



# The Spirit of Veriditas, Voices From the Labyrinth

Spring 2009

A Veriditas Publication: Voice of the Labyrinth Movement

## Tails of Spirit: Animal Friends On The Path

**A**nimals and labyrinths! What a delightful theme for this issue. It taps into a vein of interest because, with labyrinths, we are working with ancient archetypal forms and energies. Animals, as well as humans, seem attracted to these ancient patterns.

I recall a story that comes from a church in Summit, New Jersey, although I don't remember who told it to me. A group of women gathered at the church to paint the Eleven Circuit Medieval Labyrinth that they had worked hard to draw days before. Before they began to paint, they had an Episcopal priest, who is a colleague of mine, give a presentation on the Roman Goddess Diana (known as Artemis in

Greek). Diana was the goddess of the hunt and was associated with wild animals.

Once, as the myth goes, she was hunted herself. To remove herself from danger she turned into a deer to escape.

At the end of their myth study, they readied the paint and began to paint the labyrinth. Soon they heard an unusual clatter in the stairs leading to the parish hall where they were painting. Low and behold, it was a frightened wild deer! It came into the parish hall, and in its confusion, stepped into the paint and ran across the edge of the labyrinth to the exit on the opposite side. The women, as surprised as the deer,

gently guided it up the stairs and back outside. Relieved, they came back in to discover and admire the deer's footwork, captured in the paint on the labyrinth.

Of course, they preserved the tracks and I've even seen a photo! Perhaps this is a lesson reminding us that we draw to us what we focus on. May we have a joyous creative, Spring.

As I write this, we are beginning a new chapter in the life of Veriditas. We have recently moved to the IONS (Institute of Noetic Sciences) retreat center. Keep track of new developments since we now have a center to work from.

Blessings on the Path,



Lauren Artress

## Veriditas/Marion Woodman Affiliated Workshops



### **Sacred Path, Sacred Body: Combining BodySoul Rhythms with the Labyrinth April 17 - 19, 2009**

Psycho-spiritual maturation does not occur in a linear direction, but rather in an invisible spiral pattern. Through poetry, storytelling and dream sharing we will open our minds and hearts to the transformative process. Embodying our dream images and walking the labyrinth we will explore the sensory nature of the inner spiral. Through focusing on our moment-to-moment experience, we may uncover the soul's capacity for creating and transforming images, giving rise to our inner longing for authentic self-expression. The process enlivens us and reveals the next step on our life's journey.

Instructors: Lauren Artress and Mary Hamilton  
April 17 - 19, 2009 (Starts 7:00 PM Friday, ends 4:30 PM Sunday)  
Cost: \$250.00 per person  
Location: First-St. Andrew's United Church, 350 Queens Avenue, London, Ontario, Canada  
For more information, contact [Barbara.Susan.Booth@sympatico.ca](mailto:Barbara.Susan.Booth@sympatico.ca)

# Message From Veriditas Executive Director

## by Dawn Matheny, Ph. D.

As of February 1, Veriditas moved its administrative offices to the Institute of Noetic Sciences (IONS) in the hills of Petaluma just north of Novato at 101 San Antonio Road, Petaluma, CA 94952. (IONS is a non-profit whose mission is to advance "the science of consciousness and human experience to serve individual and collective transformation".) IONS is located on 200 lovely rural acres and operates a residential retreat center. This move was driven by several factors:

1. The need to economize our overhead and partner with others given the effects of the current financial crisis on us as a small non-profit; and
2. The desire to be located in a retreat center environment that will enable us to more easily offer local on-site programming and network with other groups using the facility.

I am sitting in the new Veriditas Office while I write this. The rain is finally coming down and there is a family of deer munching in the grassy oak grove out my window. Our offices have the most exquisite views of rolling hills from each window and the land is waiting for a labyrinth or two.

Change is always stressful, but moving the office went smoothly. We were able to bring everything out of storage and gather all our canvas labyrinths in one place for easy accessibility. We've moved into two small offices with a hallway of our file cabinets. The Presidio was a lovely place for an office (though I will not miss our 3 flights of stairs with no elevator), but in our new home, the hills, the oak forests, the deer, and the land feel sacred and peaceful.

The IONS has been very welcoming of us and the computers, phones and mail are all up and working

accomplished without the help of many volunteers. Lauren and I are grateful for our team of

Cook, and Judith Tripp have done everything from hanging pictures to sorting, filling and shredding.

### *Packing and Saying Goodby to The Presidio*



*The whole crew consisted of: Lauren Artress, Dawn Matheny, Milton Woolley, Gary Petersen, Christine Petersen, Tina Margason, Jim Margason.*

fine. Perhaps it is no surprise, but IONS has had the watermark of the Chartres labyrinth on their stationery envelopes for awhile, as though anticipating our arrival. Having access to a retreat center on 200 acres with the capacity to handle over a 100 folks in residence presents exciting new possibilities for Veriditas. Watch for new programming in the year ahead.

