

*"The labyrinth is an archetype of transformation.*

*Its transcendent nature knows no boundaries, crossing time and cultures with ease.*

*The labyrinth serves as a bridge from the mundane to the divine. It serves us well."*

*Kimberly Lowelle  
Saward, Ph.D., TLS President*



Contents	Page
Parliament of the World's Religions in Melbourne 2009	2
Help us to create a permanent labyrinth in a park in Melbourne?	3
A virtual Labyrinth Walk Poem Silence by Nadiene Eaton	3
Designing a garden labyrinth for the Australian Landscape	4
The Labyrinth at the O'Brien Centre and Labyrinth inspired creativity	4/5
Kids on the Path - Schools Manual and DVD	5
San Francisco Chronicle "The Peaceful Path" an Interview with Lauren Artress	5
Writing for insight & well-being	6
Lauren Artress visit to Augustine Centre Hawthorn Victoria in March 2008.	6
Facilitated Labyrinth Walks Augustine Centre Hawthorn	6
Using a multi purpose room to create a labyrinth e.g. RMIT	7
Returning to the Well of Celtic Wisdom. Augustine Centre	7
World Wide Labyrinth Locator Is your Labyrinth Lister yet?	7
Chapel on Station Gallery Featured a Labyrinth Activity	8
Facilitated Labyrinth Walks Uniting Church Port Melbourne	8
ABC Radio Discussion with Jeff Trahair and Cedar Prest	8
Your Feedback	8



### **History - Parliament of the World's Religions.**

The Council for a Parliament of the World's Religions (CPWR) officially dates from 1988 when two monks from the Vivekananda Vedanta Society of Chicago suggested organizing a centennial celebration of the 1893 World's Parliament of Religions, held in Chicago in conjunction with the Columbian Exposition. The 1893 Parliament had marked the first formal gathering of representatives of eastern and western spiritual traditions. Today it is recognized as the occasion of the birth of formal interreligious dialogue worldwide.

**The Mission** the Council for a Parliament of the World's Religions is to cultivate harmony among the world's religious and spiritual communities and foster their engagement with the world and its other guiding institutions in order to achieve a peaceful, just, and sustainable world.

### **The Vision**

- The Earth and all life are cherished, protected, healed and restored
- Religious and cultural fears and hatreds are replaced with understanding and respect
- People everywhere come to know and care for their neighbors
- The richness of human and religious diversity is woven into the fabric of communal, civil, societal and global life
- The world's most powerful and influential institutions move beyond narrow self-interest to realize the common good
- Religious and spiritual communities live in harmony and contribute to a better world from their riches of wisdom and compassion
- All people commit to living out their highest values and aspirations

### **Melbourne to host the 2009 Parliament in December 2009.**

A multi-religious, multi-lingual, and multicultural city, Melbourne is an ideal place to hold the world's largest inter-religious gathering. It is estimated that between 8000 and 12,000 people will attend this event. For more information about the Parliament click the following link <http://www.cpwr.org>

Culturally vibrant, Melbourne and Victoria are home to indigenous and aboriginal spiritualities, as well as diverse world religious and spiritual traditions, including Baha'i, Buddhist, Christian, Jain, Jewish, Hindu, Muslim, Sikh, and Zoroastrian. Since September 11, 2001, Australia has committed to further an inter-religious and multicultural social agenda.



Within Australia, aboriginal reconciliation issues are pressing. The Parliament provides the opportunity to engage these issues within a larger context. Those gathered will have the opportunity to explore new approaches to aboriginal reconciliation through dialogue with indigenous peoples from other countries. Participants will also have the opportunity to explore the themes of sustainability and global climate change through the lens of indigenous spirituality.

### **The Parliament held in Barcelona in July 2004 included two labyrinth activities.**

- walking the labyrinth as a spiritual practice
- walking the labyrinth as a pathway to peace

## **A labyrinth as a lasting tribute to the Melbourne Parliament of the World's Religions.**

The Australian and International Communities have been invited to develop a proposal for a labyrinth to be included in the Parliament of the World's Religions. The labyrinth's multi cultural appeal across the World provides a very simple way for ongoing cross cultural and inter-religious experiences. Submissions for projects will be made online in February 2008. It is important, with the selection made in Chicago, that our proposal stands out as it addresses the Parliament's mission and vision



Robert Whalley, Community Organiser for Melbourne, has met with Australian Labyrinth Society members, Lorraine and Geoff Rodda to discuss the proposal for a labyrinth, hopefully permanent, to be created in a park setting. Stone Tablets around the labyrinth could display the various religious symbols. In addition temporary labyrinths could be created to depict the many styles that have appeared around the world. The proposal's development, would include dialogue and collaboration with indigenous people to :-

- find ways to highlight their spiritual connection with the land.
- showcase healing and drought tolerant native plants.
- explore ways to depict the six seasonal changes of the year.

