

Labyrinths Matter - Newsletter

Australian Region of The Labyrinths Society, Inc.

Edition Five - March 2008

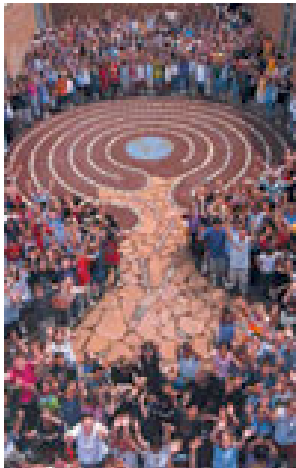
1

"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

10th Labyrinth Gathering USA	2
Labyrinth Gathering Australia	2
Update Labyrinth Facilitator Training and Workshop	2
A Gift to the Sea - Beach Labyrinth	3
Concentric circles in Bora Rings	3
Place of home, healing and didgeridoo.	4
Healing vibrations of the didgeridoo.	4
Indigenous Spiritual connect labyrinth	4
Sound Meditation with the didgeridoo.	5
Permanent Labyrinth Melbourne City	6
Video - A story of labyrinth building	7
Kids on the path at Cape Paterson	7
Links Labyrinth Resource Networks.	7

15 June 08 is closing date for articles for the newsletter. Looking forward to your contribution

Labyrinths Matter - Newsletter

Australian Region of The Labyrinths Society, Inc.

Edition Five - March 2008

2

10th Year Celebration - Labyrinth Gathering Alanta Georgia November 7 - 9 2008.

The Gathering will look back to the founding of the organization, celebrate where we have come and look to the future of the role of labyrinths in healing, peace and wholeness of ourselves, our community and the world. Prepare to be inspired as we gather to explore and share the diverse ways we use and experience the labyrinth in our global community. There will be intriguing keynote speakers, exciting individual workshops from which to choose, a fabulous vendor room for finding new labyrinth-related products, and labyrinth walking and building opportunities galore! There will also be plenty of time for networking with labyrinth enthusiasts, vendors and builders.

http://www.labyrinthociety.org/html/annual_gathering.phtml

Inaugural Labyrinth Gathering in Australia.

Rev. Libby Delbridge of the Anglican Church in Eltham, Victoria has approached me about holding a Gathering. We are also fortunate that Libby has a person employed part time who will assist. I have applied to The Labyrinth Society for a Special Project Status for the Gathering and if approved I can then apply for a mini grant.

There will be a get together with Libby at 5.30 on Friday 7th March just before the Lauren Artress's Lecture. Please let me know if you wish to be involved so that I can contact you about the details.

Email: Lorraine_lgrodda@iprimus.com.au

- Do you have some ideas about the format and content of the Gathering and a suitable location?
- Do you consider there is a need for an ongoing body and would it model Veriditas & Labyrinth Society.
- Is it desirable or even feasible to have a single Network with affiliation with Veridatis and The Labyrinth Society?

The Labyrinth Society is in the process of strengthening its Worldwide Network and would welcome either option.

Veriditas is also strengthening its worldwide network through a program of Advanced Facilitator Training & Apprenticeships to develop a group of people around the world who will be able to teach facilitator training under the auspices of Veriditas. The options for a future structure will be raised with Lauren Artress to find out if there is a preference.

The Labyrinth Society does not have Labyrinth Society Members in South Australia, Queensland, ACT or Northern Territory so if you are considering joining this would be a good time. For information about what is involved in becoming a member of TLS or a Region Representative. You may also consider joining the Australian Labyrinth Link. Website links are on page 7.

Latest Minute Facilitator Training News!

There has been a great response to the Facilitator Training and Workshop with Lauren Artress. With about twenty people participating in the training the youthful labyrinth movement in Australia is bounding with energy. Well done everyone. Especially the Augustine Centre for making it all possible.



Special Notice:

- Augustine Centre has Lauren's book entitled "Walking a Sacred Path" it can be purchased on Friday or at the Workshop being held on the weekend of the 8/9th of March 08

15 June 08 is closing date for articles for the newsletter. Looking forward to your contribution

A Gift to the Sea - Beach Labyrinth

It wasn't a day for swimming but seven people gathered on the Back Beach San Remo, Victoria to learn the ancient art of creating Labyrinths. The simple method of dowsing with a nail and some string was incorporated to locate the Labyrinth's centre and entrance point. A length of rope with markers was used to set out the basic shape and drift wood gathered to etch out 8 concentric circles. The pattern of the pathways was complemented with decorative rocks and seaweed. About an hour later we had a beautiful seven circuit Santa Rosa Labyrinth.



Following the inaugural walk of the labyrinth its creators felt it's design, combined with the gifts from the sea, were uplifting, inspirational and energizing. Children who later ran the Labyrinth, expressed disappointment that it would be washed away with the tide, but seemed happy with an explanation that in the process of creating the Labyrinth, we gave something back to nature.

Concentric circles in Bora Rings?

