

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 1

Print Date 6/9/09

Feature Labyrinth

A beautiful moss labyrinth at Windana.

See article on pages 10/11

Imagine Walking a Path

*Imagine walking a simple circular path
that meets each person
where they are in their life
regardless of age, intellect, health,
personal development, race,
spirituality or gender.*

*Imagine walking a smooth circular path
that leads from the "outside in"
where body, mind and spirit
come together.*



*Imagine the path with children
blowing bubbles, skipping, dancing,
laughing and singing.*

*Imagine a culturally diverse local
community walking this
same circular path for peace.*

*Imagine this path in a park,
in green space, in a forest,
near a lake, on a hill
or on reclaimed wasteland.
Imagine a labyrinth.*

Paula McLeod

This above verse has been used in Paula McLeod's abstract to Healthy Parks Healthy People Congress in April 2010 See articles on page 9/10

Contents

Wisdom of the Labyrinth Online Radio with Lauren Artress	2/3
Lauren Artress 2010 Australian Visit 15 - 30 November - Hosts Sought	3
Rick Zweck New Veriditas Faciliator and TLS Rep. in Queensland.	4
Alanna Moore's Earthy Harmony Workshop at San Remo	4
Parliament of Worlds Religions By Geoff Rodda & Trudy Sebaly	5
Junitta Vallak Book Launch - New TLS Region Representative	6
Book Review Labyrinth Experience By Paula McLeod	7
Healesville Project goes ahead By Merran Macs	8
Health Parks Healthy People International Congress Melbourne	9/10
Windana Moss Labyrinth By Wendy Bell	11/12
Poetry Rumi	12
The Parable of the Labyrinth Lauren Artress	13
Come Walk With Us A list of TLS Representatives in Australia	14

About the Newsletter:

The aim of the newsletter is to meet people where they are on the path. To "walk" together creating the labyrinth as an integral part of the communities in which we live, learn, work, play and pray. We especially look forward to you joining us as we clip clop along the path to create an Australian Society. Please keep sending in feedback and articles with photo's about your labyrinth journey.

Lorraine Rodda.

The Labyrinth Society, Inc - Australian Region.

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Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 2

Print Date 6/9/09

Wisdom of the Labyrinth.

By Lauren Artress, Online Radio Interviews

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



June 25th - Lessons from the Labyrinth

When we walk the labyrinth we grasp our lives with fresh eyes and renewed commitment. We get the "big picture" and part of that picture is a gut understanding that we are all on the path together. Metaphors inform our thinking and parables, or teaching stories, become alive and nurture our spiritual lives. Join me for this show that will highlight some of the wisdom teachings that illuminate the labyrinth and our spiritual lives as well.

July 23th - Labyrinths in Hospital Settings

This week we will discuss the use of Labyrinths in hospital and other healing settings. Several guests will give us various views on the use of labyrinths with children, adults, for staff and families. Healing gardens are going into many modern hospitals. What is behind their growing popularity? The Rev. Pam Taylor, the Senior Pediatric Chaplain and Carol Herron, the Arts and Medicine Coordinator, both from Texas Children's Hospital will join me to discuss the use of labyrinths with children in hospitals. Rita Caroni and Dayle Marshall of ISpiritual.com have donated labyrinths in many hospitals in the U.S including Texas Children's Hospital. Virginia Burt, an architect who creates healing gardens will introduce us to the concepts behind healing gardens, many which contain labyrinths.

July 30th - Divine Feminine into our Lives

The Divine Feminine is entering Western culture just in the nick of time. Our culture is so out of balance that we have little idea what it would be like to live our lives in an open, receptive way. This is the world that walking a labyrinth can open us to. But would the world truly be a better place? My guest this week is Gloria Karpinski, author of Barefoot on Holy Ground and Where Two Worlds Touch: Spiritual Rites of Passage. She works with this unfolding dynamic force in her workshops and teachings worldwide.

August 6th - Healing the Mind/Body and Spirit

Our show will be broadcast from The Golden Door in Escondido, California. I have had the privilege of teaching at this top-of-the-line spa for 13 years! They were the first to put a labyrinth in a spa. The Golden Door uses an integral approach to integrate the mind with the body as it attends to the spiritual side of life. They have a beautiful labyrinth in a wooded grove that we use in many ways during this "Labyrinth Week". My guest is Francine Hoffman, is the Inner Focus Coordinator at The Golden Door. She is a Veriditas Certified Facilitator who works with the labyrinth.

