



VERIDITAS EVENTS PACKET

How to Host a Labyrinth Event

Veriditas offers exceptional opportunities to experience the labyrinth in a variety of settings. Ranging from introductory workshops of several hours or several days to more in-depth retreats, we will customize the workshop to meet your particular needs. We regularly hold programs in retreat centers, community centers, churches, schools, hospitals, spas, and many other places.

We have put together this packet of information to help local organizations or groups produce a successful community-based labyrinth event. These are meant as guidelines; each group will fit them to their own needs and resources. Please contact the Veriditas office if you have any questions during your planning process.

Veriditas

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GENERAL PLANNING, ORGANIZATION and TIME LINE

The more **lead time** you give yourself in planning an event, the greater chance of a satisfying outcome for both planners and participants. Ideally, begin the planning process at least a year in advance of the event, depending on the scope of your event.

- ❖ Bring together a **planning committee**. Know this is a team effort. Be sure individuals are committed to essential jobs before proceeding with the project. Set a date to determine if the project is feasible. **Time lines will vary with the needs of each event.**
- ❖ If appropriate, create **sub-committees** with responsibilities, or assign specific areas of responsibility to specific people. It may turn out that the chairs of the sub-committees are the “Planning Committee.”
 - Program Committee, see page 2
 - Facilities and Logistics Committee, see page 3
 - Registration and Record Keeping
 - Budget and Fundraising Committee, see page 5
 - Publicity and Community Outreach Committee, see page 6
- ❖ Determine the **focus and theme** of your event. (see page 2)
- ❖ Determine the **programs** that will make up your event. (see page 2)
- ❖ Identify any possible community organizations or **co-sponsors** to support your event, and/or already established programs that could be connected to your event.
- ❖ Establish a reasonable target goal for the **number of participants** in each program of the event.
- ❖ Create estimated income and expense **budgets**. (see page 6)
- ❖ Create a **check-list** with responsibilities, dates to be completed and person responsible.
- ❖ Be sure there is **liability insurance** for the event, if required. Check with your facility. Veriditas sponsored events are covered under our insurance.
- ❖ If possible, hold all events in one place to **avoid transportation problems**.
- ❖ **Consider seasonal weather**, so not to be caught in a snowstorm!
- ❖ **Have food catered**, if financially possible, as your group will be very busy on the day(s) of the event.
- ❖ **KEEP IT SIMPLE!**

PROGRAM COMMITTEE

The major responsibility of the Program Committee is to **determine the focus and theme** of the event and develop programs that reflect this intent.

What are the particular needs of your community?

Are there community-based programs that can be joined with your efforts? (Suggestions: lectures, art exhibit, poetry reading, religious service, community celebration)

Possible Veriditas Programs (among others):

Led by either Lauren Artress or a Veriditas Master Teacher:

- ❖ Qualifying Workshop for Facilitator Training
- ❖ A one-day experiential workshop incorporating process and content.
- ❖ Facilitator Training (2 days)
- ❖ Advanced Facilitator Training (3 days)
- ❖ Refresher Training (2 days)
- ❖ Facilitator Renewal Day (1 day)
- ❖ Spiritual Retreat or Pilgrimage Centered on the Labyrinth

Women's Dream Quest, led by Judith Tripp

An overnight program of song, movement, guided meditation, ritual and ceremony, labyrinth walking, journaling, dream work and small group sharing, it is a nurturing Quest to experience a community of the heart.

Some **titles of Veriditas events to consider** or stimulate your thinking:

- The Labyrinth: Its History, Mystery and Modern Uses
- Sacred Pattern, Sacred Path: An Overview of Labyrinths (PowerPoint)
- Cultivating an Authentic Spirituality: Walking Your Talk
- The Labyrinth as a Path of Prayer, A Walking Meditation
- Opening the Divine Imagination: Finding the Grail
- Creative Leap: Navigating a Life Transition
- Healing in the Imaginal Realms
- Finding Your Way Through Difficult Times
- Hildegard of Bingen: Honoring an Amazing Life (PowerPoint)
- Music
- Ritual and Ceremony
- Mystical Christianity
- Sacred Feminine

It is usual that a Qualifying Workshop and Facilitator Training are paired within the same event time frame. An example would be: A Friday evening public talk and reception, an all-day Saturday workshop, followed by a 2 or 3-day training.

Explore the Veriditas website (www.veriditas.org) for program information. Consult with the Veriditas staff to determine what best fits your needs.

In cooperation with the Publicity Committee, provide a flyer or brochure with schedule and other relevant information.

EVALUATION

Veriditas will provide an evaluation form to be filled out by participants and returned to us.

- ❖ After your event, we will want to follow-up with you by phone to help us look at how to best support future event planning. Was this information packet helpful? What additional support could Veriditas provide to help others host an event?
- ❖ We encourage you to create your own form of evaluation, if it feels useful to you.
- ❖ We definitely encourage the planning group hold a post-event de-briefing and critique.

FACILITY and LOGISTICS

Secure meeting rooms as soon as your program needs are determined.

❖ **Determine the following:**

- size and number of rooms needed, based on numbers expected and types of programs
- proximity to a labyrinth
- technical needs: ie: mic, projector, sound system, easel & pad
- meals and refreshments
- volunteer tasks and number of volunteers needed
during planning process
day(s) of event
clean-up
- parking possibilities for attendees
- any written materials, ie: registrations forms, schedules, name tags, maps, etc.

❖ **Secure appropriate accommodations** for Veriditas Presenter(s) and Facilitators

❖ Gather information on **lodging options for participants**

❖ Create **Registration** and **Record Keeping** systems that work for your group:

For Qualifying Workshops, the host organization is responsible for registration information and collecting registration fees. Veriditas will need an attendance list of these workshops, on an excel spread sheet, sent to the office that includes: participant name, address, phone, and email information.

For all Facilitator Trainings, the Veriditas office will be responsible for registration and registration fees.

The Veriditas office will communicate with the presenter on a regular basis.

CONTRACTS

A Contract must be negotiated between Veriditas and the Sponsoring organization. It will include a payment schedule, speaker schedule, as well as the responsibilities of the Sponsoring organization. **The contract should be agreed to and signed before making any commitments for the event.**

- ❖ The Hosting organization is responsible for covering all costs associated with a workshop or a retreat.
- ❖ Veriditas is responsible for all costs associated with any training.
- ❖ A trade can be arranged if the Host organization wants to send 2 people to Facilitator Training at no cost, in exchange for being responsible for the cost of the meeting room and participants' lunches for the two days of training.

Other possible contracts you may need for your event:

- Caterers
- Musicians
- Facilities
- Insurance

Though not an actual contract, we recommend that a Guideline for Volunteers be developed so that roles and responsibilities are clear.

BUDGET and FUNDRAISING

Possible **Revenue** Sources

- Event Fees
- Donations
- Cash
- In-kind
- Sponsors
- Co-Sponsorship
- Grants

We encourage building in a revenue source that can accommodate low-income people. This could be a sliding scale, scholarship or other means.

