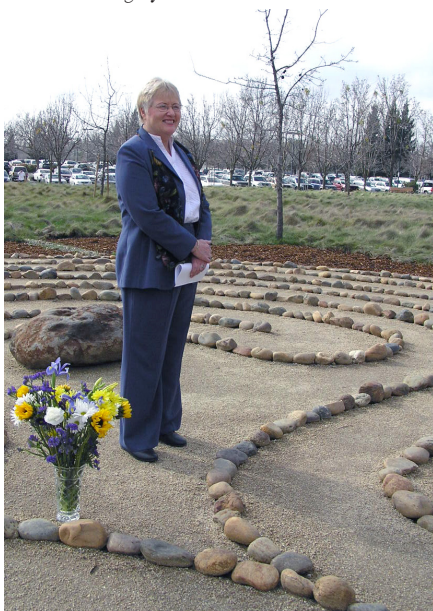
Canvas Labyrinths from Veriditas - To order, call the office at 707-283-0373 or download the order form:
<http://www.veriditas.org/products/canvas.pdf>. For more information go to <http://www.veriditas.org/products/canvas.shtml>

Our Corporate Labyrinth: Built and Dedicated

by Christie A. Braziel

Our labyrinth project had culminated faster than any corporate initiative I had ever witnessed. It was the result of a “perfect trifecta” of grass killing ants (leaving an ugly, muddy bald spot in our meadow), data from a labyrinth pilot with company employees conducted earlier in the summer and some available end of the fiscal year funding.

Armed with my pilot data (read “Corporate Labyrinth Walk Pilot – A Huge Success” on pages 5-7 in the Fall 2009 Journal http://veriditas.org/newsletters/archive/labjour_fall_09.pdf, I approached our facilities manager and inquired if we might build a labyrinth on that pathetic area of bareness. Plus, I was aware we were trying to find a way to reduce water usage, supporting our ongoing efforts to be a “green” organization. I was overwhelmed to receive a resounding “yes.”



Christie Braziel,
photo taken by co-worker Crystal Jones

My team quickly drew up some plans for a seven circuit, Cretan-style labyrinth on a



Photo Credit, Christie Braziel

decomposed granite base using river rock to outline the two-foot path. After adding a small rock at the widened center and a welcome stone at the entrance, we had our labyrinth built by December 23.

My company supports a strong wellness program, encouraging healthy choices and personal accountability for a workforce of maximum efficiency and effectiveness. A labyrinth is a practical complement to our already robust wellness plan—one more tool for employees to engage while quietly realizing other benefits along their way.

Time for a dedication

By the end of January, a small, dedicated group of my co-workers gathered to recognize this exciting addition to our corporate campus and the wellness benefits it supported. After weeks of rain and fog, splendid sunshine appeared right on time to light and warm the participants and labyrinth.

I spoke a few opening words to recap how we united this ancient design and the contemporary business benefits it offers our employees. Our Chief Operations

Officer, who initially approved the pilot project last summer, spoke to her intrigue with the concept and her recognition of my passion for the labyrinth.

A representative from Human Resources spoke briefly to the data we collected and the obvious benefit for employee health and wellness while also offering access to a tool for developing intuitive problem solving skills.

We all spoke these words at the conclusion of the ceremony:

May each of you walk every labyrinth with the fulfillment of the same.

Today we dedicate this labyrinth for our company.

May each person who walks it find the answers they seek and the calm and clarity to live in full wellness with eager anticipation for the next turn in their lives.

Christie Braziel is a Certified Veriditas Labyrinth Facilitator in Northern CA. christie_braziel@hotmail.com.



Photo Credit, Christie Braziel

Little Miracles on the Path

by Linda Mikell

Dear Facilitators,

For this Journal, I have decided to publish a “Little Miracles” story that the author sent out to the Facilitator List Serve. I felt it needed a special place to be remembered and archived so I offer it to you here. The author, Nancy Ayer, leads an interesting life. She divides her time between two islands. St. Croix in the U.S. Virgin Islands is her main home where she has built a labyrinth nestled among the 18th century stone ruins of her 1750’s sugar plantation which is open to the public. On Orcas Island in WA State, she is spearheading the construction

of the Emmanuel Church/Community permanent labyrinth. She facilitates labyrinth walks on both islands.