August 13th - The Parable of the Labyrinth

W. H. Auden said "There must always be two kinds of art; escape art for one needs escape as he or she needs food and deep sleep, and parable art which shall teach humans how to unlearn hatred and learn love." The labyrinth is parable art and has much to teach us. Join me to share experiences of the labyrinth and teaching stories from world traditions to "unlearn hatred and learn love." **For more information about this program go to page 13 of the newsletter**

August 20th - Healing the Earth, One Garden at a Time.

Care for our earth and the renewing gift of Nature is coming more into our awareness as we become conscious of how fragile our island home is. Many gardens, both private and public are featuring the labyrinth as a centerpiece. My guest is Virginia Burt, a landscape architect, who creates healing gardens throughout North America.

August 27th - Making a Difference in the World

How we find our way to be of service in the world is an important and pressing question; especially if we feel our time is spent in a meaningless that does not tap into our creative resources. Many of us are in service to the world and then the question becomes how to sustain ourselves once we have found our area of gift and love the service we do. My guest this week is Gloria Karpinski, author of Barefoot on Holy Ground and Where Two Worlds Touch: Spiritual Rites of Passage. She articulates the "art of spiritual craftsmanship" in her workshops and teachings worldwide. Join us and call-ins are welcome!

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 3

Print Date 6/9/09

**Wisdom of the
Labyrinth with
Lauren Artress, Online
Radio Interviews.**



<http://www.laurenartress.com/>

September 3rd So You Want to Create a Labyrinth; a discussion with Robert Ferre

The Labyrinth Movement is happening around the planet and I want to encourage you to join in. They are fun to create and it is a great community activity. However, there are things you need to have thought through before you begin. What do you want to use it for? What population is going to walk it? What is the best design for your site? What size? My guest is Robert Ferre who is a labyrinth builder and has years of experience in building labyrinths will join me in a discussion about creating a labyrinth.



September 10 - Finding Your Sacred Place in the World.

The world has many places that we consider sacred; from the medieval cathedrals in the West to Buddhist, Hindu temples of the East. The phrase "sacred place" is used frequently, but what does it really mean? Do you have a sacred place to go to when you are stressed and out of sorts? And what makes a place sacred and why is this coming into our Western awareness now? My guest this week is Tony Lawlor, author of *The Temple in the House* and *A Home for the Soul*. Tony has practiced architecture for more than 25 years and has traveled the world studying the architecture of sacred spaces.

**Lauren Artress
Australian visit 15-30
November of 2010?
By Lorraine Rodda**



Many of you will recall the very successful lectures, workshops and the facilitator training we experienced during Lauren's visit in 2008.

The tour's success was not only in the numbers of people attending activities, the boost in collective and individual knowledge about labyrinth practice and personal journey but it also assisted us in building Australia's labyrinth community.

Expressions of interest are now being sought for Lauren's visit 15 - 30 November 2010? This is a great opportunity for your community.

We are seeking sponsors to be involved in organising lectures, one or two day workshops and two facilitator training days.

All Veriditas workshops include:

- * Introductory lecture.
- * Guided Labyrinth walk
- * Topic Theme(s) with Question & answer time.
- * Add-ons may include Sunday sermon

Workshop/Pilgrimage/Retreat Sample Themes

- * Hildegard of Bingen.
- * Meeting the Divine Feminine on the Labyrinth
- * The Archetype of the Labyrinth.
- * The Grail Castle.
- * The Spiral of Transformation.
- * Walking Your Spirituality.
- * Spirituality in Organizations.
- * A Peaceful Walk in Difficult Times.
- * Discovering the Shadow in Relationship.
- * A-Mazing Journey: Healing with the Labyrinth.
- * The Labyrinth and Worship
- * The Labyrinth: It's Not a Maze
- * Living the Resurrection and the Labyrinth

If you wish to host an event please contact me discuss dates then arrangements made are directly with Veriditas. Tel: 03 56785638 Email: lgrodda@primus.com.au

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 4

Print Date 6/9/09

Welcome to Rick Zweck our new TLS Representative - Queensland, a Veriditas Facilitator and pastor in the Lutheran Church.

We welcome Rick's to TLS membership and congratulate him on his role as he joins Julia Foster in representing TLS in Queensland. Email rzweck@bigpond.net.au

Rick is married to Sue and they co-parent 6 children ranging in age from 27 to 17. Rick's parishes have been Bathurst, NSW; Ballarat Victoria and he is now pastor at Caloundra Lutheran Church on the Sunshine Coast.

In 2007 he won a Lutheran Education Queensland, Ruth Murray scholarship and began an amazing personal journey. Through this scholarship Rick and Sue attended the World Community for Christian Meditation Conference in Melbourne in 2008, with Father Lawrence Freeman. They also attended the Conference led by Cathy Day and Ernie Christie, on teaching Christian Meditation and now teach meditation to children at the Pacific Lutheran College in Caloundra - and in the community.