This move could not have been

movers: JoAnn McGovern, Gary and Christine Petersen, Tina and Jim Margason and my husband, Milton Woolley, who sorted, packed and navigated the three flights of stairs numerous times. We left the heavy file cabinets and furniture to Stafford and his crew from "Sent Packing Movers". A whole host of volunteers have been assisting with the "moving in" process: Milton Woolley, Jane and Craig Wirth, Cindy Cleary, Gael Perrine, Anna

With this move, we are reorganizing how the work gets done and will no longer have a full-time office staff. Unfortunately, Roberta Sautter, who many of you have worked with through our office, will no longer be with us as the Administrator Coordinator. We want to express our sincere gratitude for her hard work as the administrative anchor of Veriditas and for her many innovations that have improved the way we work. She has made a great contribution to Veriditas over the past four years. She will continue to do contract work remotely for us.

Ed Pryle, our bookkeeper, will also be leaving us since the commute from San Francisco is not a practical one. Both Roberta and Ed have been wonderful in helping Veriditas through this transition. We hope to bring on part-time staff later in the Spring.

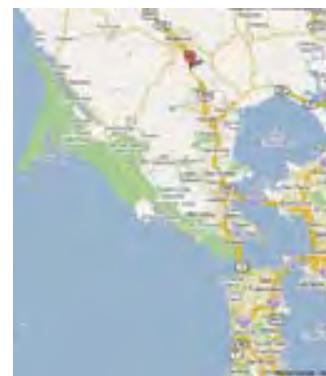
Many blessings to you in these times of change,

*Dawn*



*Dawn Matheny, Ph.D.  
Veriditas Executive Director  
email: dawn@veriditas.org*

## Hello to Our New Home at IONS in Petaluma, CA



<http://maps.google.com/maps>

Please make a note of our new contact information:

Veriditas  
101 San Antonio Road  
Petaluma, CA 94952

Tel: 707 283-0373  
Fax: 707 283-0372

### *Reception at Grace Cathedral honoring both Roberta Sautter and Ed Pryle, by Tina Margason*

On Friday evening, February 13, 2009, Veriditas and the Grace Labyrinth Guild held a joint reception to honor the contributions of both Roberta Sautter and Ed Pryle to the organization, functioning and vision of Veriditas. Ed has kept the books clear, allowing us to know at all times our financial status, which is so important to the Board and to the success of the organization. Roberta has been our link to the modern technological world, and has been the “voice” of Veriditas on the many phone calls that the office receives. We are appreciative they can come and help us during this time of transition, and are grateful they have shared their time and talents with Veriditas. We wish them both success in their next efforts and will miss them on our team.

### *Traffic Jam at New Veriditas Head Quarters by Maia Scott*

At the party for departing employees Ed and Roberta at Grace Cathedral on Friday, February 13, Executive Director Dawn Matheny sheepishly explained how she couldn't get into

Veriditas' new home base in Petaluma to pick up supplies for the event. The retreat center is a mile and a half up a country road. In the heavy rain that afternoon, IONS brought in a bit of extra help to trim the grass on the acreage. “You see,” Dawn explained to celebrants having dinner, “This truck opened its hatch and unloaded hundreds of sheep and they bounded out into the field going all directions. It was a joy to watch, but the truck got stuck in the mud making the driveway up the hill impassable.” She waited around for a while, but you can't fight gridlock, mud, or rain. Leave it to a Veriditas visionary to supply the masses with a wonderfully ba-a-a-a-ad excuse for not making it into the office. She came up with an alternate plan for the event supplies and made it to Grace on time along with many others who, in the rain, flocked together for this warm and wonderful event.



*Reception composite photos of Lauren Artress, Dawn Matheny, Roberta Sautter, Ed Pryle, and Tina Margason*

*Photo Credits Tina Margason & Maia Scott*

# Paws On The Path

## Big Dogma from a Little Golden

(ghost written for Tessa) by Maia Scott

As a guide dog, I was taught to walk in straight lines “Forward” to stop when there’s something to bump into or fall off. So, when we went the first time to Grace Cathedral where humans converged to walk in circles, I was a bit befuddled. Dutifully, I tried to show my new partner that we could reach the middle in one easy straight shot. A little embarrassed, she took my leash and kept about her winding walk. As I walked along side, I wondered, “Is this an immense stretch of healing practice?... Or rather a practice for a stretch of immense healing?”

I already felt the synergy of moving side by side with my partner Maia and soon she opened my eyes to the harmony of moving gently amidst a welcoming collective. After Grace we visited other circles near home and ventured into further territories from Our Lady of Chartres to the our great Mother Nature. On these journeys, I discovered a lot about humankind as I tapped into my own deep-set Dogma.



Tessa running in outdoor labyrinth at Far Horizons Camp of the Theosophical Society in the King Canyon, California. Photo by Maia Scott

Walk in Circle for Peace: I do this every time before I take a rest. I turn around usually three times before settling into a state of quietude to dream or simply observe. I realized humans have a similar practice though the process takes up a lot more space as they circle seven to eleven times before settling into peace. Curiously, walking in circles in community multiplies the peace and wellbeing of the whole pack. So these circles can grow like trees?

Be at the Center of Everything. The most incredible place to let go, besides the bed, is in the center of the Circle. I can't put my nose on it, the energy is deeper, fuller, brighter... And the humans who enter it are changed too. I've gone to my human when her energy shifted. It's a safe place to “Be real”. With the world whirling by, I revel in these moments to paws in the center's stillness.