A significant link to indigenous culture was made by Shane Charles when he discovered the labyrinth was made using 8 concentric circles. Shane a descendant of Yorta Yorta, Wurundjeri, Wurundjari & Benlamon Clans said "in his role as Cultural Heritage Officer for 15 years he was privileged to have seen archive footage of an initiation ceremony". He said "the labyrinth reminded him of pathways being made within Bora Rings during the ceremony. Bora Rings could be up to 40 metres wide, and depending on the Clan, the boys would create up to 10 concentric circles before they were accepted in the innermost circle of tribal elders or wise men".

Geoff Rodda and Shane Charles discussed how the ancient pattern of the labyrinth had appeared on all continents of the world but it was not known to have appeared in Australia. In light of the archived film of an initiation ceremony in a Bora Ring Shane has undertaken to speak with people in remote areas of Australia who still practice the initiation ceremony with a view to finding out more about the practice.



The contemporary use of the labyrinth is where you get in touch with the wise person within. This has a special significance when you reach the labyrinths centre. As with initiation ceremonies insights and knowledge gained on your journey to the centre are taken with you on your life's journey. Is there a link between ancient concentric circles and the labyrinth? Please share your opinion. Email lgrodda@iprimus.com.au

Place of home, healing and the didgeridoo.



Shane Charles currently lectures, at Swinburne University in Corporate Governance for remote aboriginal communities. He has a strong desire to help his people maintain their culture whilst at the same time making the most of educational, training and employment opportunities

In January 2008 10 people and Shane's family and gathered in the centre circle of the Santa Rosa Meditation Labyrinth at San Remo in Victoria; soaking up the vibrational healing sounds of the didgeridoo & absorbing insights for healing our indigenous people.

It was a very moving evening as those present began to appreciate the importance of country to our indigenous people. Shane spoke about his annual "back to country" trip home and how when returning to his spirit of place the hairs literally stood up on the back of his neck.

Shane said his people were the most studied people of the world with their remains still in many Universities and Museums across the world. It is because of the importance of place to our indigenous people that there can only be true healing and reconciliation when their remains are returned to their spirit of place. He said in contrast, non indigenous Australians might have lived in an area for 10 years and when they die they get buried there but in his culture they need to go "back to country".

Spiritual connection to the land and the labyrinth.

The inspiration to find out more about indigenous peoples spirituality came after reading a message written in the Labyrinths Reflection Journal stating that "the labyrinth was a beautiful way to bring the spirit back to our shared land". "Congratulations to the builder for his vision". Shane said he will make contact with the Uluru Community to learn more about their spiritual connection to the labyrinth and to find out if their visit to the area was part of an annual "back to country" as descendants of the Yallog Bulluk` Beek people of the Bunurong.

Healing vibrations of the didgeridoo.

Shane's childhood dream was to play the didgeridoo and he practiced on his Mum's vacuum cleaner tube. However at an early age Shane was already questioning why his people did not pass on their culture. He later learnt that the didgeridoo was only used in the northern parts of Australia and it was decorated with traditional drawings of their clan.

The healing powers of the didgeridoo with its unusual breathing technique is known to help asthmatics as it develops the capacity of the lungs. However an unexpected benefit was realised when Shane demonstrated the didgeridoo's vibrational sound as a back massage. Phyllis Garner of San Remo said that weeks later she is still feeling significant benefits and was very grateful for the experience.



Labyrinths Matter - Newsletter

Australian Region of The Labyrinths Society, Inc.

Edition Five - March 2008

5

Sound Meditation with the didgeridoo.

BALANCE is a fortnightly sound meditation facilitated by Garth Stone from ONEVIBRATION. He uses a wide range of vibrational instruments that provide a harmonic blend of earthly and heavenly tones. His vibrational delivery of sound creates a highly charged energetic environment that will open you up to the world of subtle energy and harmonic healing. Each session Garth is joined by a special guest local or interstate performer who will add a unique musical influence to the meditation experience.

Garth explains that when surrounded by the ancient sounds of the didgeridoo, your personal space becomes clear and quiet and a clarity in mind, body and soul is easily achieved. The didgeridoo is one of the most effective instruments on the planet for inducing meditation. It produces a broad range of harmonics (0-1000 hertz) that resonate to a similar frequency as the universal tone of OM and the human brain wave.

The tones produced by the didgeridoo make it possible for people who have never consciously focused on meditation and breathing techniques to reach these deep-healing states with very little effort. The sound of the didgeridoo will draw your attention to refined levels of being. The low and high frequencies of the sound simultaneously rest and enliven the nervous system resulting in an aware but relaxed state.

A prolonged performance can create a meditative 'theta' rhythmic state of consciousness for the player and listener which is allied to the Aboriginal 'dreaming' state, allowing information to be received intuitively which is normally inaccessible in the 'beta' or thinking state. In today's world, a never-ending chorus of unnatural, manmade sounds and vibrations surround us.

For more information connect to onevibration :
<http://www.onevibration.com.au/Text/1189400666108-6662/BALANCE-MEDITATIONS>

**Didgeridoo meditation session is 8th May 08 .
Entry fee is \$15.00 and no rsvp is required,
Please allow extra travel time as parking may
be limited.**

Venue: Augustine Centre 2 Minona Street in Hawthorn Melbourne, Melways Reference: 45, E11 Time is from 7:45 pm till 9:00 pm.