In 2008, under the Jesuit priest, Fr Vince Hurley Rick undertook 9 months of Ignation spiritual exercises. As part of the same scholarship, in May and June this year, he completed the Veriditas facilitator training in Chartres, France. He said it was a

truly wonderful and life-transforming experience. Rick also visited the Taize Christian Community and the Celtic Christian sites of Lindisfarne in Northumbria & Iona in Scotland. His passion is to use his new skills to help children & adults to rediscover the spiritual side of their lives. Rick uses the petite Chartres, canvas labyrinth, created by Cedar Prest. He soon hopes to be a fully accredited Veriditas facilitator. Recently completing 2 workshops for Lutheran principals Conference in Canberra. He is next leading a labyrinth workshop for student teachers at ACU in Brisbane. His interest in labyrinth work in schools, AA & within the general community.

Divining Earth Harmony Workshop with Allana Moore

Allana Moore, Australia's a well known permaculture farmer and Earth energy diviner of International standing will be conducting a practical workshop at San Remo on Saturday 21st November 2009 between 10 am and 4.30 pm. This is a wonderful opportunity to develop existing skills and learn new ones in caring for the earth learning how to detect and utilise the geomancy of the land. For more information see Allana's website www.geomantica.com



The Workshop includes:

Practical Lessons in energy detection by pendulum dowsing (divining). Suited for both beginners and experienced dowsers, this includes dowsing for the best site for a labyrinth.

Reading landscape, in a "more indigenous" manner such as the way aboriginal people do to reveal any energetic origins of the myths of the land and making deep connection with nature. Dowsing and communicating with the nature spirit realms.

Geopathic stress and neutralising it with Earth Acupuncture, paramagnetic rock and crystals

Permaculture landscape design using geomantic principles, for harmonious, sustainable and productive environments.

Divining locations for labyrinths & stone circles and construction tips.

Demonstrating a 'Tower of Power' for enhanced plant growth and Earth harmony;

Bookings and payments are required by 21st October 2009. Send to Geoff Rodda, 6 Boathaven Grove San Remo 3925 Mobile. 0408 138 065. \$85 Individual, \$150 Couple, TLS Member \$75

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 5

Print Date 6/9/09

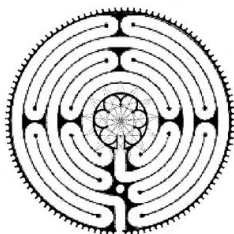
Parliament of the Worlds Religions. Progress Report on Labyrinth Events being held in Batman Park Melbourne.

By Geoff Rodda & Trudy Sebaly.



Progress: The site for the labyrinth events is now Batman Park. This is on the city side of the Yarra between Spencer Street and Kings Way. This park is within walking distance of the venue for the Parliament - now to be held in The Melbourne Conference Centre that is linked to the Exhibition Centre. (Jeffs Shed)

We have invited Wurundjeri Elder Joy Wandin Murphy to provide a Welcome to Country before a labyrinth walk and Shane Charles to play the didgeridoo.



The style of the labyrinth is a modified Chartres/ Santa Rosa design created using a non toxic vegetable dye. Sketch by Julia Peddie. Candle-light could be used to create the Reconciliation Labyrinth.

The Mission of Seafarers, have come to the rescue; enthusiastically embracing our project. Next week discussions will be held on the way to proceed to the signing off the formal agreement with the Parliament of the Worlds Religions.

Risk Management still needs resolution with the Melbourne City Council. To comply we need people with first aide certificates at each walk. St John's Ambulance volunteers charge \$200 per walk with a minimum of 4 hours per booking.

Help! First Aid people needed for the walks listed in the next column and marked with an *

Note: Tentative times have been indicated and are subject to change. Walks will be in the PWR's Official Program Booklet.

Thursday 3rd December 9.00am - 10 am.

Michael Hansen will lead a Opening Prayerful Walk.

Thursday 3rd December at 3.30 pm.

Sharing of Wisdom - Global Healing Walk.

Helen Malcom's event will connect with Veriditas and The Labyrinths Society networks.

*** Friday 4th December 8.30pm.**

Healing the Earth with Traditional Wisdom.

"Twilight Labyrinth Walk by Candle Light.

Christina Rowntree will Facilitate this key event.

*** Saturday 5th December at 3.30 am.**

Children's Peace Walk- Bubbles of Fun.

Paula McLeod will facilitate & Rhonda Dingle will assist with this fun event for children up to 12 years of age.