Journey in Joyous Abandon: I see humans walk on the Big Circles going pretty slow while others stray,



© Cindy A. Pavlinac/ Sacred-Land-Photography.com

dance or play. My full body joy can be subtle or vivid. As a guide dog, I am often with my partner boasting a dignified prance. Since there's no wrong way to walk, I needn't hide that I have run them free with my paws only touching the ground when they had to. (If you go to empty places where dogs run free, you might just find a labyrinth.)

Be Love Embodied: No doubt, the Big Circles attract special humans who are drawn from far and wide. As they walk together, they let their love flow freely around them to intermingle with others' love. How come they put it all away when they leave the Big Circle places? Are they afraid others who don't have as much love will take it away? I don't know how to hide the love space around me. Maybe that's a good thing.

Feel Deeply: When we are in the Big Circle, something falls away and everyone knows who needs to be touched or acknowledged and who needs a little extra space. A look in the eyes, a subtle gesture, and oh a breath says so much so clearly. So, humans breathe deeply to understand things as well? I breathe in to understand what's outside me while the humans breathe out as they come to understand what's within.

Reaching deep, we all have common scents.

My life is a lot like these Big Circles. Even when I walk with my human in straight lines, we seem to come back around to a parallel place. Yes, even walking the straight and narrow as a seasoned guide dog, I've learned it's all about the circles. They're in the wag of the tail and in the sweeping glance. Our turns are not angular but soft and round. We move to the collective heart rhythm of the Big Circles in a sort of intuitive Paw de Deux of one with sight and one with vision.

*Tessa works as a guide for a blind person, helping her travel safely between her three jobs and other happenings in San Francisco and beyond. When Tessa is not working, she divides her time between playing the shameless flirt laying upside down with something in her mouth and pondering the meaning of life in deep meditation upside down with something in her mouth. Tessa is a golden retriever who lives in the light of love.*



# *Little Miracles on the Path*

by Linda Mikell

When we are planning an event for our labyrinths we are always wondering if people will come. How many will show up? Will we be sitting there alone, with the candles lit and the music playing? The following “Little Miracles” story speaks to this common worry. In this case, Canadian Geese telegraphed the message to facilitator Nancy Franz. She sent me this story in 2004 during the first year of “Little Miracles on the Path.” It is in our archives. Please send me a story when you have one so that we may be connected in this very special way.

Blessings,

Linda Mikell, [edlinmik@optonline.net](mailto:edlinmik@optonline.net)

## Feathered Message

I went to the facilitator training to learn more about leading larger labyrinth walks. I had a very strong feeling that there was a community of people who would benefit from my labyrinth, but I did not know exactly what that meant to my work. Upon returning home, I sat down at my computer and began writing invitations for the next full moon labyrinth walk. I ended the invitations with the words “Space is limited so please reserve a space.” As I typed those words, I felt this immediate urge to go out into my pasture and walk the labyrinth. I have learned to listen carefully to such urges. With one foot inside the labyrinth, I suddenly heard a very loud flock of Canadian Geese. I looked up to see a large “V” flying over head. Instead of flying on by, they made a U-turn and landed not far from where I was standing. On the ground, their calls



*Photo Credit, Dee Cyboron - [www.zookingdoms.com](http://www.zookingdoms.com)*

became louder. Soon, another large “V” flew over head, made a U-turn and landed in the same spot. Their calls became louder, and even more geese came. For about fifteen minutes, geese came from every direction, making U-turns and landing in response to the calls of the geese on the ground. It was like watching a

movie and I got the message very clearly:

Do not worry so much about the numbers.

Let the labyrinth call the people here who need it.

Let those folks call to others.

Just as I received this clarity all the geese took off at once in a tremendous flurry. Grateful for the lesson, I returned to my computer and deleted the line beginning, “Space is limited.” More people came to that moon walk than ever before. It was a wonderful evening.

Warmly,

Nancy Franz

[nfranz@h2net.net](mailto:nfranz@h2net.net)

# Canine Gift From the Universe by Lynda Sue Marks-Guarnieri

Verloren is a Sheltie Mix, who is high energy. She came into my life as a pure gift from the universe about seven years ago. Verloren is a German word which means “lost”. It is where we get the word “forlorn”. But my girl is definitely not forlorn.

Verloren was the first word out of my mouth when I finally saw her come out of her hiding place under my deck. She had been there for four nights in a row howling. I was unsure whether she was protecting herself from predators or howling for help.

A year or so later, she was hit by a car and her spine was literally patched back together. Her left back hip had the ball crushed, but after the injured part was removed, it eventually healed. Her right back hip had six pins put in it. I call her my “million dollar” dog.

Now Verloren runs and plays without a shadow of any

tragedy. She has totally changed my life. She accompanied me on an 8800 mile trip across the United States and up into Canada. Together, we traveled the Canadian



Trans-continental highway, dropped down into Montana and Washington State, before finally returning to our home in California.

Last summer, while we were house-sitting in Glenwood, New Mexico, I was helping Cordelia Rose weed

out her labyrinths in preparation for her annual Labyrinth Day. Verloren (pronounced “Fair-loren”) was not on a leash. I turned around to see her walking through the

labyrinth. I quickly grabbed my camera as she came to a rest in the center of the interlocking spiral labyrinth known as “Two Stones Kneeling.”

(Editor’s note: Ms. Rose adds that in this picture, Verloren’s hips

are aligned with the center of the labyrinth to correspond with Sirius’s rising on January 1st. Sirius, known as “the dog star”, happens to be the brightest of all the stars in the night sky.)