**This is a very exciting opportunity so lets make it count. Do become involved in the working party to develop the proposal. Contact Lorraine phone 56785638 or email. [lgrodda@primus.com.au](mailto:lgrodda@primus.com.au)**

## **Walk the Virtual Labyrinth - by clicking the link below.**



<http://labyrinth.kics.bc.ca/virtuallabyrinthwalk.htm>

The following poem maybe a useful way for you to approach your labyrinth walk...

### **Enter the Silence**

The Star was in the East  
And from the East the sun still rises,  
So too the entrance to the Path.  
The East, both the beginning and the end is there.

A metaphor for life,  
The Labyrinth lies coiled ahead.  
The path winds forth, closer and not.  
The traveler moves forward with inquisitive ease.

As the route winds onward,  
The experience begins to change.  
Intention and faith are needed,  
For now the journey is not as it once seemed.

The Centre is reached,  
The resting haven gained at last.  
For troubles have faded away  
As Entrance to the Silence has been obtained.

As the traveler walks on,  
The experience changes again;  
To whispers of Truth now and then,  
To an even lighter step and a clearer mind.

The Star was in the East  
And from the East the sun still rises;  
So too the exit from this path.  
You See - the end is also a new beginning.  
Nadiene Eaton  
May 29,2004

Copywrite

## **Labyrinth Link Australia - A Network by Cedar Prest's labyrinth design for the Australian landscape.**

A labyrinth for Clare in South Australia has been designed by Cedar Prest. It is a huge - 30 metres in diameter and 7 circuit Labyrinth. The pathways are 1.3m wide and are divided by 700 planter beds of drought proof Australian natives. A range of colours -russett, yellows greens and green greys. An exciting project on a slightly sloped natural hill with gums and an energy vortex as a bonus! Maybe we could have a group trip to South Australia to walk this wonderful labyrinth when it is completed. Cedar thank you for sharing with us this wonderful garden labyrinth.



To contact Cedar click the following link  
<http://www.labyrinthlinkaustralia.org/join.htm>

## **Hand Painted Labyrinth at the O'Brien Centre by Susie Hillenbrand and friends.**

Last year my sister, a friend and I have painted a very large labyrinth at the O'Brien Centre, which is a place where people with mental illness meet once a week. There is always at least a few people who walk the labyrinth every week, which is great.



## **Creativity at the O'Brien Centre**

**A computer created labyrinths sketch was supplied by Susie Hillenbrand.**

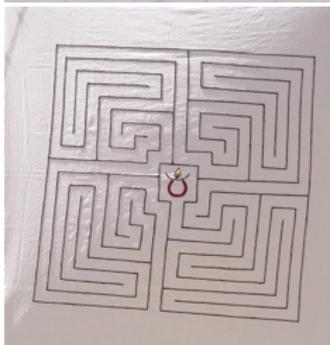
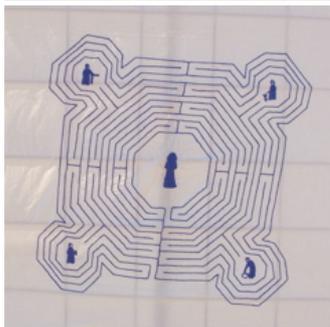


Susie writes that she belongs to a group of people who were discussing radionics and made friends with some of them and we extended our discussions to the healing modalities we were practicing Labyrinth Walking, Reiki, Reconnections, Quantum Touch. I introduced them to the Chartres Labyrinth, and [www.geomancy.org](http://www.geomancy.org) to look at labyrinths, and Tresea was inspired to design what was to become the heart labyrinth. There is a labyrinth co-designed with a friend - we drew it using paint.ex

**Susie Hillenbrand's beautiful needlework illustrating a range of labyrinth designs and talent.**



Susie beautiful needlework contd



Kids on the Path



All you need to know to bring the Labyrinth Program to a school. Detailed steps for creating a schools labyrinth program.

**School Labyrinth Guide**  
Manual - steps to create a labyrinth program.  
32 pages of Lesson Plans and Classroom Ideas  
Construction Workbook – “How To Guide”

and

**DVD**  
Photo history of labyrinths, introduction to school labyrinths and brief description of the steps to create a school labyrinth program.

Costs \$US 25 plus \$US 10 Postage

Email Order [margemcc@newmexico.com](mailto:margemcc@newmexico.com)

**The Peaceful Path.** In troubled times, more people turn to labyrinths to walk their worries away.

Article in the San Francisco Chronicle. on the 28 February 2003 by Heather Knight.