Possible **Expenses**

- Facility fees
- AV and technical equipment and personnel fees
- Food
- Housing
- Presenter Fees
- Transportation
- Publicity Materials
- Duplication and Printing
- Postage
- Liability Insurance
- “Day Of” Information Packets

PUBLICITY and COMMUNITY OUTREACH

❖ Determine:

Types of publicity needed

For example: press releases, public service announcements, radio interviews, bulletin announcements, mailings, paid advertising, electronic

Lead time and **deadlines** for each type of publicity

❖ Create **publicity materials**

❖ Create **Press Packet** for local press:

- All logistical information on your programs
- Press Releases and Public Service Announcements
- Information on your group
- Information on Veriditas
- Information on the Labyrinth
- All publicity material you have created for the event
- Photos

Distribute publicity materials according to deadlines

❖ Give your event information to the Veriditas office to be added to the **Veriditas website calendar**

- Update it as needed

❖ Develop **Community Liaisons**, Co-sponsorships and Collaborations

- It is important to link with other groups in your area

Please see the following addendum for help in creating your publicity materials:

Working with the Media
10 Most Difficult Questions Asked by the Media
Sample Press Release and PSA's
11-Circuit Chartres-style Medieval Labyrinth
A Brief History of the Labyrinth
Short Bibliography on Labyrinths
Peer Spirit Guidelines
Sample Evaluation Form
Lauren Artress Speakers Packet
Jo Ann Mast Speakers Packet
Kay Mutert Speakers Packet
Di Williams Speakers Packet
Kayleen Asbo Speakers Packet
Judith Tripp Bio

Working with the Media

- Remember, you are in charge – Interview the interviewer:
 - Who are they? Do they work for a specific organization (if yes, which?), or are they freelance?
 - What is the purpose of the article?
 - Who is their audience?
 - Either supply the questions yourself, or ask for their questions in advance so you can prepare your answers.
 - Use the language of their audience.
 - Prepare three messages you want them to know, and return to one of the three in every answer (see below)
- Print Media (newspapers, magazines)
 - Newspapers (in what section will the story run? News, Religion, Life Styles, Health?)
 - Magazines and journals – you may want to supply photos. (see below).
 - Has the interviewer walked the labyrinth?
- Broadcast Media
 - Radio – “You get a clearer picture on radio.” (BBC slogan). You must etch the labyrinth in the listener’s mind
 - Television
 - You may want to bring a finger meditation tool and effective photos.
 - Be informed about what to wear (i.e. no big flowery prints, etc.)
- Internet
 - Website – Direct people to labyrinth related sites including <http://www.veriditas.org>.
 - Web casts
- Choose three messages, and return to them over and over. For instance:
 - The labyrinth is a walking meditation.
 - The labyrinth calms the mind.
 - The labyrinth reduces stress.
 - The labyrinth is open to all.
- Photos, taping, etc.
 - Do not sacrifice your participants for the needs of the media.
 - Do not allow the actual walk to be photographed. This not only invades the privacy of the walkers, it changes the energy around the walk.
 - Stage a walk for the photographers. Be sure waivers are signed for publicity.
- Develop relationships with reporters and/or other media representatives.

Ten Most Difficult Questions Asked by the Media

1. What is a labyrinth?
2. What does a labyrinth symbolize?
3. Why do people walk labyrinths?
4. Are labyrinths pagan?
5. Do labyrinths heal people?
6. Where is Jesus in the labyrinth?
7. Is this a fad?
8. Are more women attracted to the labyrinth than men?
9. Is there a difference between the new labyrinths people are putting in and the ones that are very old?
10. Is the labyrinth New Age?

Contact Person's Name
Organization's Name
Address
Phone Number
E-mail

Date

PRESS RELEASE

SANTA FE: The Labyrinth Resource Group, in collaboration with the Museum of International Folk Art, is please to present Lauren Artress, a founder of the contemporary labyrinth movement, in a four day community-wide event in October 2006. Dr. Artress will provide an experience of *Walking the Labyrinth as a Tool for Building Community*.

Walking Together: *Siendo Diferente, Siendo Uno – Being Different, Being Open* begins Friday October 13, with a FREE presentation by Lauren Artress, a Labyrinth Art Exhibition, and a community labyrinth walk at Milner Plaza at 7:00 pm. Everyone is invited.

On Saturday, October 14, from 9:00 am to 4 pm, the Labyrinth Resource Group presents an interactive workshop with Lauren Artress (\$40 registration fee). This workshop is open to all. It will also serve as a “qualifying workshop” for a two-day Veriditas Labyrinth Facilitator Training on Sunday, October 15, through Monday, October 16, at Ghost Ranch Santa Fe.

For complete information on all events, please contact:
contact information here

The basic information for a Press Release and Public Service Announcement are:

- WHAT
- WHEN
- WHERE
- WHO
- CONTACT INFORMATION

11-Círcuit Chartres-Style Medieval Labyrinth



A BRIEF HISTORY of the LABYRINTH

Brought from ancient times to the present, now encouraging the creation and use of labyrinths as a path of healing, inspiration and peace.

The traces of labyrinths and the legends about them have a very long history. The most ancient of labyrinth designs, the classical design, is found worldwide. It appears in petroglyphs in Spain (dating from around 2000 BCE), on silver coins from Crete, laid out with rocks in northern Europe, painted on bark in Indonesia, and carved on rocks in the deserts of the American Southwest.

For more than 500 years, from 165 BCE to 400CE, elegant labyrinth designs flourished as floor mosaics in all corners of the Roman Empire. Many were situated near doorways, perhaps for protection, though most were too compact to be walked, suggesting that they were designed for visual contemplation.

Most famous of the medieval labyrinths is the pavement labyrinth found within the nave of Chartres Cathedral, France. Echoing the shape and complexity of Gothic rose windows, the labyrinth was laid in the early 13th century (1200-1220 CE), and though often covered in chairs, can still be walked today. The eleven-circuit design is organized into four quadrants, symbolic of the cross. Reputedly walked by pilgrims as a metaphor of the journey to Jerusalem, medieval church labyrinths illustrate the allegory of Christ's life and destiny. This pattern, recently popularized by the work of Dr. Lauren Artress, is among the most frequently encountered patterns of modern labyrinths.

The most prolific of the Native American labyrinths, the *Man in the Maze*, is woven into the baskets produced by the Tohono O'odham and Akimel O'odham tribes of Southern Arizona. Like baskets, labyrinths serve as containers for cultural and archetypal, rather than material, goods. The Hopi of northern Arizona also employ the labyrinth in their mythology, the square seven-circuit classical pattern symbolizing the Sun Father giver of life, the road of life which should be followed, and the Mother Earth.

There are many contemporary patterns being created, some can be traced with a finger, some are viewed as spiritual icons, but most are intended for contemplative walking (or joyous dancing). A few years ago, for a New Year's Day celebration on the beach in Encinitas, California, 200 people helped build a labyrinth in the sand, and more than 700 people walked it.

For more information, please research on line: Jeff Saward/Labyrinthos, Veriditas and The Labyrinth Society.

Bibliography

Please note – if you enter Amazon.com through the Veriditas website (<http://www.veriditas.org>), we receive a small commission on everything you buy, at no cost to you.