*** Saturday 5th December 5 or 6.00 pm?**

A Personal Spiritual Journey; Past, Present and Future. Carol McDonough will facilitate this walk.

*** Sunday 6th December 1pm or 5pm?**

Sue Oakley's Prayer - A walking meditation

Monday 7th December 5 or 6.00 pm?

An Interfaith - Youthful Pathway to Peace Walk.

Siobhan Christian will facilitate this walk.



Front row are Geoff Rodda & Paula McLeod. Back row Left to Right Angela McKenzie, Trudy Sebaly, Helen Malcom & Christina Rowntree.

All walks will have an optional gold coin donation to cover costs.

Offers of help call Geoff's phone 56785638 or 0408 138 065 or Email him on this address groddabdav@primus.com.au

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 6

Print Date 6/9/09

Junitta Vallak. - The new TLS Region Rep in Gippsland. By Lorraine Rodda.

A very special welcome to Junitta Vallak who is our new TLS Representative in Gippsland, Victoria. Many of you will know Junitta through a wonderful network of interesting people with a wealth of knowledge & connections all around the World. Junitta, is a labyrinth enthusiast, writer, artist and sculptor. Her involvement with labyrinths dates back to the early 1970's right through to her advocacy for labyrinths in health settings and in community today.

Junitta is a former Art Craft Teacher and has been actively involved in environmental matters for over 30 years. She had always been interested in the mystical and in efforts to cure her lungs became a spiritual sponge, soaking up every modality and esoteric teaching she could lay her hands on. Her health difficulties which arose from workplace exposure to metal work fumes and asbestos were encountered whilst a teacher during the early eighties. This all had a positive energy and she saw it as an initiation for becoming the Custodian of Casurina Healing Sanctuary. Despite physical limitations, she established this Center on 100 acres near Maldon in Central Victoria . . . this is another story that hopefully will also one day be written.

Junitta is interested in just about everything. Travelling around the planet seeking out sacred sites, visiting special places that still hold great power, e.g. Chartres Cathedral. She has lectured extensively on a range of topics at the International Children's School in Vienna, in Germany and in America and over many years has been a regular Lecturer at the Theosophical Society in Melbourne. She has Exhibited her paintings, drawings and sculptures at a wide variety of Galleries and her work is represented in the United States and England as well as in many States of Australia.



Junitta is presently living on three acres of abundant land near Foster in South Gippsland and is still learning. Her house has five vortexes and two Ley Lines going through it. She is now Being rather than Doing and still considers herself a TLC Temporary Land Custodian. If you asked her what her most dominant passion is she would probably say Labyrinths with Australian Flora second. Junitta is someone who walks her talk and talks her walk.

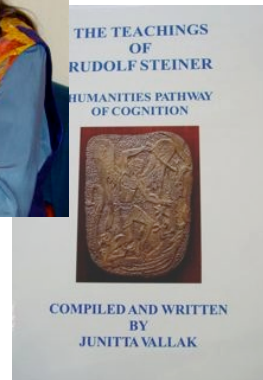
Launching "Angelology" - Guide to the Angelic, Devic and Nature Spirits Realms and "The Teachings of Rudolf Steiner".

It was an honour to be invited to the launch of Junitta's books where much of her "knowing" has been put into print. I am also delighted that she has warmed to the suggestion that

she research the history of the Australian labyrinth movement, in collaboration with others with the view to publishing. As many of you know I am fascinated with anything indigenous. So why should I be surprised when the first page I opened in the Angelology book was about Indigenous beliefs. This is what caught my eye :-

"the Tiwi Islander people of Northern Australia speak about the Star people that some would interpret as Angels. They say that when the gold ring forms around the Moon during the final stages of the Wet season, the Moon Man is performing Kulama, the annual ceremony of life. Inside the ring, a multitude of star people sing and dance Kulama songs. Large concentric circles appear as the main element of contemporary paintings that represent the ceremonial dancing ground. The circles are the Mandalas of the Tiwi people. Mandalas represent the cells of our bodies and speak to the inner consciousness of people".

Look out for reviews of these books in the next newsletter. To purchase the books please email Junitta_greenweave@dcsi.net.au



Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

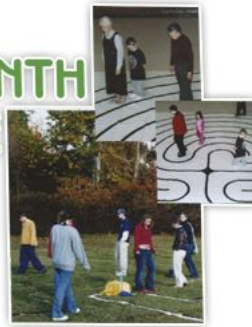
Page 7

Print Date 6/9/09



A Book Review
By Paula McLeod,
Psychologist &
TLS Representative.