Nancy has a Master’s Degree in Mythology, Depth Psychology and Education from Pacifica Graduate Institute in Santa Barbara, CA. She also conducts labyrinth workshops there. She is presently enrolled in the Veriditas Advanced Facilitator Training program. Her main focus with her labyrinth work is personal transformation. Nancy also writes poetry. We are so grateful to her for sharing. Please don’t forget to send your stories to me so that we may continue to be connected in this way.

Blessings to all,
Linda Mikell

Linda Mikell has been a Veriditas facilitator since 2003 and she serves on the Veriditas Council. Linda leads a weekly labyrinth walk every Thursday at 1:30pm in the sanctuary of her Unitarian Universalist Fellowship in Stony Brook, NY and also a monthly evening walk the second Tuesday of the month. Linda is very interested in collecting and sharing stories for *Little Miracles on the Path*. If you have a story, please send it to her at edlinmik@optonline.net.

One More Miracle on the Path by Nancy Ayer

It was late. The walk had ended. Just before the labyrinth was folded away she was seen peering through the glass door at the sign publicizing the *Compassion Labyrinth Walk for Haiti*. The church was a strange place for her. She was not a member and had never been there before.

In fact, in so many ways, Orcas Island remained unfamiliar to her. She had only been on the island four years and didn’t get out too often. These were not her people, and besides, she had never walked a labyrinth before. It seemed perhaps better to gather round her the uneasiness, doubts, and fears that had become her companions of late and turn away from the church. As she walked down the street, Cheryl ran to catch her to ask if she had wanted to walk the labyrinth. Without hesitation the visitor blurted out, “Yes.”

Later, as the young girl finished her walk, she was delighted at the invitation to help fold the labyrinth. When questioned if she had a connection to Haiti, Rosedanie replied,

“Yes, I am Haitian. I have just returned from visiting my family.”

“What has this week been like for you?” she was asked.

“I have not as yet been able to get any news of my family. I am planning to return in a few weeks once I am able to find a group to go with.” Knowing that she is a cook in a tiny local eatery, I silently wondered about the sacrifices she might have to bear in order to travel the thousands of miles back to her land, now a devastated place of pain and unknowing.

Once again, the path continues to unfold, encircling yet one more grieving heart desperate for comfort and relief from the pains of this transitory life. The labyrinth remains silent, strong, and eternal as it continues to heal, one person at a time.

Nancy Ayer
Orcas Island, WA
St. Croix, Virgin Islands

“Are you enjoying what you have read so far? Help the Veriditas Journal continue to bring you labyrinth news and inspirations by donating now.”



<https://www.veriditas.org/donations.php>

The Big Power of Di's Little Book

by Maia Scott

A new decade swirls before us leaving behind a wake of insecurity, while the moon glances ahead contemplatively full and ripe with possibility. All the while, people are making a subtle difference in the world, turning in their TV remote controls for simple tools. They are embracing joy and finding ways to bring their communities together to heal and strengthen from within.

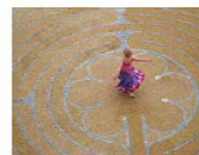
Edinburgh, Scotland is a community like this thanks to the presence of Veriditas Advanced Facilitator and Master Teacher Di Williams, MBE. She is a visionary who's taking the old and making it new again for her own community. Di is an Anglican priest who works as Chaplain for the University of Edinburgh, where she leads an interfaith collective of individuals who foster a safe space to reach out and seek within.

Di's work with labyrinths winds its way back to the early nineties when she felt drawn to photograph a labyrinth she



A unique insight into labyrinths in the UK and wider through the eyes of expert Di Williams combined with stunning photography.

Di's work with labyrinths includes guided walks, training, workshops, retreats and consultancy to emerging projects in the UK.



(read "Labyrinths in Scotland" p. 9 of the Fall 2009 Journal <http://veriditas.org/newsletters/archive/LJ-Winter2009.pdf>).

Her professional work led her to sense a unique need and Labyrinth - Landscape of the Soul, a contemplative book exploring the world of labyrinths, was born. Di was able to complete the book in time to debut it at The Parliament of World Religions in Australia in December 2009. The book includes Di's vivid photographs, quotes, stories and valuable information. It starts with her personal journey and guides the reader through others' stories, where to find labyrinths, and how to create them.