*Lynda Sue’s bio along with Verloren’s: I always go by my first name which is Lynda Sue. As a professional musician for the Long Beach Symphony Orchestra, I always felt like I was living out of my suitcase, but Verloren changed my life. With her presence, I felt I was finally living at home. She is a musician along with me: when I practice, she sits and purses her lips together and howls higher notes than I sing. Verloren has volunteered her friendship at convalescent homes as well as children’s homes. On walks, she really does stop to smell the flowers, and has taught me so much about listening and the simple beauty of “just being”.*

## Cat-centric Circles by Marjorie Partch

When I was creating a small children’s labyrinth on a king-size sheet with a friend in her living room, she screeched on the phone to me that her cat had decided to follow the path, rather than walking across the whole design. The cat started to walk across the sheet to her destination, a favorite chair, but stopped

and changed her mind, clearly making the choice to follow the path around the long way.

The older I get, the more mysterious Life becomes ~ especially animals, and our relationships. It’s really a very mysterious thing, the way they bond with us. And I agree, teach us and heal us.

If only they could tell us what THEY make of US, and our mysterious activities, such as labyrinths.”

*Marjorie Partch has walked labyrinths since 1995, and did her Facilitator Training with Lauren Artress in 2007. For the Fifth Anniversary of 9/11, Marjorie introduced the Peace Labyrinth as Interfaith Sacred Activism at her Unitarian*

*Church in Westport, CT, USA. This is about an hour north of NYC, where Marjorie grew up and lived for most of her life until 2001. In 2008, Marjorie added the Sufi-based Dances of Universal Peace to her events, bringing more diverse people together for World Peace.*



*Paw Print Labyrinth designed by Maia Scott*

# Labyrinths and Horses: A Connection of Spirits

by Robin Bradley Hansel

Cordelia Rose and her white Arabian horse, Blake, discovered the exciting possibilities of their labyrinth quite by accident. While taking a

son. The pair presented a workshop entitled "A New Category of Labyrinths for Horses (and Humans)" at The Labyrinth Society's Annual Gathering in November 2008.



Photo Credit, Marge McCarthy

short cut across one of the four, large labyrinths on her property in Glenwood, New Mexico, Cordelia became aware of the many benefits labyrinth walking could have for both horse and rider.

Ms. Rose has had a deep passion for horses since she was very young. She grew up in a family of artists, and it was while working in New York City at a design museum, that Cordelia discovered labyrinths in 2001. Shortly after that, she laid the first of her pathways at Whitewater Mesa Labyrinths.

"The labyrinth initially appealed to me purely as a design, but later, the labyrinth taught me there is much more to it than just its beauty," she explains.

Her labyrinth was originally designed by her brother, Ben Nichol-

"Syzygy" is a 60-foot diameter dirt pathway trimmed with grasses, weeds and rocks. The center of the labyrinth has been enlarged and is now big enough for a couple of horses to stand in at the same time. It has been further modified to accommodate up to three horses at a time with a larger entrance and gentler turns.

Cordelia introduces new horses to her labyrinth very gradually by either leading them in or allowing them to follow Blake. Horses that have been very tense relax as their riders learn to refine their aids and guide them in a more easily understood way. Negotiating the many turns of the labyrinth helps promote flexibility in horses before exertion. Walking the labyrinth slowly can also cool and calm the animals after a long, difficult ride.

As a yoga instructor, Cordelia is keenly aware of the importance of achieving a synchronized breath between a horse and his rider. She explains, "I lengthen my breath and then Blake will lengthen his so that there is unison between us. I notice that his ears are pricked while he walks indicating that he is happy. Also, he often licks his lips in the center which is a sign of his contentment."

Cordelia describes further the intimate relationship between rider and horse, especially while riding bareback. "There is the sense of your horse putting his footsteps where yours would normally go in the labyrinth. It is really more of a connection between your horse's spirit and your own while doing this rather spiritual thing together. There is a calmness of both horse and rider standing together in the middle when you've both found you've arrived."

Cordelia can be reached at [cordelia@starband.net](mailto:cordelia@starband.net) and she will have DVD's available soon. Admission to Whitewater Mesa

Labyrinths is simply a rock "too big to hold in one hand, but not so big that you hurt your back when you lift it." Visitors are encouraged to call ahead before their arrival.

Jan Hornford, a Master Certified Retreat Coach and a Veriditas Certified Labyrinth Facilitator, has recently formed the "Horses and Labyrinths Special Interest Group" for those individuals passionate about this topic. Anyone may contact Jan at [jan@futureperfect.ca](mailto:jan@futureperfect.ca) to become a member of this exciting forum and enjoy sharing information, practices, thoughts and stories with other people who are working with horses and labyrinths.