THE LABYRINTH EXPERIENCE



For the more mathematically minded a lesson on measurement using the seven circuit labyrinth is included. This lesson is outlined in clear steps with the students completing an accurately measured 7 circuit labyrinth. This is an American publication so conversion to metric is required.

The Labyrinth Experience – An Educators Resource By Lorraine Villemare (\$US 20) is available to order on line at www.LabyrinthExperience.com

This book is a useful resource for introducing the mystery and wonder of the labyrinth to senior primary through to middle secondary students. Written by a Lorraine Villemare, a Veriditas certified facilitator and a teacher with 40 years experience, this 2008 publication provides ideas and lesson plans to assist teachers and labyrinth facilitators to integrate the labyrinth experience into the classroom.

Each of the eight chapters begins with clear performance objectives for lessons and includes songs and music, black line masters, website suggestions and comprehensive outlines of activities. Using games, exercises and problem solving tasks subjects such as science, maths, history, language and music are explored through the realm of the labyrinth.

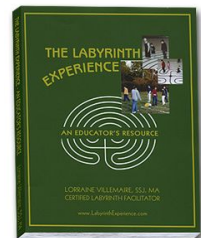
The Labyrinth Experience will also appeal not only to teachers but also to facilitators who are using the labyrinth in creative ways in a variety of settings. An example is the delightful lesson on the Seven Circuit Chakra Coloured Labyrinth. Using musical scales, colours and the chakra body connections the balance of body, mind and spirit is brought to life for students. There is even a Labyrinth Competency Bingo game!

A lesson that I enjoyed was the labyrinth as a biology lesson! Using the concept of the labyrinth as a right brain activity this lesson explores the human brain and the different functions of the right and left hemispheres and how walking the labyrinth can engage the non-verbal intuitive right brain.

The final chapter provides ideas for labyrinth walk celebrations with themes such as self-esteem, positive thinking, the environment and peace. Although some of these celebrations have a specifically American tone they provide the framework for substitution of more culturally relevant material.

This is not a glossy up market publication and its simple presentation gives little indication of the many ideas and resources that can be found in its pages. There is no doubt that this is the type of resource that teachers and facilitators will return to again and again, particularly when searching for that interesting lesson or activity that will capture the minds of their students.

As the author concludes: "The simplicity of the labyrinth naturally sparks the interest of students, enabling them to make connections with the themselves and the world around them. What greater reward is there for both the teacher and student!"



Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 8

Print Date 6/9/09

Healesville Labyrinth - We are on our way! By Merran Macs

A significant grant from the Department of Planning and Community Development together with great support from the Shire of Yarra Ranges, other groups and local donations, we are getting close to the target and we are on our way to create our permanent labyrinth in Healesville.

The Labyrinth looking splendid. The temporary sand and grass labyrinth had a good make-over a couple of weeks ago, thanks to the efforts of members of A n a n d a Marga. They were having a retreat at Candlebark Farm and dedicated their Saturday to service for the local community, as is a part of their mission.



The makeover was just in time for some good publicity shots for the funding announcement and the sand labyrinth is looking very beautiful and presentable right now. Not a weed to be seen. Thank you Lyndal Francis for organising and to Russell Freeman for guiding the work.

More Funds Still Needed. While our delight has not diminished by such wonderful gifts of money and help, we were disappointed at the same time to receive a quantity surveyor's cost estimate of the whole project, indicating the costs was more than we budgeted for!

Ways to reduce costs.

Jon Coe, our wonderful designer, came to the rescue again and has been able to suggest ways of reducing costs, without affecting the integrity of the project. At worst, we will need to extend our community fundraising efforts for a little longer to add to money already contributed by community members, Shire of Yarra Ranges and philanthropic trusts. In early August the Steering Committee will be meeting to determine the plan from this point on, and hopefully we will be able to establish a time line for the construction.

The Arts Reference Group.

During August invited everyone who has an interest in arty things and in particular the mosaic embellishments for the community art project surrounding the labyrinth - to come along and put in their ideas and inspiration in preparation for consultation with Sara & Tania, the community artists who will be doing the design work. When the design is in place, there will be a number of volunteer artists working with community groups to create mosaic panels.

Fire and Clay at Lilydale have fired the first lot of named tiles and although we haven't seen them yet, by all accounts they are looking pretty fabulous. We have more tiles available, so if you know anyone who has not yet painted their own special tile for the labyrinth, we will be having more tile painting days - the next times will be at Rivendell on Saturday and Sunday 19 and 20 September. (\$10 a tile of course) Check out the website for more. www.healesvillelabyrinth.org.au/Sponsors.html



Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 9

Print Date 6/9/09

An International Congress being held in the Melbourne Conference Centre - April 2010. Nature and Health Literature Review Deakin University and Parks Victoria.