1. Lauren Artress, *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*, Riverhead, New York, New York, Second Edition 2006.
2. Lauren Artress, *The Sand Labyrinth Kit*, Tuttle Publications, 2002. This Kit contains two templates, the Chartres-style labyrinth and the Classical Seven Circuit labyrinth, a bag of sand and a book of quotes for meditation.
3. Lauren Artress, *The Sacred Path Companion, A Guide to Walking the Labyrinth to Heal and Transform*, Riverhead, (New York, New York) March, 2006.
4. Gernot Candolini, *Labyrinths, Walking Toward the Center, A Crossroads Book*, New York. In Austria, 2001, translated to English, 2003.
5. Helen Curry, *The Way of the Labyrinth, A Powerful Meditation for Everyday Life*. Penguin Books, New York, 2000.
6. Adrian Fisher, *Solving the Riddle of the Maze*. New York: Harmony Books, 1991. This book was published in England as *The Art of the Maze*, London: Weidenfeld and Nicolson, 1990.
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8. Jill Kimberly Hartwell Geoffrion, (2000). *Living the Labyrinth: 101 Paths to a Deeper Connection with the Sacred*. Cleveland, OH, Pilgrim Press.
9. Jill Kimberly Hartwell Geoffrion and Elizabeth Catherine Nagel (2001). *The Labyrinth and the Enneagram. Circling into Prayer*. Cleveland, OH, Pilgrim Press.
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12. Eve Eschner Hogan, *Way of the Winding Path: A Map for the Labyrinth of Life*. White Cloud Press, Ashland, OR 2003.
13. Herman Kern, *Through the Labyrinth: Designs and Meanings over 5000 Years*. Prestel Press, New York, 1982 in German, 2000 in English.
14. Sig Lonegren, *Labyrinths. Ancient Myths and Modern Uses*, Gothic Image Publications, 7 High Street, Glastonbury, Somerset BA6 90P.
15. Helen Sands Rafael, *The Healing Labyrinth; Finding Your Path to Inner Peace*, Barron's Educational Series, 2001.
16. Jeff Saward, *Magical Paths: Labyrinths & Mazes in the 21st Century*. Mitchell Beazley (Octopus), London, 2002.
17. Jeff Saward, *Labyrinths & Mazes: A Complete Guide to Magical Paths of the World*. Lark Books (Sterling), New York, 2003 & Gaia Books (Octopus), London, 2003

18. Melissa West, *Exploring the Labyrinth: A Guide for Healing and Spiritual Growth*. Broadway Books, a division of Random House, 1st edition (February 8, 2000).
19. Jim Buchanan, *Labyrinths for the Spirit: How to Create Your Own Labyrinth for Meditation and Enlightenment*. Sterling Publishing Co. Distributed in the US by Gaia Books. New York (November 1, 2006).
20. Marge McCarthy and Cheryl Andrews, *Kids on the Path: School Labyrinth Guide*. Labyrinth Resource Group, Santa Fe, NM (2007)
 - Manual & DVD
 - Lesson Plans
 - Classroom Ideas
 - Construction

\$35 plus \$5 shipping (within the US) \$6 shipping (Canada) \$12 shipping (Europe)
 Send check made out to "Labyrinth Resource Group" to:
 Labyrinth Resource Group, Blaire Carnahan, 258 Loma Entrada, Santa Fe, NM 87501
LRG-SantaFe@comcast.net
www.LabyrinthResourceGroup.org

12 Stepper Resources

1. Molly Monahan, *Seeds of Grace: A Nun's Reflections on the Spirituality of Alcoholics Anonymous*. Riverside Press, New York, 2001.

Books on Sacred Geometry

1. Michael S. Schneider, *A Beginner's Guide to Constructing the Universe: The Mathematical Archetypes of Nature, Art and Science*. Harper Paperbacks (September 29, 1995).
2. Steven Skinner, *Sacred Geometry: Deciphering the Code*. Sterling (November 1, 2006)
3. Jules Bourgoïn, *The Decorative Art of Arabia*, Gramercy, 1989.
4. Keith Critchlow, *Islamic Patterns: An Analytical and Cosmological Approach*. Inner Traditions (August 1, 1999).
5. Macqueen, Gailand, *The Spirituality Of Mazes & Labyrinths*. Northstone Publishing (April 30, 2005)

DVDs

1. *Rediscovering the Labyrinth, A Walking Meditation*. With Lauren Artress. Grace Cathedral, San Francisco. Contact the Veriditas office to order.

Lauren Artress

Speaker | Author | Spiritual Director



The Reverend Dr. Lauren Artress

Speaker ~ Author ~ Spiritual Director

Founder of Veriditas: The Worldwide Labyrinth Project



*~ The leading force in the use of the
labyrinth as a spiritual practice ~*

"Lauren Artress, an Episcopal priest and
psychotherapist largely considered responsible for
sparking the labyrinth movement..."

~ O Magazine



"We live in such a left brain world...
and here's this whole other world
that we must integrate in order to
meet the challenges of the next
century," Artress has said. When
people walk into a labyrinth, they
"shift consciousness from the linear
to the non-linear" and bring to the
surface "the deep, intuitive, pattern
part of ourselves."

~ Daniel H. Pink

The New York Times

"The modern-day bloom of labyrinths in
this country can be traced to a restless
Episcopal priest in California, the Reverend

Lauren Artress, a psychotherapist with a divinity degree, who had already been pushing the
envelope of traditional practice as a canon at Grace Cathedral in San Francisco."

~ Panel member on the Washington Post/Newsweek blog
on spiritual and religious issues active in the world ~



TIME

"Lauren Artress founded the modern US [now international]
labyrinth movement after discovering this quiet pleasure."

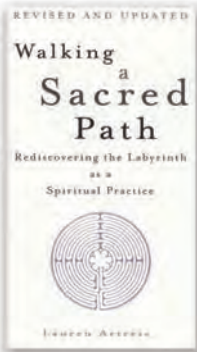
To book Lauren to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Lauren Artress

Speaker | Author | Spiritual Director

Biography



The Reverend Dr. Lauren Artress is the author of *Walking a Sacred Path*, *Sacred Path Companion*, and the *Sand Labyrinth Kit*, and has been cited in over fifty books. She is currently an Honorary Canon at Grace Cathedral, San Francisco, California since 2004 in acknowledgement for her innovative, worldwide work with the labyrinth as a spiritually integrative tool.

In 1996 Lauren created Veriditas, a non-profit dedicated to introducing people to the healing, meditative powers of the labyrinth. She travels worldwide offering workshops and lectures on the labyrinth, on the spiritual hunger of our times, on psycho-spiritual topics such as forgiveness, self-acceptance, finding your life's purpose, and reconciliation. She is also inspired by and an expert on Hildegard of Bingen.



Veriditas offers a yearly program in Chartres, France called Walking a Sacred Path that nurtures spiritual maturity. In addition to Lauren's ordination as an Episcopal priest, she is a spiritual mentor and is a licensed MFT psychotherapist in the State of California. She has been in practice for over 36 years focusing on the creative process, psycho-spiritual issues, and helping others find their soul assignments.

*"Lauren understands the most profound ties **uniting** (human) kind and the **sacred**. By this new and yet ancient path, she has developed bridges among men, women, religions and the entire spiritual world. The church can only rejoice in this ministry that she has fulfilled with such depth, humanity and faith."*

*~Chanoine Francois Legaux
Rector emeritus of Chartres Cathedral*

Lauren holds a Bachelor's Degree in Special Education from Ohio State University and a Master's of Education from Princeton Theological Seminary. She received her analytic training in Object Relations and Systems Theory at The Blanton-Peale Graduate Institute at The Institute of Religion and Health in New York City. Her Doctor of Ministry degree was granted in 1986 from Andover Newton Theological School in Boston, Massachusetts in Pastoral Psychology. She served as Canon Pastor at Grace Cathedral from 1986 until 1992 and then served as a Canon for Special Ministries until August 2004. She is the creator of a radio show on VoiceAmerica.com called "The Wisdom of the Labyrinth" and is Co-Director of The Art of Spiritual Direction at Wisdom University. Lauren is a Diplomat in the American Association for Pastoral Counselors and a Clinical Member in the American Association for Marriage and Family Therapists and licensed in the State of California. She sits on the Editorial Board of Presence Magazine, published by Spiritual Directors International in addition to being Creative Director and Founder of Veriditas.

