



# The Spirit of Veriditas, Voices From the Labyrinth

Summer 2009

A Veriditas Publication: Voice of the Labyrinth Movement

## "Under the Veriditas Umbrella"

Welcome to our Summer Edition of The Spirit of Veriditas. Remember those lazy summer days as a kid? I sure miss them. The pace around the globe continues to pick up every day. With this quickening pace, the need for labyrinths is more pressing. Jeff Saward, our Worldwide Labyrinth Locator administrator, has said there has been a spike in activity since I launched the internet radio show.

Don't know about the radio show? It is on Voiceamerica.com where you go to the 7th Wave Channel. This is through your computer, which may be new to some of you. I broadcast live on Thursdays at noon PDT; 3 PM ET. My guests have included Jeff Saward, Robert Ferre, Sig Lonegren, Linda Mikell, Ellen Meuch, Cynthia James and many others to come! I want to encourage emails and call-ins during the show, so please listen in!

Building and maintaining a labyrinth is often a labor of love. Facilitating a labyrinth walk is a spiritual practice in and of itself. Dozens of labyrinths are going in the ground this summer. We are changing the world one labyrinth at a time. Keep up the good work.

Blessings  
on the  
Path,



Lauren Artress

## Executive Director Reports on the Latest News at Veriditas by Dawn Matheny, Ph. D.

Here at our new home at the Institute of Noetic Sciences, we held our first retreat in July – Creative Leap! Both Lauren and I love working here in what's called the West Room where we have had our twenty-four foot canvas labyrinth down for indoor walking. We also enjoy daily walks on the new hilltop labyrinth that's now been named "Deer-heart" Labyrinth (Hoof prints can be found on the path!). I hope you can join us here some day for an event and see the beauty of this location. Here are some highlights of our latest news from the Veriditas office:

### Staffing Update

A big welcome to our new part-time bookkeeper, Pam Cole. Pam also works for The Institute of Noetic Sciences part-time and comes to us with many years of experience as a bookkeeper. Pam lives in Petaluma with her husband and son.

Pam is stepping in to do the work that Ed Pryle did for so long. Ed will continue in a consultant role to close out the books at year end. Veriditas is indebted to Ed for commuting two hours on the bus from San Francisco where he lives to Petaluma for the last six months! Ed is a Grace Labyrinth Guild member and also helps with setting out the candles for our labyrinth walks at Grace. Many thanks for your loyal service, Ed!

Another welcome to Joanne Lefferts who began as a part-time administrative assistant several afternoons a week. Joanne is the office manager for the Community Congregational Church in Tiburon and will be supporting the office in Petaluma, while Roberta Sautter continues to work remotely from San Francisco, part-time.

### Apprenticeship/Master Teacher Program

JoAnn Mast is now officially a Master Teacher for Veriditas. She is available to come to your area to do a qualifying workshop and a facilitator training.

Di Williams is our Apprentice in the UK having co-taught the Facilitator Training in Chartres this May.

Kay Mutert began her Apprenticeship to become a Master Teacher this July, assisting at the Pilgrimage and with the Facilitator Training in San Francisco.

Veriditas is delighted to have JoAnn available and Di and Kay on board!

### Products

Our product partnership with iSpiritual has begun! You can now

purchase a Veriditas line of products by clicking on their icon on our products page. The Shanti chimes, which Lauren uses at all events, are best sellers.

### Auction

The 2009 Auction is getting underway thanks to the leadership of Ellen Bintz Meuch and Roberta Sautter. Be sure to participate as a donor and/or a shopper!

### Not too late for Chartres

We are off to Chartres in late August with the Rev. Cynthia James from the Mile High Church in Lakewood, Colorado. Walking a Sacred Path offers two identical cycles of "The Inward Journey." Plane tickets can still be purchased for around a \$1,000. Be impulsive! Join us on this once in a life-time retreat!

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### Louisiana Pilgrimage 2010

Plans are underway for our exciting US pilgrimage next June in Louisiana. See Phyllis' article in the newsletter for more details. The program packs multiple events into 8 days at the Solomon Conference Center.

### Facilitator Renewal Event

A Renewal Event is in the works for our trained facilitators to reconnect

with us and each other in St. Paul, Minnesota in September, along with an Advanced Training for anyone who's been through our basic Facilitator Training. Visit our website for details.