In her book, Di comments on the intrinsic potential for worldwide self-healing. "Perhaps, as some suggest, there is something in the collective unconscious

of the earth community of the late twentieth and early twenty-first centuries that recognizes a need for unique spaces like labyrinths. Labyrinths seem to have

emerged again at a time when we need help in recovering a more balanced, reflective and inclusive way of living together on this planet."

Much like a labyrinth walk, the reader focuses the eye to wend its way on a journey through Labyrinth - Landscape of the Soul, allowing mind clutter to melt away and welcome new found wisdom. Di shares, "I feel a great gladness at having

labyrinth
landscape of the soul

birthed this thing that will now have its own life."

Consider all the little things each of us offers to heal our world by simply finding peace within ourselves. Look at what one Chaplain in Scotland models through her spiritual practice and love of labyrinths and how it has continued a legacy.

Copies of the book are available at a cost of \$47 (US) which includes shipping via air mail. Contact Di at diwilliams.labyrinth@googlemail.com for more information or visit <http://www.diwilliams.com/> for a closer look at Labyrinth - Landscape of the Soul.

Maia Scott is a body worker, artist and recreation therapist from Northern CA. Maia currently embellishes her three jobs with presentation engagements ranging from classroom visits with her guide dog, Tessa, to conference workshops which include sessions walking a tactile portable labyrinth under blind-fold.



From left Di Williams, Alison Meratini, Janet Short; photo credit: Di Williams

came across on the coast of Wales. After walking many labyrinths as part of her practice, she initiated the building of Scotland's first permanent paved labyrinth

Walking the Path in Australia at The Parliament of the World's Religions by Lorraine Rodda

Carol McDonough, a Parliament of the World's Religion facilitator said that Melbourne, a multi-religious, multi-lingual and multicultural city of 4 million people was chosen for the world's largest intra-religious gathering because it was a culturally vibrant and diverse community. She said statistics from the Parliament were staggering: 500 volunteers, speaking over fifty different languages, cared for 6000 participants. <http://www.parliamentofreligions.org/index.cfm>

The fantastic response to the scheduled labyrinth events indicated the importance of offering the labyrinth at future Parliament of the World's Religion gatherings. Offsite walks gave participants and community residents opportunities to experience the

officially commenced. Other facilitators were Sue Oakley, Siobhan Christian, Paula McLeod, Carol McDonough and Christina Rowntree. Over 100 people walked the labyrinth during the planned events and additional individuals and

invited to listen to indigenous wisdom about their relationship to the Earth. For over 40,000 years, generations of indigenous people have lived lightly and in harmony with the rhythms and cycles of their country, knowing it deeply. A



sacred connection to country which is intrinsic to identity, informs the way Aboriginal people live with the land. As people prepared to enter the Reconciliation labyrinth they were invited to listen respectfully for Indigenous wisdom while walking with another person on the path. In the reconciling centre of the labyrinth, people held hands across all cultures and faith, in hope for the healing of the Earth.

groups walked at other times. Many lasting connections were made.

Carol McDonough said that a growing recognition of 'we are all in this together' is emerging. The deciding factor in our future will have to

The highlight labyrinth event was an evening walk. Over 600 candles and lanterns light up the night sky while individuals walked to the theme "Healing the Earth with Traditional Wisdom".

Parliament's theme on the labyrinth. A great team of seven people and fifteen additional volunteers provided a variety of facilitating styles.

The two labyrinth designs that were used were the Santa Rosa by Lea Goode Harris (USA) and the Reconciliation Labyrinth by Clare Wilson (South Africa). Dr. Rev Helen Malcolm, a Veriditas Facilitator and Fr Michael Hansen led walks prior to when the Parliament

The highlight labyrinth event was an evening walk. Over 600 candles and lanterns light up the night sky while individuals walked to the theme "Healing the Earth with Traditional Wisdom". Veriditas facilitator, Christina Roundtree, said that the Reconciliation Labyrinth was very inviting as people could walk into the labyrinth two by two, cross over to walk in each other's footsteps, and then meet in the centre. The journey out of the labyrinth could be taken on a new, third path, into a reconciling future. Christina shared that that this reconciling path is being walked by indigenous and non-indigenous Australians since the national apology to the Stolen Generations was offered in February 2008.

A Yorta Yorta elder, Shane Charles, welcomed the walkers, told stories and then supported the labyrinth walk by playing the didgeridoo. Participants were

do with those things which will make us an Earth community, and for which we take common responsibility: the practical and the spiritual.

