

"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*



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Contact for Newsletter Articles and mailing list.

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Mother Nature is Smiling upon us.



Dear Labyrinth Enthusiasts

As the sun goes down on 2007, and I reflect on our combined efforts, I am delighted that so much has been achieved in such a short time. There has been considerable progress in developing the labyrinth movement in Australia. If this photo is any indication mother nature has been smiling upon us. I sincerely thank you all for your interest and for the great flow of articles and support that has assured the newsletter is a quarterly publication.

The newsletter is developing as a forum for networking and sharing our journey as we incorporate the labyrinth as an integral part of the communities in which we live. It has been a wonderful journey and I thank you sincerely for your involvement & your encouragement.

Other achievements during the year include:

- 16 more labyrinths have been added to the World Wide Labyrinth Locator.
- Sioban Christian was appointed as the NSW Region Representative of the Labyrinth Society.
- Currently we have 76 people on the mailing list in Australia and 1 in New Zealand - 14 NSW 1 ACT 1 NT 4 QLD 2 SA 5 TAS 47 VIC 2 WA 1 NZ
- The Community Organiser, Robert Whalley for the Parliament of the World's Religions has invited us to prepare a proposal for a community labyrinth, as a lasting tribute the Melbourne Parliament in 2009.

- A Labyrinth Facilitators Training Course, conducted by The Rev Lauren Artress, and hosted by the Augustine Centre, will be held in Hawthorn in March 2008 Our networking will help to promote this exciting opportunity to further develop our understanding of the labyrinth and to train people to facilitate labyrinth events.
- Networking through the newsletter has assisted to make known events on the labyrinth in several centres and the Newsletter being promoted on an ABC radio program about the labyrinth movement in South Australia. This was organised by Cedar Prest & Jeff Trahair
- The Rev. Libby Delbridge from Eltham Anglican Church in Victoria has recently joined us and has indicated a desire to have our very own Australian Labyrinth Gathering. This is a fantastic opportunity for all labyrinths enthusiasts in Australia. We will keep you posted.

I wish you all a joyous celebration of Christmas in your families traditional way and a happy and healthy year ahead. Lorraine

San Remo Meditation Labyrinth: Again this year will feature in the Sun, Surf and Sand Festival, off Back Beach Road San Remo between Lions Park and the Car Park (at the rear of the Cypress trees)

The majestic presence of Cape Woolamai across the water and the large medieval design labyrinth of sand and grass have combined again this summer to offer a powerful experience of celebration and renewal.

Walking the Labyrinth with the Didgeridoo. 12th January 2008: Shane Charles of the Buluk Yelan Clan will be focussing on nature and healing from an indigenous perspective on the sacred land of the Bulluk Beek Clan of the Bunurong People.

Bookings Essential : Lorraine Phone 56785638 or email lgrodda@iprimus.com.au
\$10 per person or \$5 Concession, Children free.

Labyrinths Matter - Newsletter

Australian Region of The Labyrinth Society, Inc.

Edition Three December 2007

Program - Lauren Artress Visit March 08

- **Lecture: 4 March 08** "Walking the Talk"
Venue Wyselaskie Auditorium UCA
Centre for Theology and Ministry,
1 Morrison Close, Parkville (opp the
Melbourne Cemetery)
- **Lecture: 7 March 08:** 'The Mystical Path
of Hildegard of Bingen'
Venue: Augustine Centre
- **2 day Workshop Saturday 8 - Sunday 9
March 08:** 'Finding the grail-opening to
the Divine Imagination'
Venue: Augustine Centre

Note: Bookings for Lectures and Workshop are through the Augustine Centre. It is essential to book early as places are limited.

Bookings: Augustine Centre
2 Minona Street, Hawthorn Vic 3122
For more details and bookings click the link .

<http://www.augustine.org.au/calendar.htm>
Phone: 03 9819 2844
Email : office@augustine.org.au



The Facilitators Training Program, with Lauren Artress **Bookings:** www.veriditas.org

About the Training Program:
<http://www.veriditas.org/programs/training.shtml>

About Registration for Facilitators Training:
http://www.veriditas.org/programs/Facilitator_Application.pdf

Prerequisite: People who have not previously undertaken facilitators training course with

Lauren Artress will need to attend the Workshop at the Augustine Centre on 8-9 March 08.

- **2 day Facilitators Training Course on the 13 - 14 March 08**

Facilitating the labyrinth is a Spiritual Path . . .

The goal of the Veriditas Facilitator Training is to prepare people to introduce others to the labyrinth in an articulate, professional and effective way. The training addresses both meditative walking and ceremonial use.

It is focussed primarily on the eleven circuit Medieval Labyrinth but is inclusive of all forms. Walking the labyrinth is being embraced as a spiritual practice throughout the Western world mostly because of Veriditas trained facilitators.

This training began in 1997 and remains the most rigorous and comprehensive training offered. Some people take this two-day course to deepen their knowledge. Others take it with the goal of becoming a Veriditas Certified Labyrinth Facilitator.