This beautifully descriptive interview with Lauren Artress describes the variety of places where a labyrinth is used and the way walking it helps people to find peace and a new direction. The article covers walking the labyrinth in prisons, hospitals, schools, churches and the arts community. It is well worth a read.

<http://www.sfgate.com/cgi-bin/article.cgi?file=/chronicle/archive/2003/02/28/WB186673.DTL>

# Labyrinths Matter - Newsletter

Edition Three October 2007

Australian Region of The Labyrinths Society, Inc.

## Writing for Insight and Well-Being.

By Sam Quick, Ph.D., Extension Specialist in Human Development and Family Relations, and Peter Hesseldenz, M.A., Dept of Family Studies Staff Associate, Dept of Family Studies, College of Human Environmental Sciences

You probably never imagined, however, that writing could help you physically as well. It can and we're not just talking about exercising your fingers and wrist. Researchers have found that doing a certain kind of writing about painful personal experiences can actually improve your physical health. James W. Pennebaker, professor of psychology at the University of Texas, conducted a series of experiments, chronicled in his book, *Opening Up*, which show that people are healthier and have improved moods and outlooks when they confront traumatic experiences by writing about them.

Our bodies, the findings seem to say, have a need for expression. When we don't have an outlet, whether it be good friends we can confide in or a journal that we write in, bottled-up emotions will manifest themselves as health problems. A weakened immune system often results, leaving the body open to all sorts of troubles. If you can jot down a grocery list, you are ready to write for wellness. Polished writing skills, although helpful, are definitely not required. You will find that writing about your experiences can be fun as well as educational and fulfilling.

Keeping a journal also stimulates insight, aids problem solving, and promotes emotional well-being. Dr. Pennebaker's studies centered on cases of great trauma death, abuse, rape, illness, and separation. He found people who had never talked about their ordeals or had talked about them very little. He had half of the participants in his experiments write about their most traumatic experiences in an honest and revealing way. The other half wrote about trivial subjects. He then charted the health of the subjects over an extended period of time. The ones who wrote about their traumas were healthier. This basic experiment was repeated in a number of different variations over a 10-year period, and each time the results were essentially the same. Dr. Pennebaker concluded that writing helps us to understand, organize, and process the complicated circumstances and emotions that surround the challenges of life.

## Lauren Artress visit to Australia in March 2008

Lauren Artress will be visiting Australia sometime in the weeks before Easter 2008. The weekend is being held at the Augustine Centre in Hawthorn. It is not clear yet as to the purpose of the visit and whether there will be a Facilitators Training Course. The organisation for the visit is being arranged by Veridatis.

I will continue to follow up and will advise you when more information is known. If you are interested in doing a Facilitators Training Course with Lauren it maybe helpful to view the criteria for participation as shown on the Veridatis Website.

[www.veridatis.org/programs/training.shtml](http://www.veridatis.org/programs/training.shtml)

## Augustine Centre's a permanent Labyrinth.



A wonderful weekend filled with readings and ritual saw the creation of a seven circuit labyrinth at the Augustine Centre in Hawthorn. Blessings were placed under the labyrinth by the participants and names will be inscribed in a way that is permanent.

The labyrinth base was created with carpet off cuts and felt. The shape was formed with recycled bricks and sand in between. The material costs for the labyrinth, without the final stage of filling the gaps with lillydale toppings, the cost was approximate \$400

**Facilitated labyrinth walks** - for restoring earth, restoring self. The walks are held bi-weekly on Wednesdays between 7.30 and 8.30pm . For more details click the link below.

**Bookings: Ph 03 9819 2844 Limited places**  
<http://www.augustine.org.au/calendar.htm>

**1 December 2007 is the closing date for articles for the newsletter. ~ Happy Reading & Walking ~**

**RMIT University- The Spirituality Centre Labyrinth**



What a simple and non intrusive way to create a labyrinth in a multi purpose room. This is a three circuit Classic Cretan Labyrinth made from small strips of an adhesive tape.

**Returning to the Well of Celtic Wisdom. A Retreat Seminar with Padraign Clancy**

- The seminar offers you space for soulful reflection, imagining and celebration and a rare occasion to find your own bearings from the wisdom of ancient and contemporary Celtic wisdom & spirituality.
- Deepen your knowledge and experience of the creative threads within Celtic Christianity. Explore its emerging force in contemporary spirituality and wisdom for sustaining Self and Earth.