Foreword

Parks Victoria has adopted 'Healthy parks, healthy people' as its key message to the community of Victoria. Over recent years, other state-based park management bodies have adopted a similar message, and the Parks Forum (the peak body for park management agencies within Australia and New Zealand) has established as one of its Standing Committees a National Coordination Group for 'Healthy parks, healthy people'.

The availability of up-to-date information is essential if these agencies are to increase their understanding of what the 'Healthy parks, healthy people' message means, and to have the capacity to communicate the importance of parks and nature for human health and wellbeing to governments and the community at large.

This project is the result of a joint initiative between Parks Victoria and the NiCHE (Nature in Community, Health and Environment) Research Group of Deakin University. This revised review updates research compiled and published in an earlier edition (completed in 2002 with funding provided by Parks Victoria and the International Park Strategic Partners Group) and aims to provide key information for park and open space managers, health professionals, researchers, and others with an interest in this area, while retaining its status as a platform for future research. The significance of the health and wellbeing benefits from interacting with nature, including in park settings, the implications for public health, and the need for collated up-to-date information on this topic cannot be over-estimated.

Executive summary.

In many disciplines, there have been concerted attempts to understand the human relationship with nature and how humans might benefit from nature in terms of health and wellbeing. Although still in the relatively early stages, research indicates that contrary to popular thinking, humans may be dependent on nature for psychological, emotional, and spiritual needs that are difficult to satisfy by other means. To read the complete article go to this website.

<http://www.parkweb.vic.gov.au/resources/mh.php/pv1.pdf>

Abstracts for presentations, workshops, and posters have been submitted.

Submission by Merran Macs - Poster Healesville Labyrinth Project.

Focus: "Community Participation in Creating Healthy Spaces".

A large focus of contemporary mental health practice involves community inclusion and active citizenship, enhancing the participation of mentally ill people in the life of their community. Correspondingly, the promotion of optimum mental health in the general community also involves community participation, connection & active citizenship.

This poster presentation describes the process of community engagement, participation and partnerships in the creation of a community labyrinth in parkland in the Healesville township - meeting a range of objectives for personal well being, participation through volunteering, enhancing arts appreciation and practice, environmental sustainability, community meeting space, tourism and bushfire remembrance, as well as reducing the stigma of mental illness.



Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 10

Print Date 6/9/09

**Submission by Geoff Rodda - Poster.
San Remo Reserve Foreshore Committee**

Focus: "Developing masterplans for parks that cater for the spiritual, physical & recreational needs of people of all ages & abilities".

This poster displays how a previously barren and under utilised grassland will be transformed into an innovative, creative community park that incorporates indigenous planting, public art, walking trails, recreational and exercise hubs, community activity and performance areas as well as creative children's spaces. In addition there will be areas catering for different needs. There will be culturally specific spaces with interpretive signage, community oven, bush tucker and medicinal plantings that together with meditative & contemplative areas compliment the active areas of the park and thereby contributing to the diverse physical and spiritual needs of this community.

Focus: Unifying and healing influences of nature on psychological well-being.

**Submission by Paula McLeod
BA, Grad Dip Psychology, MA (Theology) MAPS**
.

Paula is a psychologist with a deep interest in the unifying and healing influence of nature on psychological well being. She has explored this connection through the outdoor labyrinth, a powerful meditative pattern that engages the body, mind and spirit simply through walking.

Her experience of labyrinths located in green spaces in the USA and France (2007) as sources of community engagement and well being led to involvement with the Australian labyrinth movement to support the growth of labyrinths in public spaces.

As the Director of a philanthropic foundation she has been influenced by the TKF Foundation (USA) who have created over 100 public greenspaces in socially/ culturally diverse settings. Her foundation has recently supported a therapeutic labyrinth project in a natural forest setting. Forest Labyrinth Completed 2009

Focus: "The Labyrinth – A Symbol for Healing Our Inner and Outer Landscape".

**Submission by Dr Margaret Rainbird NSW and
Alison Meretini Psychotherapist in ACT**

Their submission highlighted the labyrinth as an excellent tool for people of all ages and backgrounds as it works well for people who have trouble settling their mind when sitting still.

By walking the labyrinth we can release stress, gain clarity and approach a problem more creatively. It can counter- balance the cognitive activity that occupies so much of our day by allowing mindfulness and intuition to come in to play. It is a powerful tool for self care and can be used by health professionals and workers to ease stress and tension after dealing with a difficult situation. It can also be used to bring focus at the beginning or the end of the day.

The workshop

This will be an opportunity for some restorative peace and quiet, a chance to reflect on your personal or spiritual journey or just time to experience the richness of the labyrinth.

