

Dear Subscriber,

03/04/2015

Welcome February



Traditionally this is the month of love, shorter than all the rest and in the Northern Hemisphere, the last month of winter. Lots to consider in this interesting passage of days. February stems from the Latin Februarius, which relates to purify or expiate. The ancient Romans thought of Februarius as the month of purification or a return to righteous living. In this month there are many symbols from history, culture and ancient beliefs to intrigue the curious, though each is but a suggestion followed until a time for questioning evolved understanding and usefulness.

February however does make sense as a month to purify, as January appears to be somewhat sluggish, moving slowly at the tale end of the gala of celebrations of the year prior and finally resting after its triumphant entrance into the year ahead. In some years it wakes up gently by about the third week and in other years it rushes forth only to have to step back a bit before month's end to reevaluate. It is our sincere human condition that relates in this way to time and its passage, finding a way to make meaning and metaphor out of what naturally progresses whether we are ready or not.

However we enter February, let our path on this day purify and remove the unnecessary prior to our walk so that it is fully vested in our momentary experience. Let it be full of heart and affairs of relationships and finally allow ourselves the mindfulness of urgency as the shortness of this month prevails and reminds that our walk will end whether we put meaning in it or not. Today the labyrinth can be a metaphor for life. We can dive in, enjoy and bask in the time granted, considering with delicious intent this day and perhaps ideals for the remaining days of February.



The Triangle



As this is a month somewhat dedicated to the heart of the matter, I found it interesting to be engaged in a conversation with a group regarding math and symbols recently. One of our directors pointed out that the heart stems from the inverted triangle and is a dedication from religious faith as a sacred heart symbolizing the lord's love. It was also noted as a symbol of truth and an element of the divine feminine as well as an alchemical symbol for water

illustrating the downward flow by other contributors.

One of our members shared that it helps to get to the point and is widely called the inverted pyramid and used as a way to narrow the focus of writing for journalism students. There is much to this symbol both in equation, history and cultural appreciation. It is a good way to look at the complexity of the heart and as this month is so rich with heart shaped labyrinths, it might be a way to realize the complexity of the heart stems from all of this attached meaning.



As you explore the labyrinth of the heart and perhaps matters of your own, be reminded of the simplicity of the heart as a symbol for truth. May you walk your way through the month finding the truth of what lies in your own heart. I am reminded that in the heart of the matter regarding anything, is typically what matters to the heart. Enjoy the reminders in every step this month.

Images: The Glass Labyrinth at Atkins Museum in Kansas City, MO, The Labyrinth on the Beach

Regarding Facebook



Thank you to the very few who responded and of those, the offerings to assist. I am most appreciative. I am surprised however at the very low response, as it only took a click on the page being read last month to respond.

I will consider it this month and respond back with my own yay or nay this month. If you did not have time to read the news last month, and wish to respond this month.

Feel free here with a response to create a 365 Club Private Facebook page for sharing and caring or a nay. This is just another way to make more out of your walk, 365 Club

membership and a new way to grow. It's kind of new to me too, but hey... I'm just not done yet. [YES... Let's do it.](#) [Yes, and I want to help.](#)

Dynamic Meditation

I've had opportunities recently to bring the labyrinth in for recess time in a school system. If the temperature falls below 25 degrees, children stay indoors for recess break and I have a revolving period of three groups that get to use the labyrinth for a 20 minute period. It is perfect for short attentions and it is interesting in chaos of the other noises in the gym that a focus is found and held.



Recently I have been offering meditations for aiding breath as it can really make the walk more dynamic when such a short time is afforded. Many children can sit still, though this is a time of busy people and a labyrinth walk is a great way to focus and follow as it centers and calms. It is wonderful to watch the conscious way that each child finds their own unique space on the labyrinth and how quickly a respect for others builds. The initial breath work instruction has made all the difference in utilizing the 20 minutes more effectively and efficiently.

If you work with children or schools, what are your tips, techniques and trade secrets that make more out of the experience?

Image: kids on labyrinth Calvary Catholic School (our kids could not be photographed)

Just for Today



There are many in our group that do walk the labyrinth each day and there are plenty that do not. Our group is an opportunity to encourage the daily walk as it is something that when done, is like an old friend that looks forward to our daily time together. It teaches me about what my word means and about what I choose to commit to. It tells me how to notice when the commitment I make is following another's purpose and dream, and where and when it aligns to

find purpose and intention in my own life. I really know now when it is not.

This daily walk is like a conversation of the heart and is the one place I know will always be there when I am ready. It teaches me about expectation because it has none of me and when I let go of that, I notice my world becomes more abundant and prosperous. I find when I find time to spend time with this walk, I learn to be in step with the person in it and how to love that person more fully in those short moments more each day. In this way I know I am in love each day.

So just for today, I say, I will take that walk. Being the month of only 28 days, perhaps just for this day, you may too. What have you learned to do in your walk?

Image: Les Nouvelles Spa, South Africa

Please share...



This news would be so much better if it knew what you were up to. What you have created and how the walks you have taken and those you have shared with benefit others.

One thing I have learned is that when we click reply and share a few minutes of our time, it has the amazing ability to touch someone else who is in the same shoes, wants to learn or just wants to have someone listen.

Really join the club this year, [click and share](#)...I'm listening.

Lynda Tourloukis
365 Club Chair, Labyrinth Society

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