*Robin is a Certified Veriditas Labyrinth Facilitator in South Florida. Her company, Labyrinth Wellness, LLC, unites her professional training as a physical therapist and a Pilates instructor with her creative spiritual pathway as a writer.*

<http://labyrinthwellnessllc.blogspot.com>



Photo Credit, Mike Rose



**Robert Ferre, *Labyrinth Making* - A One-Day Workshop - July 29 2009, 9:00 a.m. to 5:00 p.m. Grace Cathedral, San Francisco, California - Cost: \$150.00 per person until July 1. \$175.00 thereafter**  
**Having made more than 1,000 labyrinths, no one is more qualified than Robert to teach labyrinth building.**  
For details and to register: [www.veriditas.org](http://www.veriditas.org)

# The Power of Two: Dogs and Humans as One On The Path

by Maia Scott

When two drops of water fall in Toledo, who feels the impact? Several years ago; Jonathan Rudinger, founder of Petmassage training for canine bodywork in Toledo Ohio, set foot on his first labyrinth. He became enthralled at a local church where he walked a thirty foot portable papery canvas surrounded by candles. This moving experience prompted Jonathan to sign up for a further workshop. There, he learned how to draw a labyrinth. A vision of two drops simultaneously hitting the water morphed into the merging circles of Jonathan's unique double labyrinth. As the resulting design resembled a dog bone, it found a perfect home painted on the floor of Jonathan's canine physical therapy center.

Many special partnerships feel the impact. People are encouraged to walk with their dogs. Both human and canine often have a lot of emotional baggage which they can unload together. This, says Jonathan, is a great way to support their canine friends, "Especially when they are newly adopted and their history is unknown". For both human and dog, memories can come up as they walk together through the labyrinth. "People will, at different times, access different memories and start to sob, giggle, meditate or smile."

Jonathan noticed that when people traversed the wider areas their breathing patterns started to change. Additionally, similar to responses on traditional patterns, different hemispheres of the brain took over based

on the direction of the turns. The physical health benefits for people walking the labyrinth have been well noted over the years. How about dogs? Jonathan says, "Just moving

edge on understanding the building of a solid partnership. "Learning to work together, by developing that sense of relationship with a partner, helps balance the relationship on

"That kind of focus can be very precious as it doesn't happen that often in our daily lives."

At a conference located at Jonathan's school and therapy center, world renowned equine massage expert Jean-Pierre Hourdebaigt walked the labyrinth and declared that this should be in all dog training facilities around the world. Jonathan has plans for 2010 to promote labyrinth work for dogs and people to the general public. His plans include publishing a book. And the ripples spread outward into the beyond. "This labyrinth is very different," says Jonathan. "It celebrates two entities and two parts of our personality just like the two drops of water merging." Walking this pattern is about working together as one Bone-ified partnership. "When the dog seems anxious, the human can gently guide the dog back into the relationship, back into the movement of life which is exactly what the labyrinth represents."



Photo Credit Maia Scott

back and forth through the pattern helps with flexion." (Flexion is the act of decreasing the angle of a joint or limb). In addition, a combination of walking the labyrinth with other means can aid in weight control for dogs. Combined use of the center's indoor swimming pool and walking the labyrinth also promotes physical recovery from trauma ranging from accidents to abuse to surgery.

The relationship between human and dog is deepened on the labyrinth. Jonathan's experience as a former ice dancer gives him an

edge on understanding the building of a deeper, personal level." Technically, elements of ice dancing and walking the labyrinth with your dog share similarities. On the ice, the outside skater speeds up on turns to stay along side a partner. Using a short lead, human and dog walk the labyrinth with the same principle. Turning left requires the human on the right to move faster staying along side the dog. Going right, the dog must trot around the person to keep in the heel position. As a consistent routine develops, some dogs will start to learn the turns, speed up or pause with the human or sit when the person stops to ponder.

For More Information: go to [www.petmassage.com](http://www.petmassage.com), email [info@petmassage.com](mailto:info@petmassage.com), or call (800)779-1001

*Maia Scott is a body worker, artist, and recreation therapist from Northern CA who currently embellishes her current three jobs with presentation engagements ranging from classroom visits with her guide dog Tessa to confrence workshops including sessions walking a tactile portable labyrinth under blind-fold.*



Paw Print Labyrinth designed by Maia Scott

**"Are you enjoying what you have read so far? Help the Veriditas Journal continue to bring you labyrinth news and inspirations by donating now."**



<https://secure.groundspring.org/dn/index.php?aid=5644>

# Bark in the Park Fun and Fundraiser by Tina Margason

Decades ago, many neighbors, along with their four-footed canine friends,

to build a temporary labyrinth for Bark in the Park this last fall. Yes, neighbors came forward to help

legged) on how to walk a labyrinth. Signage was important because a rope labyrinth on the ground is not very visible until you are practically on top of it.

<http://www.flickr.com/photos/tclifton/2881150268/> and for information on how to organize an event like this contact Ken Podgorsek at [BigDog@barksanjose.com](mailto:BigDog@barksanjose.com)



would meet to socialize in the nearby William Street Park here in San Jose, California. As the humans chatted over steaming cups of coffee brought from home, the dog buddies would romp and play endless games together.

build it within the park department guidelines, and a local pet store donated biscuit rewards for the dogs. We also had volunteers to welcome and instruct anyone (two or four

It was well-walked during the day since we placed it near the exit of the just-for-fun agility course. Some dogs walked on the path in the “zone” and others were so excited and distracted by all the other dogs that they had trouble staying “on the path” without many reminders from their owners. It was fun and funny to observe.