Photo Credit: Alastair Pritchard

After the labyrinth found Lorraine Rodda, her passion translated into providing others with the same opportunity. It was this that motivated her to gather stories for the Australian Region of The Labyrinth Society. Its aim is to meet people where they are on the path and to encourage them to use the labyrinth as an integral part of the communities where they live, learn, work, pray and play. The Labyrinths Matter Newsletter welcomes contributions of articles both locally and from overseas. <http://www.labyrinthnetworknorthwest.org/newsletter.html>. Email Lorraine at lgrodde@iprimus.com.au



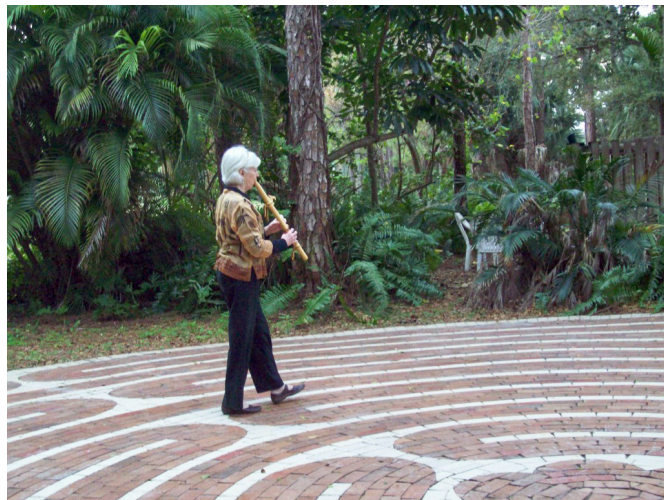
From left: Rosemary Mangiamiele, Indigenous elder Shane Charles, and Elizabeth Cerda-Pavia

The Global Healing Effect

by Robin Bradley Hansel

Five years ago, Ellen Bintz Meuch felt led to create a way for her fellow labyrinth facilitators to respond to global emergencies. Ellen's intent was to offer a plan prior to a devastating event whereby facilitators could connect and quickly organize worldwide labyrinth walks designed to promote stress management, grief integration and healing for victims.

That very plan, known as the Global Healing Response (GHR), was introduced to a network of facilitators on August 9, 2005. Just weeks later, the GHR was called into full action with Hurricane Katrina. In May 2008, the GHR was again implemented when a deadly cyclone hit Burma.



Less than 48 hours after the recent January 12th disaster, Ellen issued a message on the Veriditas Facilitator List Serve stating, "We would like to implement the Global Healing Response in reaction to the horrible earthquake in Haiti."

"The Global Healing Response is the best of communal labyrinth work....through the GHR, persons around the world are joined in walking, upholding, remembering, praying, and reminding."

Countless labyrinths would be made available worldwide for people to walk on one unified day, January 22, 2010, while they prayed and discerned how they might contribute to the emerging recovery solution for the Haitian people. Reverend Warren Lynn helped Ellen quickly create

new GHR documents including a prayer for Haiti to provide a unifying energy, a flyer template to publicize the walks, and a press release for facilitators to send to their local papers.

Facilitators were encouraged to share the GHR information with everyone. "We learned during our GHR Hurricane Katrina response that those outside the Veriditas labyrinth community—and even beyond the labyrinth community—wanted to participate. Hopefully that will be the case again," Ellen continued.

Facilitators were encouraged to post the times and the locations of their GHR walks for Haiti so that members could support each other. To date, over 28 walks have been reported from countries all over the world including the Bahamas, New Zealand, South Africa, Canada, China, The Netherlands and the United States. Facilitators continue to send their personal stories, photos and poetry to Ellen who is compiling a reflection of the event.

Veriditas Master Teacher Kay Mutert read the GHR prayer after playing her Native American flute for a group of participants gathered for a workshop entitled "The Healing Labyrinth" led by Dr. Lauren Artress. The South Florida event had already been scheduled for the evening of January 22 prior to the earthquake. After the well-attended

labyrinth walk, Kay remarked, "The Global Healing Response is the best of communal labyrinth work. For places and situations knowing disaster and destruction as in Haiti, we cannot follow our hearts to immediately go and walk alongside. But through the GHR, persons

around the world are joined in walking, upholding, remembering, praying, and reminding."



Ellen concluded, "I think it is important to celebrate the healing energy we all put into this fabulous effort to make a difference. I know that our intentions and actions have woven together to circle the wounded hearts of those impacted by the earthquake."