*"Thank you for your **courage**
to follow your vision and open the
teaching path of the **labyrinth**
for so many of us."*

~ Peggy

To book Lauren to share this ancient practice for healing and clarity, contact:

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Lauren Artress

Speaker | Author | Spiritual Director

The Labyrinth Experience

What is a labyrinth?

The labyrinth is a sacred pattern, an ancient mystical tool that can help us quiet the mind and create a space for self-reflection and prayer. Labyrinths are usually in the form of a circle with a meandering but purposeful path, from the edge to the center, large enough to be walked. The labyrinth is an archetype, a divine imprint, found in most religious traditions in various forms around the world. While there are many forms of the labyrinth, the Chartres style is Lauren's heartsong. By walking a replica of the Chartres style labyrinth, laid in the floor of Chartres Cathedral around 1201, and replicated at Grace Cathedral, a long-forgotten mystical tradition is insisting to be reborn. It is a spiritual practice meant to awaken us to the deep rhythms that unite us to ourselves, our communities and to the Wisdom that beckons.

*"Labyrinths prompt **thoughtful mini-journeys**, stimulating the mind as one moves **step by step** through their swirling designs."*
~ Creative Living

Lauren Artress through Veriditas, the organization she founded, is the leading force in the use of the labyrinth as a spiritual practice. "We have a vast spiritual hunger in the West and labyrinths offer a symbol that nourishes the soul"

*"I found your labyrinth ...one of the **greatest gifts** of my life."*
~ Marcus

Labyrinths have many uses and can be found in churches, cathedrals, gardens, hospitals, schools, community centers, prisons and spas. The rediscovery of the labyrinth as a powerful tool with a variety of applications has sprung from the work of Lauren Artress.

*"The extent to which labyrinths are considered effective is directly connected with the **experience** they engender; the emotions and insights they ignite, the sense of **calm** or **presence** they evoke, the depth of **solace** they bring and the activation of our interior symbolic realms that they stir."*

~Lauren Artress, *Walking a Sacred Path*



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Lauren Artress

Speaker | Author | Spiritual Director



Experience the Wisdom of the Labyrinth

Lauren Artress founded Veriditas, a non-profit whose mission is to *activate and facilitate the transformation of the human spirit through the wisdom of the labyrinth*. Veriditas is a unique organization known for offering in-depth psycho-spiritual experiences in the labyrinth. The labyrinth becomes a metaphor for walking a spiritual path together with others.

Veriditas offers quality experiences of the labyrinth in sacred spaces by way of workshops and retreats throughout the United States, Canada, Europe, Africa and Australia. Veriditas signature programs are:

- Semi-annual Pilgrimages to **Chartres Cathedral**, Chartres, France
- Semi-annual Urban Pilgrimages to **Grace Cathedral**
- **Sponsored Workshops** by request offered by Lauren Artress and Master Teachers trained by Lauren
- **Labyrinth Facilitator Training**, a unique professional training for those interested in facilitating the labyrinth experience for others

For more information about Veriditas programs, please visit www.veriditas.org

Veriditas program participants say the labyrinth experience:

- "Opens my heart"
- "Centers and grounds me"
- "Helps me know that there is a pattern of organization at work in the chaos of the current world"
- "Receives my grief and pain and allows for its release"
- "Connects me to that which is greater than me"
- "Gives me creative insight to solve the problem I'm working on"
- "Balances my energy"
- "Revitalizes me to take on the rest of my life"
- "Connects me to others walking"
- "Is my path of prayer"
- "Provides me with inner guidance"
- "Gives me hope"



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And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."
"A very moving and powerful experience!"

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Lauren Artress

Speaker | Author | Spiritual Director

Keynote & Workshop Topics

Keynote Speeches Offered by Lauren Artress

The Wisdom of the Labyrinth: It's History, Mystery and Modern Uses

Lauren Artress presents the fascinating history of the labyrinth and the story of how she came to work with the labyrinth. The labyrinth, a spiral pathway, can be symbolic of our path in life. It is a way to nourish our inner world. It is not a maze, designed to confuse us, but a flowing path inviting a mystical experience.

Addressing The Spiritual Hunger Of Our Times

We hunger to live a symbolic life. We need symbols that hold meaning for us in the present day. A deterrent is that we live in a symbol-phobic culture. Spiritual hunger that goes awry can turn into addictions. Many spiritual practices no longer hold meaning. The labyrinth is an important tool, because embedded in the pattern are three symbols: the circle, an archetype of unity and wholeness, the complex spiral, an archetype of integration and the double helix, the invisible flower of life. Walking the labyrinth can become a sustaining practice that feeds our spiritual hunger.

The Labyrinth as an Organizing Principle

Walking the Labyrinth as a Spiritual Practice gains momentum over time. Frequently the unique pattern—the single path, the turns and the center—holds a spiritual pattern that helps us understand the experiences that “meet” us on the path.

Workshops Offered by Lauren Artress

Stoking the Fires of Creativity

Walking the labyrinth is a meditative practice that is being embraced in many countries around the world. This practice can have many applications. In hospitals it offers a quiet place for prayer, in spas it is used to integrate the mind, body and spirit. In prisons it provides solace and self-reflection. In churches and cathedral it quiets the mind and opens the heart. Though there are many labyrinth styles, the Chartres-style labyrinth is known for its whole-brain integration that opens the channels to creativity and innovation. In this workshop, “Stoking the Fires of Creativity”, Lauren Artress will introduce the use of the labyrinth as a practice that encourages an encounter with our creative process.

Labyrinth Walking: An Ancient Tool for a Whole New Mind

We live much of our lives in a left-brain oriented world that values knowledge as power. But there's another way to experience the world—from the reflective, emotionally embodied, intuitive, synchronistic, nonlinear, and integrative right brain. As we learn the ancient practice of walking the labyrinth with Rev. Lauren Artress, we shift consciousness from our left brain to our right brain, and bring to the surface the deeply intuitive part of ourselves that offers wisdom rather than simply knowledge.

Through labyrinth walks, group discussions, individual reflection, and journaling, we deepen into the ancient practice of the labyrinth and bring balance between our left and right brain. As we create a whole new mind, we ask and answer the questions, “What do I seek? What in my life is calling me?” We also gain a greater awareness of how to quiet our mind, a deeper understanding of what might be blocking our potential, and insight to make the changes necessary to live our life more fully.

Reflections on the Path: Journal Writing and the Labyrinth

Writing our thoughts and experiences is healing and empowering. When writing is coupled with walking the labyrinth, insights and self-knowledge become easily accessible. Whether we seek the center, a stronger sense that we are “on the Path”, or are on a turn in life, the metaphors and symbols that emerge are nourishing to the soul.

This workshop will utilize journaling, prompted by questions that will encourage each participants to draw on his or her inner wisdom.