Next year I plan to do it again with a more visible rope, and will hopefully be able to interview some of the walkers and their humans. Meanwhile, I encourage you to try this for a fundraiser in your area. If you would like to see the event more fully, go to

*Photo Credit: Chris Margason*

*Tina Margason has been walking labyrinths for 12 years, with and without a dog. She is a member of the Board of Veriditas, a member of the Veriditas Council, and a Veriditas trained facilitator. She lives in San Jose with two cats and a dog who have not yet discovered a labyrinth. She is installing a small labyrinth in her yard this year for both pets and humans. She lives in San Jose, California.*



As time went by this gathering grew and developed into an annual dog festival called Bark in the Park, with vendors, demonstrations and many interactive activities for dog owners to do with their dogs. Now years later, it has become a city-wide event, as well as a great fundraiser for the neighborhood association. Because the funds earned go towards neighborhood beautification and a future labyrinth project for the park, all the neighbors volunteer their time and talent to put on this extravaganza of the joys of dog-dome.

The one thing we were missing, in my opinion, was a labyrinth that owners could walk with their best canine friend. So, I asked and received permission and a space



## Creativity As a Spiritual Path: Using the Labyrinth to Awaken Our Muse at Grace Cathedral, San Francisco, Labyrinth Pilgrimage with Lauren Artress

The Rev. Dr. Lauren Artress, a leading force in the Labyrinth Movement, leads an ‘urban retreat’. Through lecture and discussion, meals and walking the labyrinth, the weekend will provide a space for the divine.

Friday, July 24th 4:00 p.m. through  
Saturday, July 25th 9:00 p.m.

Early registration: \$279.00  
Price increases to \$329.00 Jun 15, 2009



[https://www.veriditas.org/registration.php?event\\_type=Grace%20July%202009](https://www.veriditas.org/registration.php?event_type=Grace%20July%202009)

# Honoring All Creatures Great and Small by Cheryl Andre

*Labyrinth Ritual: After an absence for a few issues, we are overjoyed to offer another ritual for you to use in your labyrinth work. Remember, there are many ideas shared here for you to use or adapt. [Editor]*

**S**upplies: Have numerous color pictures of a wide variety of animals and insects representing all seven continents. Include those well known, such as the elephant, and those not as popular, such as the anteater. Definitely include bees and ladybugs. Also, have at least six pictures of endangered species, which you can identify easily on your computer. If you have many, use multiples of six so each petal in the middle of the labyrinth will have an equal number. Also needed is a world map, a small basket, pens and index cards. Consider having a picture/statue of St. Francis of Assisi nearby.

On every five lunations or so, place a picture of an animal or an insect. Vary them; do not have one continent's animals clustered together. For each petal in the center, place endangered animal(s) or insect(s). In the center of the rosette, place the world map, enough index cards for each walker, and pens. Also, place the small basket somewhere near.

Begin with prayer(s) blessing animals. Earth Prayers edited by Roberts & Amidon is a great source. Explain how the labyrinth's circle symbolizes all creation and how

all creatures great and small are incredibly important. If relevant, explain St. Francis' connection with animals.

Before walking, each person chooses a different lunation picture and writes on the index card a short



*Deer in Cordelia Rose's Equine Labyrinth, Photo Credit Mike Rose*

prayer of thanksgiving or other type of "thank you." When walking in, these prayers are deposited anywhere on the labyrinth, except on other pictures. At the center encourage each to give thanks for all the earth's creatures and to write a prayer/message of hope for the endangered species, which is deposited in the basket. On the way out, walkers pick up an index card which is not

their own and bring it out with them.

After the walk, the various prayers and thanks are shared, including those in the basket. Focus on a few animals and insects explaining their significance to humans; for example

what ill effects would we suffer if the bees wouldn't pollinate? End with Native American or other indigenous prayer(s). If appropriate, you can also spend some time talking about indigenous beliefs about animals.

When children are present, have some plastic animals available. At the end of the program each child

picks one, promising to learn all about it and to work toward its protection. During the sharing time read some animal folktales.

This ritual also can be adapted to support animal shelters. For this, all the pictures are local shelter animals. Consider having some adoption information available, and encourage those who have adopted to share their stories. The walkers' prayers would then focus on the animals' healing and quick adoptions.

*Cheryl Andre, MA is a professional college English/Humanities tutor. She first learned of the labyrinth in the mid 1990s, and used it as a great aid in healing from thyroid cancer. Since 2002 Cheryl's been Veriditas certified and doing labyrinth work throughout SW Pennsylvania, USA. She enjoys creating simple, yet meaningful rituals and programs that enhance the labyrinth experience.*



*Photo Credit John Ridder*



## IMAGINE

- ✠ Living a short distance from the cathedral in the medieval and renovated "Seminary" literally in the shadow of one of the remaining active spiritual sites in the world
- ✠ Unscheduled time where you can walk the medieval village in Chartres, attend a service in the cathedral, or have a glass of wine at the historic Le Serpentine Cafe...
- ✠ The world renown expert, Malcolm Miller - author of "Chartres Cathedral", giving us a private group tour of the Cathedral and teaching us about the most complete collection of 12th and 13th century stain glass windows in the world

## Chartres, France Program

**Walking a Sacred Path - May 24 - June 6, 2009**

"Meeting Mary", a One Day Workshop, May 24, led by Judith Tripp  
Cycle One, Jeremy Taylor leading "Dreaming the Sacred Path - Walking the Interior Labyrinth", May 25 - 30  
*Facilitator Training*, led by Lauren Artress, May 30 - June 1  
Cycle Two, Alan Jones and Barbara Brown Taylor leading "Rediscovering Mystery", June 1-6

*For more details and registration information click link: <http://www.veriditas.org/programs/chartres.shtml>*

## Book Connection

Our book selection for this issue will be of interest to anyone who is interested in balance of energy and wholeness, not only in ourselves, but also in the animals we communicate with so intimately. Here are a few excerpts to whet your interest.