Robin Bradley Hansel's company, <http://www.labyrinthwellness.com>, is based in South Florida. She enjoys uniting her professional training as a Certified Veriditas Labyrinth Facilitator, a Licensed Physical Therapist and a Certified Pilates Instructor with her creative spiritual pathway as a writer. As editor, Robin welcomes your exciting ideas for The Spirit of Veriditas, Voices From the Labyrinth via email at robin@labyrinthwellness.com

Photos taken at The Duncan Center in Del Ray Beach by Kathryn McLean



Photo Credit: Kay Mutert

The Journal Team is very excited to now provide these Global Healing Resources in each of our quarterly issues. These resources were created by Ellen Bintz Meuch, The Veriditas Global Healing Response Founder and Coordinator. They are simply offered as another tool which facilitators might utilize when planning labyrinth walks. The Global Healing Resources have been posted regularly on the Veriditas List Serve since 2009. Our hope is that by making them available in this publication as well, an even wider number of labyrinth walkers might be able to enjoy their creative and unifying themes and suggestions.

This Quarter's 2010 Global Healing Theme: A Call for Courage

Courage is a kind of salvation ~ Plato

January-February-March

Focus: Fortitude

QUOTE: Where true fortitude dwells, loyalty, bounty, friendship and fidelity may be found. — John Gay

PICTURE/SYMBOL: Mountain

COLOR: Green

PRAYER: *We call upon the Gentle creator of the earth, our planet home with its powerful depths, and abundance of life - teach us, show us the faithfulness of the mountains.*

Mountains that are looked at have a particular grace, some rounded and steadfast, others a wildness of spirit, still others the sharp face of fortitude.

A few beckon with deceptive calm, luring the unwary with their raw beauty, heads buried in clouds.

Mountains that are looked at grow in strength and magnificence. Mountains that are looked at look back with authority and the promise of tomorrow.

We invite all who have lived on this earth, our ancestors and our friends, who dreamed the best for future generations upon whose lives our lives are built on. We are filled with gratitude to them for the preservation and gifts of the mountains. —Jo Ann Mast

IDEAS FOR BENEFITING ORGANIZATION: Organizations that benefit Haiti

IDEAS FOR AMBIANCE: Bowls of sand, dirt, rocks and water.

MUSIC: "el-Hadra the Mystik Dance" by Klaus Wiese, Ted de Jong and Mathias Grassow (A rhythmic trance style Sufi dance recording. The rhythm corresponds with the breath and heartbeat). To hear go to: <http://www.youtube.com/watch?v=JniV66yxhbw>

(Special thanks to Ellen Bintz Meuch for creating the Global Healing Response 2010 Resources)



After April 22nd, listen to the show at its new weekly time: Thursdays, 10am Pacific with host Robin Bradley Hansel

The Wisdom of the Labyrinth
Created by
Lauren Artress

<http://www.modavox.com/voiceamerica/vshow.aspx?sid=1541>

The Veriditas Council Corner

Reported by Robin Bradley Hansel

The focus of the Veriditas Council's work is to support the facilitator community through the development of ways to more easily connect with and support each other. To encourage better communication and more local connection among facilitators, the Veriditas Council is in the process of creating a list of all facilitators by region. This list will be posted inside the Facilitator Portal, and available on a private basis only to other registered facilitators. Individuals wishing to participate can send their name, region and email address to Tracy Friedl at the primary Council email address of council@veriditas.org.

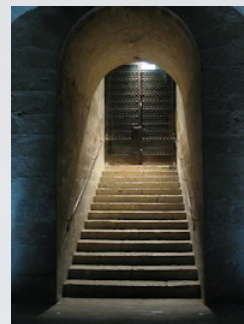
In addition, the Veriditas Council has created a special survey for facilitators. This is accessible via http://docs.google.com/View?id=dc2stk7_108cd7shmds. Each facilitator can expect to receive an email copy soon that they will be able to fill out electronically and email back to the Council.

The Council is also working to help create the formation of Regional Councils. Members are working on event guidelines to help local groups produce labyrinth events in their own communities. By working to build connections with other labyrinth groups around the world and by taking the labyrinth into new places, the Council continues to ask "What does the labyrinth want of us now?"