Note: The Augustine Centre has rooms to hire that have adjoining kitchen facilities.

http://www.augustine.org.au/rooms_available_for_hire.htm



15 June 08 is closing date for articles for the newsletter. Looking forward to your contribution

Labyrinths Matter - Newsletter

Australian Region of The Labyrinths Society, Inc.

Edition Five - March 2008

6

A proposal for a permanent Labyrinth as a lasting tribute to the Melbourne Parliament of the World's Religions December 3 - 9 2009

[Click here for more information](#)

The proposal is to create a permanent outdoor labyrinth within an drought tolerant indigenous healing garden setting in Birrarung Marr Parkland. The name Birrarung Marr is taken from the language of the Wurundjeri people, the original custodians of the land - birrarung means 'river of mists' and marr is 'beside'.

This location was selected for the labyrinth because in aboriginal history it was seen as a common ground for the members of the Kulin Nation. In keeping with this tradition, but within today's population mix, the labyrinth could be a community space for indigenous, multi-religious, and multi-cultural expression, facilitating a connection to spirit, earth, and the environment.

The next step is to consult with the Wurundjeri People and The City of Melbourne to find out if the concept is acceptable. If we get the OK to proceed I envisage it could start almost immediately; leaving us to plan the events on the labyrinth. This could include a "Welcome to Country" ceremony followed by multi religious multi cultural walks and activities.

The photo below is taken from the Federation Square end of Birrarung Marr Parkland, looking up the Yarra River and to the Federation Bells. There are totem poles, rock art and a serpent winding its way throughout the park.



The photo above shows the proposed location for the labyrinth. The area is defined with a granitic sand base, established gum trees and landscaping of native plants. The Federation Bells can be seen in the background. The view up the Yarra River does not appear in the photo but is very evident on site.

If this location was approved for a labyrinth the costs would be minimal because all the major landscaping has been completed. The additional landscaping, of native flowers, medicinal, bush tucker foods, along the pathway could link to the existing serpent and rock art area as well as surrounding the labyrinth. We envisage additional plantings and works could be carried out by either the Council, Parks and Gardens, Landcare or pro bono from a private landscaper. A temporary labyrinth in this location could be our fall back position.

If the Wurundjeri people are interested in the project there could also be an indigenous stone circle and a ceremonial ground. with Interpretive signage about indigenous culture. Other signage would outline the history and use of labyrinths across the continents of the world. Labyrinths were not known to appear in Australia. The photo below was taken of an indigenous stone circle used at Jamieson Sanctuary.



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

15 June 08 is closing date for articles for the newsletter. Looking forward to your contribution

Video Project - A story of labyrinth building.

How many times have each of us known in our hearts that if we could just get "permission" to build a labyrinth in the first place, we could raise the funds, find the volunteers, and secure the materials to make it happen?

Whether we want to build the labyrinth in a park, church, hospital, or prison, we must somehow paint the right picture so the person in charge can "see" the finished project and its benefits and ultimately say "yes" to our request. The video will be approximately 22 minutes in length and will be free to every current and future member of The Labyrinth Society. It will be available to others for a nominal fee to cover costs of duplication and postage. The goal is that **Creating the Path** will speak directly to decision makers, moving them to stand in support of your proposed labyrinth project.

http://www.labyrinthsociety.org/html/video_project.phtml

Cape Paterson Victoria - Kids on the Path



On a picture perfect beach day the State Coal Mine Rescue Station labyrinth banner was hoisted once again at the 'Day at the Cape' festival at Cape Paterson. With help from the Wonthaggi Lifesaving Club and my husband Lee (who was kept busy on maintenance duty) a 4 ring classical labyrinth was prepared. It was fantastic to have the opportunity to create a labyrinth in such a beautiful setting. The children enjoying the beach seemed drawn toward it - and in many cases energised by it! It created much curiosity and interest from passersby, many of whom stopped to read information about the labyrinth.

Links to Labyrinth Networks. This will be a regular feature of the newsletter. Please send me details of other websites of interest and I will try to accommodate them.

- **Building Labyrinths**
<http://www.labyrinth-enterprises.com/>
- **Dowsing Labyrinths**
www.geomancy.org/sacred-space/labyrinths/about-labyrinths/locating-and-building/index.html
- **Facilitating Labyrinth Walks**
<http://www.veriditas.net/>
- **Australian Labyrinth Network**
http://www.labyrinthlinkaustralia.org/about_us.htm
- **Worldwide Labyrinth Locator**
<http://www.veriditas.labyrinthsociety.org>
- **The Labyrinth Society, Inc**
<http://www.labyrinthsociety.org/>
- **Region Representative of the Labyrinth Society**
<http://www.labyrinthsociety.org/html/communications.html>
- **Membership to the Labyrinth Society**
<http://www.labyrinthsociety.org/html/membership.phtml>
- **Labyrinths Matter Newsletter**
Contact Lorraine Rodda
Australian Region Representative
The Labyrinth Society, Inc
6 Boathaven Grove
San Remo Victoria Australia 3925

Phone 613 5678 5638

Email lgrodda@iprimus.com.au