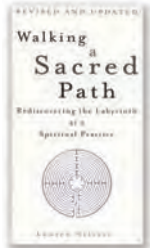
To book Lauren to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Lauren Artress

Speaker | Author | Spiritual Director

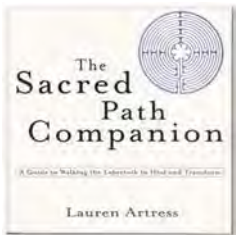
Books



Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice,

Riverhead / Penguin Publishing 1995, Second Edition 2006

"One of the best things about this marvelously written book is that it salutes and honors the spiritual yearnings and journeys of seekers outside the institutional church." ~ Spirituality and Practice



The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform,

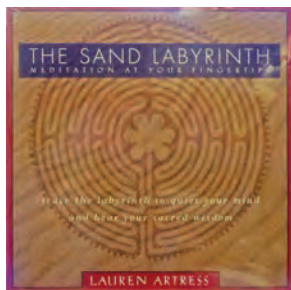
Riverhead / Penguin Publishing, 2006

"What a great experience! It reminds me of *The Artist's Way*, which I love, for the labyrinth."

"It is perfect for my friends who ask, 'What's a labyrinth?' Best book on spirituality I've read lately."

"This book has opened up a whole new world and realm of possibility."

"I was very excited when I first read this book because it is an outstanding comprehensive guide for people at all levels of the labyrinth experience to maximize their benefits of labyrinth walking!"

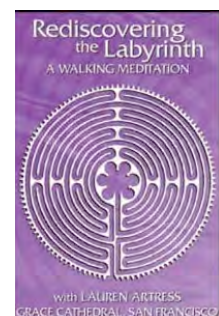


Sand Labyrinth: Meditation at your Fingertips: Tuttle Publications, 2000

Included in *The Sand Labyrinth* is a 10" square sandbox and a double-sided labyrinth (flip over to change the pattern and create a different meditative effect), which is covered by a layer of fine white sand for finger tracing. The accompanying book contains five sections devoted to using the labyrinth for healing, creativity, discovering your soul assignment, awakening self-knowledge, and honoring your experience. You'll also find words of wisdom from sages of all traditions and ages, plus testimonials from ordinary people who have found extraordinary results from the soothing, mesmerizing power of the labyrinth to help deepen your meditation experience.

Other works featuring Lauren Artress...

1. *The Spirit of a Woman: Stories to Empower and Inspire*: Santa Monica Press, 2010: Essay
2. *The Power of Collective Wisdom: And the Trap of Collective Folly*: Berrett-Koehler 2009:
3. *The Unending Mystery: A Journey through Labyrinths and Mazes*: David Willis McCullough, Anchor, 2005: Expert
4. *White Fire: A Portrait of Women Spiritual Leaders in America* by Malka Drucker, SkyLight Paths, 2003
4. *In Sweet Company: Conversations with Extraordinary Women About Living a Spiritual Life*: Essay: Lotus Press, 2002
5. *The Cultural Creatives: How 50 million people are changing the world*: 2001: 3 Rivers Press
6. *Radiant Life Meditations and Visions of Hildegard of Bingen*: 1998: Video



Rediscovering the Labyrinth:

A Walking Meditation with Lauren Artress

(DVD - Sep 23, 2001)

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Veriditas | 707-283-0373 | dawn@veriditas.org

Jo Ann Mast

Veriditas Master Teacher | Speaker | Workshop Facilitator



In the last decade the labyrinth movement has grown exponentially, offering support in our search for meaning in life. Jo Ann understands the critical need to nurture the soul, often neglected in the prevailing logic and chaos of modern times.

Jo Ann Mast

Veriditas Master Teacher

Labyrinth: Speaker ~ Workshop Leader ~ Facilitator Trainer

Leading labyrinth workshops in creativity, wellness and sacred relationships with self and others.

Veriditas offers the most rigorous and comprehensive facilitator training for people interested in sharing the labyrinth with others.

"Jo Ann is an outstanding facilitator, light hearted as well as deep hearted."

~ Michelle, workshop participant

"The depth and diversity of Jo Ann's labyrinth work reflects her unique role in the early days of the labyrinth movement unfolding through the vision of Veriditas."

~ Lauren Artress, Founder, Veriditas



Labyrinth facilitator Jo Ann says, "Putting one foot in front of the other creates a calming rhythm and surreal energy to help you reach self-renewal."

"Jo Ann's graceful and insightful teaching bring the labyrinth experience to life."

~ Lisa, workshop participant



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Jo Ann Mast

Veriditas Master Teacher | Speaker | Workshop Facilitator

Biography

"I believe that to explore the human spirit through labyrinth walking empowers us to fully engage in our work, our relationships and deepest desires."

Jo Ann has been involved in the labyrinth movement since the early days, working closely with the Rev. Dr. Lauren Artress, the founder of Veriditas and the worldwide leading force in the use of the labyrinth as a spiritual practice. For more than 14 years, Jo Ann worked extensively with Lauren, traveling the US and France and opening the minds and stirring the hearts of people through sharing the benefits of the labyrinth as a personal practice. Jo Ann served on the Board of Directors for Veriditas during six formative years, is a founding and current member of the Veriditas Council and the US Mountain Regional Representative for Veriditas.



After her apprenticeship with Dr. Artress, Jo Ann was the first to be selected as a Master Teacher for Veriditas. As a Master Teacher, she has led labyrinth workshops and facilitator trainings in Canada and the US. Jo Ann resides in Boulder, Colorado where she designs and leads labyrinth events, programs, retreats, and ceremonies celebrating life transitions. She advises and consults on a variety of major labyrinth projects.

Jo Ann's extensive community involvement includes:

- Featured speaker at the International Institute of Cultural Affairs
- Theologian in Residency for the First United Methodist Church of Boulder
- Consultant for GAIAM, national lifestyle media company
- Featured Speaker at Naropa University
- Lecturer for Spiritual Direction Program at Iliff Theological Seminary at Denver University
- Founder of the Colorado Labyrinth Community
- International Labyrinth Society

Jo Ann integrates labyrinth work with life experiences including her depth of knowledge accumulated during a 25-year professional business career. Jo Ann's study focus was history and business management at the University of Washington and completed graduate studies in Modern Organizational Development through New York University. In 2000, Jo Ann left the corporate world to pursue her passion and commitment for teaching and sharing the labyrinth with others. Jo Ann finds new ways to open hearts and minds to the unlimited opportunities of walking the labyrinth.

"Thank you for deepening my experience with the labyrinth and challenging me to meet myself."

- Amy, facilitator training participant

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- **Labyrinth Facilitator Training**, a unique professional training for those interested in facilitating the labyrinth experience for others

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- "Revitalizes me to take on the rest of my life"
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- "Is my path of prayer"
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- "Gives me hope"



And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."
"A very moving and powerful experience!"

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Jo Ann Mast

Veriditas Master Teacher | Speaker | Workshop Facilitator

Labyrinth Talks & Workshops

All titles are available for Lectures or Workshops. Talks are available in one hour lecture format followed with a labyrinth walk. Workshops are offered as partial or full day experiences and customized to meet the needs of your community.

The Art of Labyrinth Walking

In our rocket-speed world, we need simple, beautiful places like the labyrinth to draw us in by the art of its ancient pattern. Jo Ann guides you in a journey to discover your compassionate heart.

A Peaceful Walk in Difficult Times

Grieving is a natural response to an ending---expected or unexpected. Taking your sadness into the labyrinth offers peace and comfort. The soul can mourn and heal in the safety of the labyrinth.