The membership of the Veriditas Council has always been somewhat fluid and organic, with a limit of 15 people. Working in a spiritual circle and sharing a commitment to mission are essential and remain guiding principles of the organization.

The Veriditas Council 2010 Core Circle Members are Cindy Cleary, Warren Lynn, Linda Mikell, Ellen Bintz Meuch, Jo Ann Mast, Dawn Matheny, Kay Mutert, Marge McCarthy, Tracy Friedl, Lisa Moriarty, John Ridder, Judith Tripp, Duncan Newcomer, and Melissa Postnikoff (in spirit and memory). Each member would love to hear suggestions from Veriditas facilitators. Please let the Veriditas Council representatives know of your needs, ideas and dreams, by reaching them via email at council@veriditas.org.

Walking a Sacred Path Living an Authentic Life: Walking the Labyrinth as a Spiritual Practice May 24 - May 28, 2010 Led by Lauren Artress



Facilitator Training May 29 - 30, 2010

***May 23 - Meeting Mary at Chartres -
A Daylong experience of the Sacred Feminine with Judith Trip***

As the world around us becomes more chaotic we are consciously choosing spiritual practices that quiet the mind. Without a quiet mind, self-reflection and prayer become challenging, and discovering and living an authentic spiritual life becomes less of a priority.

Walking the Labyrinth is becoming an accepted spiritual practice embraced by those seeking to deepen their faith in the Divine. It is a practice that can open the portal to the mystical life. If you are stirred by restlessness and longing; if you are seeking answers that elude you, join Lauren Artress in Chartres this spring.

This program will be at a special rate of \$1,199 before April 15th and \$1,299 after, with lower group rate available for groups of 6 or more. Call the office at 707-283-0373 for details about the group rate
For more information and to Register go to <http://www.veriditas.org/programs/chartres.shtml>

The Tech Connection

The "iPause" App

I learned about **iPause** while doing a bit of global labyrinth research for this Blue Moon issue. A link to it was listed on the Labyrinth Network Northwest website. The description read: *This App provides six beautiful labyrinth designs. A green glass marble traces your path through the labyrinth. This ball can move on its own, or perhaps you would prefer to slide it along its path using your touch. Listen to soothing music while you allow yourself a few minutes of peaceful meditation or prayer.*

I immediately logged into my iTunes account, paid my 99 cents and began walking to labyrinth music from my very own iTunes library. Amazing! I smiled at the synchronicity of Maia Scott's article from our previous issue entitled, "The iWalk – A New Facilitator Phonememon" (p. 12) http://veriditas.org/newsletters/archive/labjour_fall_09.pdf. Once again, the labyrinth was connecting people across the globe, but this time, it was doing so in a very tech-savvy way.

The author of **iPause**, Jeff Hultquist, just happened to see my post on Twitter raving about his exciting application. He contacted me via email that very same day and shared how he came to create **iPause**.

"We have a number of folks at Saint Jude's Episcopal Church in Cupertino, CA who are quite enthusiastic about labyrinths. It was one of these people who suggested the idea of a labyrinth app to me as I had just



started writing apps for the iPhone," Jeff explained.

"Putting a labyrinth on the iPhone seemed like a perfect idea in so many ways. I am particularly happy about putting a tool for meditation onto a cell phone -- a device which symbolizes our busy modern life. It seems almost subversive, in a way, to put the ancient symbols on this little machine," Jeff shared.

"The **iPause** application has been on iTunes for about one year and was featured on the front page of their App Store for two weeks. Some people give it a top rating of five stars, because it provides a beautiful collection of labyrinths. But most of its ratings are quite low, because people buy it expecting some kind of game, and do not know how to react when faced with the actuality of quiet and peace," Jeff continued.

Jeff stated, "The beautiful artwork came from Jeff Saward of Labyrinthos. We both agreed that this app deserved very quality, high resolution images, and I was happy that Jeff was able to provide those."

Visit Jeff Hultquist's website, Notebook Press, to view a You Tube video of the application: http://notebookpress.com/info_ipause.html

[\(Recommended by Robin Bradley Hansel\)](#)

Robin Bradley Hansel's company, <http://www.labyrinthwellness.com>, is based in South Florida. She enjoys uniting her professional training as a Certified Veriditas Labyrinth Facilitator, a Licensed Physical Therapist and a Certified Pilates Instructor with her creative spiritual pathway as a writer. As editor, Robin welcomes your exciting ideas for The Spirit of Veriditas, Voices From the Labyrinth via email at robin@labyrinthwellness.com.