During the workshop, participants can:

- Explore the history of the labyrinth and its use in spiritual, healing and rehabilitation settings.
- Participate in a walking meditation on a 24'x22' canvas labyrinth
- Receive the seed pattern so you can make your own labyrinth, small or large, to use in your work or as your own spiritual or relaxation tool
- Discover how it can be used for the benefit of staff and clients in health care and counselling settings.
- Receive a finger labyrinth that you can continue to 'walk' in your self care practice.

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 11

Print Date 6/9/09

Windana Moss Labyrinth - A place of welcome, reflection and tranquillity. The labyrinth has become an important part of the community.
By Wendy Bell

The plan for a labyrinth at Windana's Therapeutic Community was formed following a discussion with John and Paula McLeod at a Goldman Sachs JBWere and Community team work day in June 2008. John and Paula are long-time supporters of the community's Eco-Therapy program and their interest in labyrinths rekindled my own desire to see one built on the property.

Paula is a very experienced labyrinth facilitator and is aware of the positive benefits a labyrinth can bring to a community health facility engaged in counselling and healing.

At the time of these initial discussions with John and Paula, a site for the labyrinth was chosen. I was strongly drawn to a clearing in the property's natural bushland forest. This area had been cleared by sand mining in the past and had long been used as a place of reflection and peace by the community's residents and staff. On visiting this site, Paula agreed that it was perfect and the first plans were put in place.

Later that year, Paula suggested I attend a weekend of facilitators' training with world famous labyrinth maker Robert Ferré. This fantastic weekend not only gave me great inspiration, but also the skills to introduce the concept of the labyrinth to the staff and community.

When the time came to plan the next team work day, we chose to make the labyrinth on World Labyrinth Day – May the 2nd 2009. As it happened, very wet weather that week would mean that the building of the labyrinth would commence the following week.

A dowsing was carried out at the site to gain permission of the land to build the labyrinth. The dowsing indicated that there was a body of water present underneath the clearing, confirming our intuitive choice of this site of very special resonance and significance.

The design chosen was the Chartres Cathedral style and a total of 18 circuits, including the central petals, were mapped out in advance of the work team arriving. The site immediately demonstrated its unique nature by displaying some interesting idiosyncrasies



Expert mathematical plotting contributed by a member of staff was persistently foiled by discrepancies in measurement occurring in one particular area of the clearing. Likewise, the precise mathematical calculation of the centre proved to be impossible. Completion of the mapping required my return to the site alone, and in peaceful solitude I was able to complete the labyrinth layout guided by respectful contemplation and intuition.

On Saturday the 9th of May 2009, on a drizzly morning clearing to sunshine, GS JBWere volunteers, community residents and Windana staff commenced the build. The labyrinth was dug out of the clay of the site and defined by bush moss gathered from the forest surrounding the clearing. Tynong Quarry rock was used both as a fine gravel to surface its paths and as larger stones lining the moss. A circle of inlaid stone forms the centre of the labyrinth and at its heart is placed an urn filled with water to provide a reflective surface for contemplation.

The completed labyrinth spreads quietly and gracefully across the clearing, surrounded on all sides by its beautiful forest home.

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 12

Print Date 6/9/09

Windana Moss Labyrinth Completed. (cont'd)

Its impact of the labyrinth on visitors is quite extraordinary, as is illustrated by the following description:

First Visit

*"The journey to the labyrinth
commences on a narrow path
through the beautiful forest remnant
on the Therapeutic
Community property.*

*A few metres into the forest
a familiar tranquillity descends -
walking into the forest
is like stepping into another world,
a serene moment
suspended in time.*

*Gravel crunches softly under my feet
as I walk the stone lined path
leading to an opening
at the edge of the clearing.*

*And, there like a many petalled flower,
the labyrinth ripples
gently out across the forest floor.*

*Serenely beautiful,
the labyrinth is a living,
breathing organism - newly created,
yet somehow an ancient,
eternal presence
at the heart of the forest.*

*Sometime, soon,
I'll return to walk its path."*

Written by a member of Windana Staff

Earth sculptures of random figures, created by residents, are appearing around the edge of the clearing. Plans for the future include the marking out of both Koori and European seasons in ceramic mosaic and the placement of an affirmation stone.

Already the labyrinth has become a favourite place for residents. For our annual celebrations of the Winter Solstice, a group of residents delighted us with a play which included the labyrinth. A place of welcome, reflection and tranquillity, the labyrinth has become an important part of the community.

Guest House - Rumi



This being human is a guest house
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out for some new
delight.