Sparkling a Creative Life on the Path

Move from chaotic energy to creative energy with Jo Ann as she guides you through the labyrinth. This workshop opens new channels of creativity sparking the release of the divine imagination.

"I found the whole experience memorable and engaging. Jo Ann is an inspiring leader, a nice balance of seriousness and lightness. I found myself energized."

~Laura, workshop participant

"Using the labyrinth walks to demonstrate and integrate the concepts was an effective teaching tool."

~ Cheryl, workshop participant

Inviting Creative Change: Through the Labyrinth

Jo Ann leads you through an inner journey to identify the big life changes you didn't see coming. Inviting you to embrace these and discover the creativity and strengths that lead to the fullness of who you are.

Using the Labyrinth for Integration and Balance

Often we separate our thinking head and our emotional body. Jo Ann invites you to walk the labyrinth to re-connect with your spirit and discover your true reflection -- clear, precise and directed.

Labyrinth Walks in Partnership with Spirit

Our relationship with the labyrinth mimics our relationship with others and self. The labyrinth provides a safe place to reemerge with a new passion for our relationship with spirit.



To book Jo Ann to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Kay Mutert

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker



Kay's passion is helping others find their inner song. Kay believes the ancient archetype of the labyrinth is right for today's world as it draws us into an embodied non-verbal experience. She encourages others to deepen their spirituality, letting her love for music and movement speak to the hearts of others.

The Reverend Dr. Kay Mutert

Veriditas Master Teacher

Labyrinth Workshop Leader ~ Facilitator Trainer ~ Speaker

Creative Musician ~ Author

Leading labyrinth workshops in life transitions, spiritual deepening and renewal of spirit

"Using the labyrinth, Kay guides people to trust themselves during the turns in life's journey."

~ workshop participant



Experience the Wisdom of the Labyrinth

"Kay demonstrates a deep acceptance for people and where they are in their life journey. Her music and her insightful teaching make her workshops come to life. She is a trusted colleague and kindred spirit."

~ Lauren Artress, Founder, Veriditas



To book Kay to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Kay Mutert

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker

Biography



"I believe the labyrinth serves as a tool for people to connect with their inner being and trust where they are in any stage of life."

The Reverend Dr. Kay Mutert is a Veriditas Master Teacher after having completed an apprenticeship with Lauren Artress, the founder of Veriditas and worldwide leading force in the use of the labyrinth as a spiritual practice. She has worked alongside the Reverend Dr. Artress co-presenting at Veriditas pilgrimages at both Grace Cathedral in San Francisco and Chartres Cathedral in France. She provides music for many of the Veriditas labyrinth walks. She serves on the Veriditas Council.

Kay uses her composite experience as musician, minister, and teacher, inviting others to claim the labyrinth in a reconnection with the sacredness of life. She has worked with labyrinths since the mid-1990s, helping groups introduce and develop labyrinth events, inviting others into renewal of mind, body, spirit and re-engagement of creative energy, leading retreats, workshops and rituals for life.

Kay's extensive experience includes:

- Ongoing international work with churches and groups in USA and Great Britain for spiritual renewal and meditative practices
- Senior minister at the United Methodist Church, in Talladega, AL receiving the community service award from historic Talladega College
- Minister in the British Methodist Conference, invited to work with ministerial renewal for the clergy of the British conference
- Guest musician and program presenter for Iona Abbey, Iona Scotland
- National and Regional leadership in worship events
- Director of Music at Canterbury United Methodist Church in Alabama
- Music Services Coordinator at University of Alabama
- Teacher and Musician in Florida, working with teacher training and community programs
- Awarded Wordruff Fellowship for her Masters of Divinity at Candler School of Theology, Emory University
- Doctorate in education from the University of Alabama

"Kay has discovered the blessing inherent in honoring the mysterious rhythm of life. She believes each individual is invited at every moment to trust the wisdom of the heart and to embrace the sacred truth that unites all of life. "

~ workshop participant



A conductor, composer and pianist, Kay interweaves the labyrinth with her compositions in concerts and community programs, some specialized for those affected by cancer and AIDS. From her experience as a musician and presenter at Iona Abby in Scotland, she brings Taizé and the unique Iona resources to labyrinth work.



composer of Songs for the Journey

She is the author of Seasons of Change

"Kay Q. Mutert is a sensitive accompanist for the sojourner who seeks to walk the ancient path of the labyrinth. Her gifts of invitation and hospitality create a safe place for all to bring their own stories, lives, songs, hurts, and joys onto the path."

~ workshop participant

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Sacred Journey: A Life Path

Our life journey is a sacred act. Kay invites you to see the Ordinary as Sacred: celebrating life's special moments; creating and honoring rituals for life's experiences; living life with blessing and taking blessing into your labyrinth walk.

A Path Less Taken: Ancient Wisdom for Today's World

Framing a new way of living from ancient places, the labyrinth and ancient Celtic wisdom offer the modern seeker guides for walking today's complex life path. Kay introduces stories and wisdom out of the past: a love of creation, the voices of women and men, a sense of community and hospitality, a love of beauty - for forming a contemporary practice toward healing and wholeness

Circling on the Labyrinth

How important being in circle, working in circle, moving in circle can be. Learn the valued process of being in circle with others. When there have been enough words and thought, join the circle on the labyrinth. Kay facilitates simple embodied movement on the labyrinth and patterns for group act and ritual.



Seasons of Change: Carrying our Stories into the Labyrinth

Using stories from her book: Seasons of Change Kay offers you reflection time on your own journeys and stories, seeing the pivotal points as we move through life's transitions, challenges and changes. The labyrinth becomes a container for our soul work, as we come to grow and learn from the past.



Like a River Flows: The Way of Creative Expression

Using a line from a John O'Donohue poem, Kay leads you into the realm of unfolding the "aha!" surprise of the creative process. The labyrinth provides a place for being open to re-igniting your creative self or that of your community.

Music for the Soul: Sound and Silence on the Labyrinth

Kay brings her lifetime of music experience into an event of creating beautiful music on the labyrinth and for honoring the grace of silence. Providing a safe haven, she invites all into an experiential opportunity for receiving the rhythms and sounds around us, trusting your own voice, making music and learning melodies for the labyrinth walk.

"Kay is a wonderfully equipped teacher and caring person – I would love to learn more under her guidance."

~ workshop participant

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Veriditas | 707-283-0373 | dawn@veriditas.org

Di Williams

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker | Author



Di believes that the labyrinth offers a way to help people quiet the busy mind and be receptive to the subtle stirring of the soul. She guides people from all sorts of backgrounds so that they too may find peaceful reflection, deeper connection and nourishment for walking their unique path in life.

Leading labyrinth retreats, quiet days and workshops.
Primary consultant for emerging
labyrinth projects in the UK

The Reverend Di Williams

Veriditas Master Teacher

Labyrinth Workshop Leader ~ Facilitator Trainer ~ Speaker ~ Author

"It was indeed a true gift for me to be present and to be alongside Di. Very much appreciated her openness, balance and wisdom."

~ workshop participant



Awarded the MBE (Member of the Order of the British Empire) for Services to Higher Education, particularly for her leading work in spirituality



"Di's gentle guidance and compassion brings her powerful teaching home to each person. Her loving energy is infusing the Veriditas movement in the United Kingdom. She is a trusted colleague and kindred spirit."

~ Lauren Artress, Founder, Veriditas

 **Veriditas**
Experience the Wisdom of the Labyrinth



'Di Williams...deserves our gratitude for offering this generation a symbol that so many have found liberating and uplifting.

