

Dear Subscriber,

12/03/2015

Welcome July



Welcome all to the hot and happy middle of the year as we celebrate the month of July in its steps from the first to the thirty first. With our US independence on July fourth, we are reminded of the freedoms and independence in our country to be grateful for and to honor the efforts of our fore fathers and mothers who endeavored to keep freedom with democracy the all important focus.

Let it also be a marker of the halfway point in the year as July first is the 182nd day and at noon arrives to become our mid point in the year of 2015. It is a good

time to celebrate the wins we have made so far and to also dig down to deepen the coming half of the year more purposefully or passionately as we walk into the second half. What a gift of a reminder to sit in the middle and reflect on what has been and at the same time to get in touch with our future.

Ideas for daily walking

I've just done a daily practice so long that it is part of my expected state of being to walk. What makes it not so routine and ordinary is the "how" I walk as I choose to simply let the message and metaphor find its way into my daily existence and it does. There have been some times however when I have forgotten myself in the fully compacted days, and am only reminded as I lay my head down



to go to sleep that I have missed the creative flow of the day. So what I did was to draw a labyrinth design on a pillowcase on my bed to walk in reflection of the day before sleeping and it became a way to simply add gratitude.

What easy methods do you have to remind or appreciate your practice and dedication?



When there is a problem looming, the labyrinth is a natural application. As practitioners I find it amusing to realize that we often use our tools on others and forget to use them on the most significant person in our life, ourselves. There was a time I remember when brought into an organization to help a team work more efficiently to orient solutions. I laughed when I realized they had a labyrinth near the conference room and no one thought to walk as a group or independently first. I am grateful for that experience as it reminded me how easy it is for us all to simply overlook

what we have at our disposal.

Photo Credits: @TheiryLong

How do you use the labyrinth personally so that you can use it professionally or purposefully with others?

There is also a method I developed for coaching of taking a situation where there are so many factors going on that it is hard to discern the questions, let alone discover an answer. I've simply had clients write down all the factors, issues and thoughts spread across a piece of paper in random ways so that the page looks like graffiti when they re done laying it out. Then with a wide marker draw a labyrinth over the words and covering the page. Then they finger walk and the discussions that follow become quite insightful.



Global Happy Response



As there is a Global Healing Response system for labyrinths in our society, what about using the labyrinth in a preventive way to create ideas for preventing the need for having to heal. Can we get some feedback as to global ideas that might help us to individually and collectively walk towards a better world. Instead of rushing to the crisis can we instead put our focus on not simply prevention of the crisis, promotion of the well being? What could we create as a group that might be seen as the reminder for wellbeing, wonder and world worthiness? Where do we want our focus to be?

Moon Walking

Were you aware that this month there are two full moons? The first opens and welcomes the month on July 1st and the second closes the month on July 31st. This occurrence of a second fully moon happens every 2.7 years and is called a Blue Moon. For all those who hold a walk at the full moon, this is like having a chance to be more mindful.



I wonder how many might make a shift to walk with the moon each night this month noting any similarity in the progression of the cycle with their own process and progress.

Music of the Labyrinth



Artisans can be moved by the depth of the labyrinth's message. They often find it compels something within to deliver a message through their particular creative outlet. From the simple poems and ideas that inspire us all to the highly creative works that emanate from the artistically soulful, the labyrinth can be a muse. Many of us are aware that Sting created an album about the labyrinth, so moved by the message. Our own society member Judith Tripp created an album years before that celebrating the serenity with her flute and natural sounds. Recently I came across another individual, Celia

Farran, who sings powerfully about her first experience and thought you would [enjoy a listen](#).

Could we make a list of the songs of the labyrinth and share it?

So what's up with you?

What's news or a helpful share that adds to our collective? From a new or unique labyrinth to a simple expression, your contributions are very much appreciated!

Reach out and support me by adding your thoughts and ideas, I do want to hear them.





I wish all steps of surrender to your daily practice. It is a worthwhile feeling to embrace, as to give into the moment we create is to truly appreciate the skills, talents and abilities we each possess, even if only for a short time. I find it a moment to be in step with my truth and not one I feel at all compelled to share with anyone else. It is my moment(s) to be completely and fully with myself and the best description we might have of dynamic meditation... fully in the moment.

May we all find reason to celebrate this month and may we more fully appreciate the gift that is our membership in the 365 Club together.

*Lynda Tourloukis
365 Club Chair, Labyrinth Society
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