Date: Saturday November 17<sup>th</sup> 9.30 - 4pm  
Time: Sunday November 18<sup>th</sup> 10:00 - 6pm  
Venue: Augustine Centre,  
2 Minona St.  
Hawthorn  
Cost: \$195 and \$165 conc. Inc Lunch

Featuring: Cath Connelly Celtic Harpist & others on Sunday 18<sup>th</sup> concluding celebration

<http://www.augustine.org.au/calendar.htm>

**Welcome to the World-Wide Labyrinth Locator.**

This project is sponsored by The Labyrinth Society and Veriditas, Inc. through a generous grant from the Faith, Hope and Love Foundation. We are delighted to offer it as a service to the labyrinth community, and, indeed, to anyone whose imagination has been captured by this ancient symbol. If you feel that the World-Wide Labyrinth Locator has been helpful to you, please consider making a donation to support the work of these two non-profit organizations. Simply click on the donation button listed in the left-hand menu on every page.

We hope this locator will help you find labyrinths in your community as well as point you in interesting directions as you travel farther afield. In order for the database to grow and continue to be as complete and up-to-date as possible, we encourage you to add your labyrinth to our listings and to continue to use this database as an on-going resource.

With blessings on your journeys,  
The Rev. Dr. Lauren Artress, Founder of Veriditas  
Dr. Kimberly Lowelle Saward, President of The Labyrinth Society.

**Labyrinths in Australia - Is yours listed yet?**

Help us to make our labyrinth data base grow - creating the labyrinth as an integral part of the communities in which we live. If we dont know where they are how can we walk them.

You are invited to add your portable, permanent or temporary labyrinth to the World Wide Labyrinth Locator. Provide the details of where it is located, when it is available, contact details contact etc. If you dont know the latitude or longitude leave this blank. If you can add a photo of the labyrinth. Click the link below and your labyrinth.

There are Australian 36 labyrinths listed on the Worldwide Labyrinth Locator. That is an increase of 9 since the first edition of the newsletter in April 2007. I am sure there are many more.

<http://www.veriditas.labyrinthsociety.org/add-a-labyrinth>

## Labyrinth - Chapel on Station Gallery

A beautifully set up labyrinth walk was held at the Gallery during August 07.

To create the focus for the walk an activity was held in the Chapel. Words had been cut out and randomly placed on table. The task was to pick up the words and put these on to a piece of paper. The words and your drawings became your story that could be used for your intention to walk.

The labyrinth was not the traditional circle but more of an oblong. As you moved along the pathway there were items to guide you on your journey. These included art and sculpture. One very interesting item was a mirror at eye contact level. An opportunity for reflection!



## Labyrinth walks for connection and healing.

Do you long for more quiet in your life? A chance to enjoy a contemplative space? A labyrinth walk can provide an experience of quiet, opportunity to empty our anxiety and fears, and to be transformed through blessings of spirit and renewal. To walk the labyrinth is to make a pilgrimage, to discover something about ourselves and God. The destination is not important; the journey is! Labyrinths are not magic, though they are full of mystery, and they offer an avenue for participation in and the experience of many different levels of the mystery of life.

**Walks are facilitated by Rev. Peter Batten., community worker, creative and experiential art therapist and lover of labyrinths.**

**When** Every 2nd & 4th Thurs 7pm - 8pm  
**Where** Uniting Church Cnr Bridge & Notts St  
Port Melbourne Phone 0419 255 585

## Walking the Labyrinth - How can walking the labyrinth transform people's lives and create peace within them and towards their world?

Transcript from ABC Radio Encounter Program Sunday 12 Producer: Tony Collins  
In what way might this resurgent practice today remind us of the great French Cathedral of Chartres and its labyrinth as well as the ancient myth of the Minotaur? The labyrinth has appeared in myths, art and architecture for thousands of years. This Encounter program explores the modern practice of 'walking the labyrinth' through the lives of ordinary people who tread the path once a month in a local church hall in Adelaide.

<http://www.abc.net.au/rn/encounter/stories/2007/1/998737.htm>

## Your Feedback.

It is such a thrill for me to receive so many contributions to the newsletter; unfortunately all could not be included in this edition. There have been many expressions of joy about having a "labyrinth newsletter" and some delightful comments about its varied content. Thank you to all who have participated. e.g.

Dear Lorraine

A work colleague sent me a copy of your recent newsletter and I must say it made my heart sing. I have been in love with labyrinths for a long time and found them to be the easiest way I know to access my own wisdom effortlessly. Thank you so much for sharing such a rich and diverse range of information. I thoroughly enjoyed reading your newsletter and it has inspired me to use the labyrinth in more active ways with the staff I work with. If it is possible to be placed on your mailing list I would love to hear more. Thank you so much, happy walking! Jenni Olerhead - Pastoral Care, Peninsula Hospice

**If you have received this newsletter through a friend you are most welcome to register to have it sent to you directly. It is free of fees and membership. The purpose of the newsletter is to encourage the labyrinth to be an integral part of the communities in which we live. To join the mailing list please email. [lgrodda@primus.com.au](mailto:lgrodda@primus.com.au)**