~ Forth 2 Radio Book Review

To book Di to share this ancient practice for healing and clarity with your group, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Di Williams

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker | Author

Biography



“I believe the labyrinth offers each person a unique and healing space to explore the deepest meanings of their inner life and discover resources for their human journeying.”

Di Williams has been a pioneer in the United Kingdom, being among the first women priests ordained in the Church of England in 1994, awarded the MBE (Member of the Order of the British Empire) for Services to Higher Education from Buckingham Palace in 2008 and earning the Veriditas Master Teacher Certification in 2010. Her presence in higher education at both the University of Edinburgh and Lancaster University has helped lift the community to a deeper awareness of spirituality at the heart of all our human experience.

Di's work for over 35 years as a member of an intentional Christian community, teacher, parish minister, adult educator and a chaplain, has given her a unique opportunity to share the labyrinth as a path for individual, group and community reflection, learning, and peace.

“My first labyrinth. It was a wonderful, deeply spiritual experience... beautiful clarity of mind.”

~ Greenbelt festival participant

The huge growth in the use of the labyrinth in higher education, hospices, churches, retreat centres, hospitals, and schools has found support in the peaceful, steady guidance and heart Di has brought to this powerful work.

“After Di's workshop, I felt peace in my body and mind... I feel stronger, revived and more able to deal with what I am facing..”
~ workshop participant

Di extensive credentials include:

- Anglican Priest in the Church of England
- Master of Arts Degree in Religious Studies from Lancaster University
- Advanced Diploma in Religious Education from Liverpool University
- Certificates in Education and Theology from Durham University
- Creator of the Edinburgh Labyrinth & labyrinth project www.labyrinth.ed.ac.uk
- Presenter at Parliament of the World's Religions
- Founding member of the HECA (Higher Education Chaplaincy Association)
- Founding member of SOPHIA: the Scholarly Society for the Exploration of Spirituality in Health and Healing
- Member of Independent Professional Therapists International
- Creator of the Natural Health Centre in Lancaster University
- Director of Still Paths, UK based labyrinth resource and consultancy
- Author of *Labyrinth: landscape of the soul* (Wild Goose Publications)

“How delighted I am to receive the lovely book of the labyrinth... it is continually a unique and surprising path – always awakens something in me”

~ Joyce Rupp - Award winning spiritual author



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Di Williams

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker | Author



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Di Williams

Veriditas Master Teacher | Labyrinth Workshop Leader
Facilitator Trainer | Speaker | Author

Labyrinth Keynotes, Talks, Workshops & Sermons

Keynotes and talks are available in one hour lecture format followed with a labyrinth walk. Workshops offered as partial or full day experiences. Workshops can be customized to meet the needs of your community.

Landscape of the Soul:

An Introduction to Walking the Labyrinth

In the fast-paced world in which we now live, we need simple, beautiful places like labyrinths that draw us in by the attraction of their pattern to slow ourselves down, still the busy mind and connect us again with our deep inner resources. Di guides you into the unique, centering and clarifying practice of walking the labyrinth.

The Spiritual Practice of Labyrinth Walking

The labyrinth is an ancient spiritual tool used by the medieval church as an aid to prayer. Now in the 21st century, we are rediscovering walking the sacred path of the labyrinth to support our spiritual reflection and growth.

Di introduces you to this unique path for the soul.

The Labyrinth and the Journey

The experience of walking the winding path of a labyrinth offers us an integrating way of participating in a journey of step by step trust. The labyrinth awakens the imagination to metaphorically step into the unknown in the company of the Sacred.

*“the energy & passion of the weekend
was like recharging drained batteries”*

Well-Spring for the Spirit:

Walking the Labyrinth as a Path of Prayer

Labyrinths are ancient pathways for the human spirit. Walking a labyrinth is a simple form of embodied prayer that, through the seasons, helps us connect to the Divine with all our heart, mind, body and soul.

Stillness & Attentiveness – the gift of the Labyrinth

It is hard to stay focused in the present. Sometimes the pull of the past and the uncertainty of the future exert a surprising strength. Walking the labyrinth invites us into stillness and attentiveness to the present moment in which our soul may find peace, healing, joy and gratitude.

One Wild Life: Walking the Labyrinth into our Future

Throughout the course of our life, we experience those moments when we sense a new phase in our life journey is waiting to be awakened. The labyrinth provides a unique and safe space to help us discover what we need to step through the next threshold.



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Veriditas | 707-283-0373 | dawn@veriditas.org

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist



Since ancient times, the labyrinth has been used as a tool of sacred practice – a way to center the mind, connect to the spirit and reflect upon life. The labyrinth walk allows everyone to recognize universal patterns in their lives and strengthen the connection between the head and the heart.

Kayleen Asbo

Veriditas Master Teacher

Workshop Facilitator ~ Labyrinth Facilitator Trainer ~ Professor ~ Mythologist

Leading labyrinth workshops that deepen the connection between the intellect and the spirit.

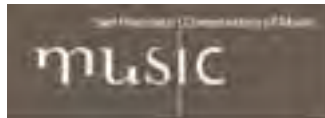
Veriditas offers the most rigorous and comprehensive facilitator training for people interested in sharing the labyrinth with others.



"Kayleen is the most enthralling teacher I have ever had - she is in a class by herself. If all teachers were like her, we would all be grateful students for life"

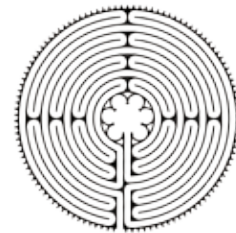


"It is no exaggeration to say that what Kayleen taught me has changed the way I see the world."



"Kayleen is a truly gifted teacher. She knows how to break things down so the rich content she offers can easily be grasped by both the mind and the heart."

~ Lauren Artress, Founder, Veriditas



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Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist

Biography

"I believe the labyrinth walk allows participants to recognize universal patterns that are reflected in their own lives: The mirror for understanding the archetypal struggles within each of us."

"I learned so much more than I expected- not just the stories, art and history- - which was fascinating—but I came away from this workshop with a deeper sense of self knowledge and understanding. I will be using what I learned for the rest of my life"

-Dante Workshop participant



Kayleen Asbo is a cultural historian, musician, writer and teacher who weaves together myth, history, and the arts with experiential learning. Trained as a Master Teacher by the Reverend Dr. Lauren Artress, Kayleen has produced countless labyrinth walks and workshops for retreats, colleges, churches, schools and community groups. She also returns to France almost every year to facilitate Veriditas' pilgrimage at Chartres Cathedral, where her research interests of Medieval history, art and music, Ancient Greek myth and Christian mysticism are all joyfully gathered together. She has conducted retreats and workshops on the subjects of Mary Magdalene, Benedictine Spirituality, Hildegard of Bingen, Julian of Norwich, Dante and TS Eliot- all of which include art, poetry, history, music, movement and personal reflection with the labyrinth.