Be an **amazon.com** **QUEEN (or King)!**

Close your eyes and imagine yourself scanning the stacks, row upon row of all the labyrinth books, volumes on spirituality, and references on sacred geometry you could ever dream of in one place. Occasionally, you stop to read a random page or sample some music. You slide your arm gently down and find yet more... and more... and more to discover. And, click! It's yours -- ah, such power!

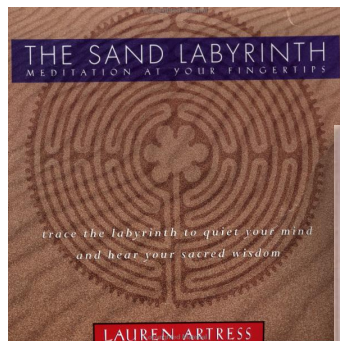
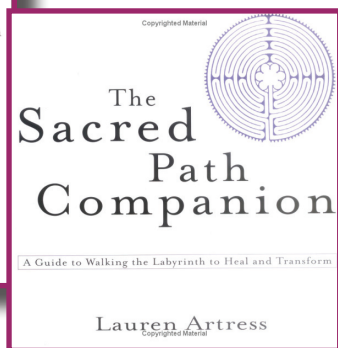
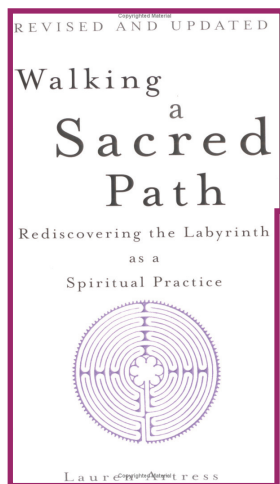
This world, Veriditas, and the spiritual community at large is just brimming with wondrous linking interconnectivity. If you are itching for new reading or music and you happen to be passing by the Veriditas website (<http://www.veriditas.org>), then you're in the right place at the right time. Veriditas happens to boast a link to one of the biggest virtual bookshelves in the world, Amazon.com, and if you enter there from the land of the labyrinth movement, you instantly spark a win-win situation. When you enter Amazon's website through Veriditas's link and make any purchases from Amazon.com, you will also be giving 5% of your purchase directly to Veriditas and helping to put new goals and visions into the hands of future history - ah, such power!

BOOKS, by Lauren Artress

“*Walking the Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*” was the first book written to offer the Medieval Eleven-Circuit Labyrinth as a spiritual practice. It is now in its second edition with a new preface and epilogue to capture all that has happened with the labyrinth since this book was first published in 1995. The book was instrumental in launching what the New York Times in May of 1998 named The Labyrinth Movement.

The second book, “*The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform*” places all Lauren’s teachings since 1995 about the labyrinth in one place. In Four Guidelines to Gauge Your Spiritual Growth she outlines how we can measure our increasing spiritual maturity. In Lessons of the Labyrinth Lauren articulates what the practice of labyrinth walking can nurture within us. First time labyrinth walkers will find a useful introduction to the practice in The Art of Labyrinth Walking. Those knowledgeable about labyrinth walking will be interested in the Applications and the many suggestions around forgiveness, grieving, engaging our shadow, and strengthening in Part 2: Specific Uses for Healing and Transformation.

The Companion Guide offers short journaling exercises in the chapter Start Where You Are for those who want to take stock of their lives. Others may want to dip into the sections on Healing, Shadow Work, Soul Assignment or Initiatory Rituals, depending upon what life’s challenges are for them at that time.



The *Sand Labyrinth* is both a meditation tool and a lovely accent to home or office. Keep it in plain view on your coffee table, desktop or nightstand. Use it frequently to calm yourself before a stressful meeting, to focus your thinking, to find solutions to problems, to open yourself to your own inner wisdom.

Looking for a quick, easy way to support Veriditas? Shop Amazon.com from the link on our home page. <http://www.veriditas.org>. Veriditas receives 5% of every sale, whether or not it has anything to do with the labyrinth! Shop today!

The Spirit of Veriditas,
Voices From the Labyrinth

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VERIDITAS VISION
& MISSION

The Vision of Veriditas is to activate and facilitate the transformation of the human spirit. The work of Veriditas centers on the Labyrinth Experience as a personal practice for healing and growth, a tool for community building, an agent for global peace and a metaphor for life.