The Door Is Round - Rumi



The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

The breeze at dawn has secrets to tell you.
Don't go back to sleep.
You must ask for what you really want.
Don't go back to sleep.
People are going back and forth across the
doorsill
where the two worlds touch.
The door is round and open.
Don't go back to sleep.

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 13

Print Date 6/9/09

The Wisdom of the Labyrinth. August 13th - By Lauren Artress - The Parable of the Labyrinth

W H Arden said there are two kinds of art. The escape art - for one needs food and deep sleep and then there is parable art to teach humans to unlearn hatred and learn love. The labyrinth is a form of parable art, it teaches us stories it evokes from us from within. We get the big picture. We get teachings and learning from within us and not from outside of us. In the Western World we are used to learning of principles and concepts imposed upon us. The labyrinth allows free space for you to find out what you are truly thinking. It is to unlearn hatred and to learn love.

What do you do to quiet your mind? When a practice is serving you, you're in a quiet place and a receptive place, a non anxious presence to yourself and others. That is what we need on this planet. That is what we need at this time so that we can treat each other with respect and we can see the light in one another. So the labyrinth is a real tool. A blue print for transformation to ask deep and import questions. One question, is in the way of this poem.

What in your life is calling you?
When all the noise is silent
the meetings adjourn
and lists laid aside
and the wild iris blooms by itself
in the dark forest.

What still pulls at your soul
in the silence between your heart beats
hides the summons.
Do you hear it?
name it if you must,
or leave it for ever nameless
but why pretend it is not there.

An interesting question is to name this summons that happens between your heart beats. It is not an easy answer if we acknowledge it is there. Sometimes it would change our whole lives and we have a lot going in our lives. It is hard to change this especially as we get older, more committed to our work and to our families and so it is really an act of courage to say my life has to change. But what in your life is calling you. For instance, am I standing in my truth.

That is a huge question. Where are you standing in your truth? What is my next step in my life. Because whether we know it or not we are all in transition. We are all in the process of change. Some of us are doing it more slowly, some of us are aware we are in a virulent transition. It is important and is quickly happening. We are at the mercy of it because life has to change.

Some transitions are gradual and others are on one of those curves in the labyrinth. There are 28 of these 180 degree turns in the labyrinth. So there is this sense of moving back and forth and then your turning back on yourself. For those of us in turns in our life are very hard to do sometimes. They demand not only our attention and focus, they can be burdensome and produce a weight and heaviness especially when we have the question "What is the next step on a turn in my life? What will I do? What will I do next. What will unfold in my life? There are plenty of other questions. One question, "But will I regret this move?" "Will I regret this life I am living?" "Am I doing and sitting on impulses that really want me to get out in the world and be much more creative?"

Mark Twain said in 20 years you will regret much more the things you did not do than the things that you did. When we look at our lives in hindsight, as we look back on our years we will regret those things we did not do more than the mistakes and the things that went wrong. Why? Because we put ourselves on the line. We risked and this was important because we did it and hopefully we learned from it, and that is the important thing. It is about the learning not always about doing things right.

So that really is what we need to keep in mind as we live our lives. My question to you is where are you in this process? Where are you standing in your truth. Making a decision to tap into all your energy, all your creativity, or, are you hiding in life. It is such an easy thing to do and we all have periods of time when we are hiding and not stepping up to put ourselves out there and then there are other times it is like white water rafting you know we are really doing it and moving as fast as we can in stepping up. To hear the rest of the interview. <http://www.modavox.com/voiceamerica/vshow.aspx?sid=1541>

Labyrinths Matter - Newsletter

Spring Edition - Down Under 2009 Edition 1

Australian Region of The Labyrinth Society, Inc. (TLS) & Veriditas

Page 14

Print Date 6/9/09

Come Walk with Us.

"We sat side by side in the morning light & looked out at the future together"



www.storypeople.com

Firesouls.

Behind each sacred space is a firesoul. A word used to describe the people who are the sparks behind the creation of sacred spaces.

The firesouls' passion and vision are the driving forces behind nurturing the sacred spaces from idea to reality. Their energy, enthusiasm, patience and persistence inspire communities to come together around the creation and use of public green spaces. See this website:

www.openspacessacredplaces.org

Are you a "Firesoul"?

Then you maybe interested in joining the team as we walk towards the labyrinth being an integral part of the communities in which we live, work, learn and play and walk with us as we create our Australian labyrinth centre.

To cover a whole State or Territory is a big ask but if we develop Region Firesouls in each State and Territory then we can make a difference within our community of influence.

If you feel you can contribute an hour or two a month contact me or one of the people listed. There is more information on the TLS website

<http://labyrinthociety.org/regional-reps>

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