Kayleen Academia

- Teacher of Psychology & Art Therapy at Sonoma State University
- Professor of music and developmental psychology at the San Francisco Conservatory of Music
- Lecturer on Cultural History and Mythology at Dominican University for the Osher Life Long Learning Institute
- Three master's degrees (in psychology, mythology and music)
- Doctoral candidate in Mythological Studies with an emphasis in Depth Psychology at the Pacifica Graduate Institute

Kayleen Distinguished engagements

- Guest lecturer at the Assisi Institute of Depth Psychology Conference in Assisi, Italy, Chartres Cathedral in France, Grace Cathedral in San Francisco, the Graduate Theological Union in Berkeley, the Institute for Transpersonal Psychology
- Lecturer on the intersection of spirituality, psychology and the arts at Harris Manchester College at Oxford University in England
- Music director for Taize services in San Francisco Bay Area, including at Grace Cathedral, Santa Sabina Retreat Center and the Numina Center for Spirituality and the Arts
- Choir Director and leader of Julian's Way, a contemplative community at St. John's Episcopal Church in Petaluma



"In over thirty years as a teacher and a trainer of teachers, I have rarely seen an educator as gifted, effective and creative as Kayleen Asbo... Kayleen's presentations are literally a dazzling weaving together of her passion for the arts, myth, story, her extensive knowledge of psychology, human development and history.

Most importantly, she has a remarkable ability to not only inform her listeners, but to touch their hearts as well"

To book Kayleen to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist



Lauren Artress founded Veriditas, a non-profit whose mission is to *activate and facilitate the transformation of the human spirit through the wisdom of the labyrinth*. Veriditas is a unique organization known for offering in-depth psycho-spiritual experiences in the labyrinth. The labyrinth becomes a metaphor for walking a spiritual path together with others.

Veriditas offers quality experiences of the labyrinth in sacred spaces by way of workshops and retreats throughout the United States, Canada, Europe, Africa and Australia. Veriditas signature programs are:

- Semi-annual Pilgrimages to **Chartres** Cathedral, Chartres, France
- Semi-annual Urban Pilgrimages to **Grace Cathedral**
- **Sponsored Workshops** by request offered by Lauren Artress and Master Teachers trained by Lauren
- **Labyrinth Facilitator Training**, a unique professional training for those interested in facilitating the labyrinth experience for others

For more information about Veriditas programs, please visit www.veriditas.org

Veriditas program participants say the labyrinth experience:

- "Opens my heart"
- "Centers and grounds me"
- "Helps me know that there is a pattern of organization at work in the chaos of the current world"
- "Receives my grief and pain and allows for its release"
- "Connects me to that which is greater than me"
- "Gives me creative insight to solve the problem I'm working on"
- "Balances my energy"
- "Revitalizes me to take on the rest of my life"
- "Connects me to others walking"
- "Is my path of prayer"
- "Provides me with inner guidance"
- "Gives me hope"



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And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."
"A very moving and powerful experience!"

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Labyrinth Talks & Workshops

Talks are available in one hour lecture format followed with a labyrinth walk. Workshops are offered as partial or full day experiences and customized to meet the needs of your community.

The Road Not Taken:

Individuation and the Spiritual Path

Each of us develops a way of meeting the world that relies on our strongest function- Thinking, Feeling, Sensing or Intuition. Two others become supporting aspects of our ego, but the fourth remains weak and undeveloped. Depth psychology teaches us that this "inferior" fourth function, when activated in midlife, can become the portal to the numinous, the doorway that connects us to ecstatic transformation and our higher self, and the pathway to wholeness. Join Kayleen Asbo for this weekend urban pilgrimage where we will explore the theme of personal transformation through the "path not taken".

Holy Longing

How do our deepest desires guide us towards the Sacred? With the wisdom of Teresa of Avila and John of the Cross to guide us, we will explore the rich and fertile terrain of longing- through meditation on the poetry of Rilke Rumi and Goethe; art making and labyrinth walking.

Dante's Divine Comedy: A Map for Midlife

An exploration of one of the world's greatest literary masterpieces, focusing on the imaginal vision that Dante created, and how his story has continued to inspire extraordinary painting, poetry, music and sculpture throughout the ages. A perfect introduction to Dante - no reading, no homework, just a deep dive into the story through art, music and personal reflection.

The Art of Soul:

Alchemy and the Transformation of the Heart

Medieval alchemy was a symbolic quest to understand the process of spiritual transformation, as the individual moves through the stages of falling apart, dissolving an identity, coming to new consciousness and reconciling opposites. In this workshop, we'll explore the alchemical pathways through the writings of Medieval alchemists and the psychologist Carl Jung- as well as see how the pathway is reflected in art, music and movies from Mozart's Magic Flute and Beethoven's Ninth Symphony to the Wizard of Oz.

Ariadne and the Labyrinth

The earliest Minoan and Greek myths have much to teach us about the journey of the soul. Through story and masterpieces of art, we'll encounter Ariadne, the Princess of the Labyrinth, and how her journey from daughter of a dysfunctional family to bride of a god is a mirror for our own transformation.

The Myths of Mary Magdalene

Meet Mary Magdalene as she has appeared throughout history in legends, stories, music and images. Through visual meditations, writing practice and contemplative discussion, we will find and cherish the Magdalene inside ourselves.



To book Kayleen to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

The Women's Dream Quest,
Facilitated by Judith Tripp, MA, MFT, Certified Veriditas Facilitator



The Dream Quest is a Veriditas sponsored interfaith celebration of women's spirituality. We come together in the timeless circle to celebrate, worship and discover the power of sister hood. Born at Grace Cathedral in 1987, the Women's Dream Quest has become an institution in San Francisco. The Labyrinth is the centerpiece of our event. We have evolved a powerful and beautiful format which is highly adaptable to new venues and specific community needs. Judith works with local people to organize the details and conducts the ceremonial and musical aspects of the night as well as training for small group facilitators on the day of the quest.

The Quest is an overnight event held in sacred space. It is full of song, meditation, movement, art and healing. We meet in a large circle on the labyrinth and in small circles for sharing and sleeping. Over the course of the 17 hours we explore the dreams we are questing in our individual lives both in our sleeping and our waking. We journey to the land of soul and share that process with a supportive circle.



The Dream Quest is Judith's heart's song. In it she shares the wisdom of 27 years as a transpersonal psychotherapist and student of the world's wisdom traditions, her songs, her flute playing, and her gifts as a healer. She also brings her skill as a creator of circles, encouraging small groups of women to leadership, music and art making and intuitive healing. She is available to create Dream Quests all around the world.

Judith began her psychotherapy career after a career as a special education teacher. She has a full time practice in San Francisco and in her home office in Woodacre, CA. She sees clients in the midst of transitions in their lives, often at the threshold of spiritual growth.

The labyrinth came into Judith's life in 1992 when Lauren Artress first introduced it to Grace Cathedral. Dream Quest had already found its home in Grace and the labyrinth became its centerpiece in early 1993. Labyrinth walking has become an important part of Judith's spiritual practice joining, meditation, prayer and time in nature as integral parts of her path. The labyrinth drew Judith to Chartres Cathedral where she finds the home of her heart. She has lived in Chartres for a 21/2 month sabbatical and returns yearly to present "Meeting Mary at Chartres", a daylong workshop and to participate in the Veriditas program. Celtic Christianity, Indigenous wisdom, mystical Judaism and all paths with heart inform her spiritual orientation. She finds herself a bridgemaker between the traditions.

Judith's music is an integral part of her practice and work. She plays silver flute, accompanying meditations and labyrinth walks and brings her voice and guitar to the songs of the Dream Quest.

Judith has created the CDs- *homage, solo flute in Celtic Sacred Sites*, and *Return Again, Songs from the Women's Dream Quest*. She is currently at work on a book *Circleway- The Story of the Women's Dream Quest*

Veriditas Contact Information

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