2009 Veriditas Donors

We would like to take this opportunity to thank everyone who joined one of our donor programmes in 2009. Donations from individuals account for a third of our operating funds and are vitally important. All of us at Veriditas are honoured that you have chosen to invest in Veriditas and become partners with us in this vitally important work. This addition to our Annual Fund has made an enormous positive difference in our ability to offer our labyrinth work internationally.

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Veriditas

Experience the Wisdom of the Labyrinth

Veriditas 2010 Calendar

- April 26 - 30** Guelph, ON, Canada. Body/Soul Rhythm™ Workshop. *Embodying Wisdom: The Spirituality of the Labyrinth*. Lauren Artress and Mary Hamilton. For more information and registration, <http://www.calendarwiz.com/calendars/popup.php?PHPSESSID=c21b1fc00c53cca19a3fc980338d058f&op=view&id=25195441&crd=rain42>
- May 1** World Labyrinth Day - Walk as One at 1. World Labyrinth Day is a global celebration of the labyrinth as a symbol, a tool, a passion or a practice. As part of this celebration you are invited to "Walk as One at 1" to effect a rolling wave of peaceful energy as the earth turns. To participate, walk in your local time zone at 1 PM. Pledge to walk for another time zone. For more information, contact Stephanie Blackton, World Labyrinth Day Coordinator, wld@labyrinthsociety.org
- May 2 - 4** Kanata, Ontario, Canada St. John's Anglican Church. Workshop and Facilitator Training with Lauren Artress. Register for the workshop by phone at 613 -864 -1734, by email grace.amirault@rogers.com or debbie.camelin@sympatico.ca. Registration fee: \$75 (lunch included). For more information and application for Veriditas Facilitator Training, <http://www.veriditas.org/programs/training.shtml>
- May 24 - 28** Chartres, France. Lauren Artress. *Living an Authentic Life: Walking the Labyrinth as a Spiritual Practice*. For more information about Veriditas in Chartres, and registration <http://www.veriditas.org/programs/chartres.shtml>
- May 29 - 30** Chartres, France. Lauren Artress. Facilitator Training. For more information and application for Veriditas Facilitator Training, <http://www.veriditas.org/programs/training.shtml>
- May 29 - 30** Morgantown, IN Waycross Conference Center, Midwest Labyrinth Gathering at Waycross, Deepening Our Knowledge. For more information and registration <http://www.labyrinths.org/waycross/>
- July 30 - 31** San Francisco, CA. Grace Cathedral Pilgrimage. For more information and registration, <http://www.veriditas.org/programs/grace.shtml>
- August 2-3** San Francisco, CA. Grace Cathedral. Facilitator Training. For more information and application for Veriditas Facilitator Training, <http://www.veriditas.org/programs/training.shtml>
- August 4** San Francisco, CA. Grace Cathedral. Labyrinth Building workshop with Robert Ferré. For more information and registration, <http://www.veriditas.org/programs/grace.shtml>.
- August 6-8** Rhinebeck, NY. Omega Institute. *Labyrinth Walking: An Ancient Tool for a Whole New Mind*. Register at <http://www.omega.org/>, or call Alyson Lachmann at 845-266-4444 x206. Schedule is Friday night lecture from 8-10 pm, 9 AM -5 PM on Saturday followed by an evening labyrinth walk and drumming circle from 7:30-9:30 pm. Sunday goes from 9-12 noon.
- August 20 - 22** Lake Cowichan, BC, Canada. Honeymoon Bay Lodge. Workshop *Using the Labyrinth as a Spiritual Path* with JoAnn Mast, followed by Facilitator Training. Watch the website and email updates for further information as it becomes available. For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- September 2 - 5** United Kingdom. Workshop with Lauren Artress, followed by Facilitator Training with Master Teacher Di Williams. Watch the website and email updates for further information as it becomes available. For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- September 6 - 11** Chartres, France. Cycle One. Lauren Artress and Mary Hamilton. For information about Veriditas in Chartres, <http://www.veriditas.org/programs/chartres.shtml>.
- September 11 - 12** Chartres, France. Facilitator Training. Lauren Artress. For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- September 13 - 18** Chartres, France. Cycle Two. Lauren Artress. Guest Faculty to be announced. For information about Veriditas in Chartres, <http://www.veriditas.org/programs/chartres.shtml>.

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