### Riding from the Heart, If Wishes Were Horses

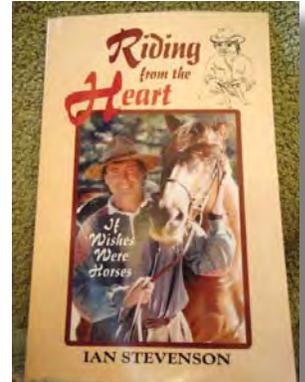
by Ian Stevenson

Blue Dolphin Publishing, 2003

ISBN : 1-57733-049-8

The labyrinth's spin system made sense, as it would enhance so many different forms of energetic training. The horse/ rider aspect being here of prime importance but the healing of the earth, together with the healing of the two legged, had its compelling place within the movement towards the sacredness of the new millennium. (p. 134)

The journey out of the labyrinth is the unfolding. Spiraling out of the nature of movement governed by spin, bringing vibrational physics to the biology of the two beings (horse and rider), giving a sense of completion to the process. After the finish, the riders are encouraged to turn their horses towards the entrance, to view the labyrinth in its reflection. (p. 136)



“Just how riding should happen,” I mused. Dren said, “Let’s walk the labyrinth and talk some more... As they hold the reins in their hands, and connect to their heart by their arms and shoulders, the heart space opens. Down the energy went, into the saddle place and out to the sacrum and croup in the infrastructure of the inner circles of the combination of horse and rider.” (p. 146)

*“...but the healing of the earth, together with the healing of the two legged, had its compelling place within the movement towards the sacredness of the new millennium.”*

### Be an amazon.com **QUEEN (or King)!**

*Close your eyes and imagine yourself scanning the stacks, row upon row of all the labyrinth books, volumes on spirituality, and references on sacred geometry you could ever dream of in one place. Occasionally, you stop to read a random page or sample some music. You slide your arm gently down and find yet more... and more... and more to discover. And, click! It's yours -- ah, such power!*

*This world, Veriditas, and the spiritual community at large is just brimming with wondrous linking interconnectivity. If you are itching for new reading or music and you happen to be passing by the Veriditas website (<http://www.veriditas.org>), then you're in the right place at the right time. Veriditas happens to boast a link to one of the biggest virtual bookshelves in the world, Amazon.com, and if you enter there from the land of the labyrinth movement, you instantly spark a win-win situation. When you enter Amazon's website through Veriditas's link and make any purchases from Amazon.com, you will also be giving 5% of your purchase directly to Veriditas and helping to put new goals and visions into the hands of future history - ah, such power!*

### Boulder, Colorado Workshop Creating Community Together: The Labyrinth Journey

Veriditas is excited to announce that JoAnn Mast is the first Veriditas Apprentice to graduate into being a Master Teacher for Veriditas. JoAnn will teach her first Facilitator Training as a Master Teacher on **March 29, 2009** in Boulder, Colorado. Lauren Artress will introduce the session and JoAnn will do the teaching. This begins a new era at Veriditas. Congratulations to JoAnn for leading the way!

For more information, contact [joann@veriditas.org](mailto:joann@veriditas.org) or <http://www.labyrinth-journeyofdiscovery.org>



### Pilgrimage to Avalon with Judith Tripp May 17 - 22, 2009

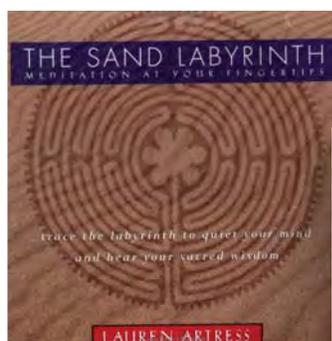
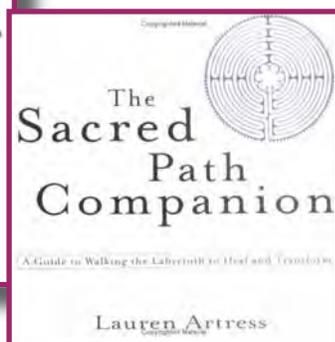
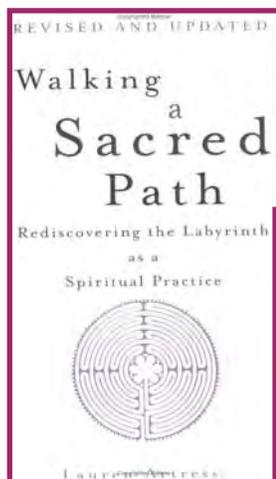
Explore the sacred sites of Southwest England with Judith Tripp 415-552-4546 <http://www.circleway.com/sacred.htm>

## BOOKS, by Lauren Artress

“*Walking the Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*” was the first book written to offer the Medieval Eleven-Circuit Labyrinth as a spiritual practice. It is now in its second edition with a new preface and epilogue to capture all that has happened with the labyrinth since this book was first published in 1995. The book was instrumental in launching what the New York Times in May of 1998 named The Labyrinth Movement.