Why Become a Trained Facilitator . . .

Our experience has taught us that if a person does not have a satisfying first experience, they do not easily return to walk again. Over the years a body of knowledge about labyrinths, their history and how to use them effectively has developed.

The labyrinth seems deceptively easy to introduce to others. However common mistakes have begun to appear: presenting a 'right way' to walk a labyrinth or interrupting someone's experience due to the presenter's discomfort with emotion are just two examples.

Benefit from Lauren Artress' extensive experience and knowledge, through 14 hours face to face that is behind the scenes conversation about using these powerful archetypal patterns as blue prints for transformation.

15 February 08 closing date for articles for the newsletter. ~ Happy Reading & Walking in 2008 ~



Healesville Community Labyrinth
31 October 2007 Jon Coe and Rivendell

Update - Healesville Community Labyrinth By Merran Macs, Rivendell.

There's lots of news.

Concept drawings were approved by the Tourist Railway and by the Healesville Tourist Precinct Committee's. This was required for formal acceptance of the plans by Shire of Yarra Ranges which has now been passed and it's all systems go. Go for the money that is. A feedback session was held at Rivendell the week before last, and Jon gave a power point presentation of the drawings.

Environmental considerations – the landscaping will feature a 'rain garden' aka a dry creek bed surrounding the labyrinth paving which will also provide drainage for the labyrinth and surrounding area, filtering the water to eventually provide moisture for a seasonal wetland planting in the swampy area along the main road. The rain garden and collection point will also maintain the ornamental grapes (probably) on the arbour. The grape arbour will be on the south side of the labyrinth and will provide shady seating in the summer. It is also hoped that the construction can be carbon neutral by using local and/or second hand materials wherever possible. A later stage proposes carbon offset by planting of the arboretum at the western end of the parkland.

Materials – To fully pave the labyrinth is looking too costly, but cheap options would require too much ongoing maintenance. We have been told that any sort of paving would also require a cement bed.

At the moment the trend is towards concrete with exposed aggregate, and bricks to mark the lines. We have rejected the idea of recycled tyre material that is used in playgrounds because it is expensive, and has a very short life of only 5-7 years

Artwork – We expect to create artwork for the rain garden, emulating puddles and pools of water, together with water creatures. Much of the artwork is yet to be decided, but using the Yarra Valley Arts Council mosaics on the solar gates (upright railway sleepers) and possibly tree creatures on the arbour (made of recycled railway lines) seems like a great idea.

Access for all Abilities – We have met with Access Australia, and they are writing a report which will advise all the things we need to consider to ensure that the labyrinth and surrounding area will maximize use by everyone, regardless of physical limitations, vision impairment etc. The report is being provided through the of support from Department of Human Services and the Shire.

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Where to from here?

The next steps are to do with fundraising and community awareness. A website is being discussed as it would be a focus for information about labyrinths as well as the potential for sponsorship by local businesses.

There is a display at the Healesville Library about the Community Labyrinth Project. The display is to further inform all community members and to get feedback on the plans and the project generally. Reports from the Librarians indicate that there has been lots of interest expressed in the labyrinth and the project generally.

About Rivendell: This is a service offering support to people with a psychiatric disability in Healesville by providing individual help for people to achieve their personal goals and maximise their potential for mental health.

http://www.each.com.au/services/community_rivendell.asp

Double Finger Labyrinth - A creation of Peaceful Endeavours : Give yourself a treat - taking "time in" for you in your daily schedule.



This double handed labyrinth is designed to use both hands. As you trace the pattern with your fingers notice if you are progressing at the same rate with each hand.

- Take a moment to relax and to focus on the intent of your walk
- Place your fingers at the starting point.
- Close your eyes and proceed through the pattern, using a moderate touch and rate of speed while in a state of quiet reflection.
- At the goal or centre, take a moment to relax and reflect before again returning to the starting point.

Suggested Reflections - It is thought it best to use a single reflection or request per walk

- Balance energy patterns
- Request insights directed toward problem solving
- Seek clarity of thought
- Meditate and/or reduce stress
- Attune to a particular area of interest - going into the a labyrinth is symbolic of releasing and letting go of one's "personal baggage", one eventually reaches a place of emptiness - the goal. It is here that one can reflect on the past, recognise the need for change and bolster oneself for correction.
- This pause in the goal could be likened to the brief space between an exhale and an inhale. It is a place of balance, a place of change and a place to begin a new cycle of life. By exiting the labyrinth heads one towards the completion of the life cycle by opening oneself (in reverse order), to renewal Keep in mind that the left brain (logic) controls the right hand, and the right hand (creative) controls the left hand brain.
- If one finger reaches a turn before the other, then it's the opposite side of the brain which is dominant on that path. When "walked" in a meditative state of mind with eyes closed it is then possible to "read" oneself in an unconscious, unegotistical way, or you may have a trusted friend read for you.

To learn more about the double finger labyrinth contact Virginia though the link below

<http://www.peacefulendeavours.com/products.htm>