The second book, “*The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform*” places all Lauren’s teachings since 1995 about the labyrinth in one place. In Four Guidelines to Gauge Your Spiritual Growth she outlines how we can measure our increasing spiritual maturity. In Lessons of the Labyrinth Lauren articulates what the practice of labyrinth walking can nurture within us. First time labyrinth walkers will find a useful introduction to the practice in The Art of Labyrinth Walking. Those knowledgeable about labyrinthwalking will be interested in the Applications and the many suggestions around forgiveness, grieving, engaging our shadow, and strengthening in Part 2: Specific Uses for Healing and Transformation.

The Companion Guide offers short journaling exercises in the chapter Start Where You Are for those who want to take stock of their lives. Others may want to dip into the sections on Healing, Shadow Work, Soul Assignment or Initiatory Rituals, depending upon what life’s challenges are for them at that time.



The *Sand Labyrinth* is both a meditation tool and a lovely accent to home or office. Keep it in plain view on your coffee table, desktop or nightstand. Use it frequently to calm yourself before a stressful meeting, to focus your thinking, to find solutions to problems, to open yourself to your own inner wisdom.

*Looking for a quick, easy way to support Veriditas? Shop Amazon.com from the link on our home page. <http://www.veriditas.org>. Veriditas receives 5% of every sale, whether or not it has anything to do with the labyrinth! Shop today!*



### The Spirit of Veriditas, Voices From the Labyrinth

IS A  
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**Spring 2009**

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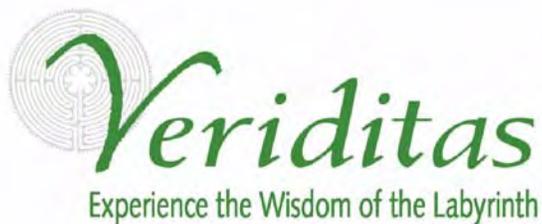
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### VERIDITAS VISION

To activate and facilitate  
the transformation of  
the human spirit.

### VERIDITAS MISSION

Veriditas centers its work  
on the labyrinth experi-  
ence as: A practice for  
personal growth, a tool  
for community building,  
an agent for peace, and a  
metaphor for life.



## Veriditas 2009 Calendar

- February 26th** **San Francisco, CA.** Lauren Artress to lecture on Happiness at California Institute of Integral Studies. For more information contact 415-575-6100.
- March 6th – 9th** **Portland, OR. Trinity Cathedral.** Workshop and Facilitator Training. Lauren Artress. For more information contact: [http://www.trinity-episcopal.org/08TrinitySite/sections/parish\\_life/labyrinth.html](http://www.trinity-episcopal.org/08TrinitySite/sections/parish_life/labyrinth.html)
- March 27th – 30th** **Boulder, CO. First United Methodist Church, Boulder.** Friday – Saturday, Workshop with Lauren Artress and Jo Ann Mast, Creating Community Together: The Labyrinth Journey...For more information, contact Jo Ann Mast, [joann@veriditas.org](mailto:joann@veriditas.org). Sunday – Monday, Facilitator Training with Master Teacher Jo Ann Mast.
- April 17th – 21st** **London, ON, Canada. St. Andrews.** Workshop Body Soul Rhythm and the Labyrinth, followed by Facilitator Training. Lauren Artress and Mary Hamilton. For more information, email Barbara Booth - [Barbara.Susan.Booth@sympatico.ca](mailto:Barbara.Susan.Booth@sympatico.ca).
- May 1st – 3rd** **Rhinebeck, NY. Omega Institute.** Workshop, A Whole New Mind with Lauren Artress. For more information, contact event registration at 800-944-1001, <http://www.omega.org/omega/workshops/a04847fa92e4903bb336bacb515e3733/>
- May 24th** **Chartres, France.** Walking with Mary with Judith Tripp. More information and registration at <http://www.veriditas.org/programs/chartres1.shtml>
- May 25th – 30th** **Chartres, France.** Walking a Sacred Path, Cycle One. Dreaming on the Sacred Path – Walking the Interior Labyrinth with Jeremy Taylor. More information and registration at <http://www.veriditas.org/programs/chartres1.shtml>.
- May 30th – June 1st** **Chartres, France.** Facilitator Training with Lauren Artress. More information and application at <http://www.veriditas.org/programs/training.shtml>
- June 1st – 6th** **Chartres, France.** Walking a Sacred Path, Cycle Two. Approaching Mystery in the Flesh: What the Body Knows about God with Alan Jones and Barbara Brown Taylor. More information and registration at: <http://www.veriditas.org/programs/chartres1.shtml>
- June 26th – 30th** **Tipp City, OH. Harmony Farm,** Workshop and Facilitator Training. Lauren Artress. More information at: <http://www.harmonyfarmoh.com>
- July 24th – 28th** **San Francisco, CA. Grace Cathedral.** Pilgrimage and Facilitator Training. More information at <http://www.veriditas.org/programs/grace.shtml>
- July 29th** **San Francisco, CA. Grace Cathedral.** Labyrinth Building workshop with Robert Ferré. <http://www.veriditas.org/programs/grace.shtml>
- August 31st – Sept 5th** **Chartres, France.** Walking a Sacred Path. Cycle One. Cynthia James.
- September 7th – 12th** **Chartres, France.** Walking a Sacred Path. Cycle Two. Cynthia James.

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