As you can see, Veriditas is extremely busy. Given the times, labyrinth work is more important than ever. To keep Veriditas' wisdom available for others, please consider what you can personally do to help. Introduce a

friend to the labyrinth. Learn how to use the labyrinth to "transform the human spirit". And, consider lending your support to Veriditas through a financial donation. See my article below.

Love,



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

## Support Veriditas by Dawn Matheny, Ph. D.

Veriditas is a hub of activity, but these are difficult economic times. As a non-profit doing cutting edge work, we need our community of participants to be our community of patrons because it's you who understand best the value of what we do. Make a one-time donation or a monthly on-line pledge today. Big or small, show your support for the labyrinth and the work of transforming the human experience through your contribution. Walk a labyrinth mindfully while holding this opportunity in your heart to determine how you can join us in presenting more of Veriditas' best programs.

Here are some examples for you to consider:

☪ \$77 covers one B/W printing cartridge

☪ \$125 covers one advertisement in a local newspaper announcing our local events

☪ \$200 covers one month of phone and internet charges

☪ \$200 covers one month of office supplies, including material produced for all events that month

☪ \$500 covers replacement candles for our Chartres labyrinth walk

☪ \$700 covers the cost of our auction site/service for one year.

☪ \$732 covers one month of rent

☪ \$2000 covers Veriditas costs associated with the World Wide Labyrinth Locator on our website

☪ \$1650 covers radio sponsorship for advertising Veriditas events

One time wish list:

☪ \$2,000 for a professional server and software so we can eliminate duplicate databases and organize/consolidate data files.

☪ \$150 will cover a corner desk for more volunteer workspace

☪ The donation of a used working laptop will help to create another workstation for our volunteers.



<https://www.veriditas.org/donations.php>

## Veriditas/Marion Woodman Affiliated Workshops



**The Spiral of Transformation:  
Combining BodySoul Rhythms with the Labyrinth  
March 19 - 21, 2010**

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  
March 19 -21, 2010 (Starts 7:00 PM Friday, ends 4:30 PM Sunday)  
Cost:**

**Tuition: \$349.00 per person until January 31, \$399 February 1. (includes 2 dinners & 2 lunches)  
Overnight lodging and breakfasts at IONS: \$200.00**

**Location: IONS Campus, Petaluma, California  
For more information, contact Dawn Matheny, dawn@veriditas.org [dawn@veriditas.org](mailto:dawn@veriditas.org)**

To Register Click URL: [https://www.veriditas.org/registration.php?event\\_type=Woodman](https://www.veriditas.org/registration.php?event_type=Woodman)

# Little Miracles on the Path

by Linda Mikell

Dear Facilitators,

I dug back into the Little Miracles archives to find a “summer” story that gives so much credibility and importance to the work we do. Anne Buck sent me this story in the summer of 2007, but it’s as true as if it was written yesterday. Please remember to send me your “Little Miracle” story when you have one. We all are appreciative of this connection.

Blessings,  
Linda Mikell

*Linda Mikell has been a Veriditas facilitator since 2003. She serves on the Veriditas Council. Linda leads a weekly labyrinth walk every Thursday at 1:30 pm in the sanctuary of her Unitarian Universalist Fellowship in Stony Brook, New York. There is also a monthly evening walk the second Tuesday of the month. She is very interested in collecting and sharing stories for Little Miracles on the Path. If you have a story please send it to her at [edlinmik@optonline.net](mailto:edlinmik@optonline.net)*

## Summer Grief and Loss

How do you prepare your heart for 47 grieving campers ages six to sixteen? Half of them have never been to any kind of camp before; three quarters experienced the death of a parent; half of the deaths were sudden, half of the deaths were anticipated. These are children who have experienced the death of a loved one by cancer, heart disease, infections and nine suicides.

“The labyrinth helped me transition from my “working” mind set to a “healing” mind set. I had been so focused on camp set-up, logistics, time and what must be done. The second I stepped into the room, I felt a calm and refocusing of my energy to accepting the children and their needs for the weekend...instead of my own. Walking the labyrinth allowed me to breathe, let the outside world go and be present in the moment. I also felt a fun connection with other volunteers and it was one of the most memorable experiences of the weekend for me...even before any children got to camp.”

The thing that hit me the most was how much the labyrinth mirrors life (and therefore, death). I’d be on my path and someone would suddenly appear in my “personal space”, I’d need to adjust one way, or the other and then continue on. Or, someone would suddenly appear next to me, we would walk together for a while. I was aware and felt their presence, adjusting to it, experiencing the connection, and then as suddenly as they appeared, they would be gone and I sensed the change or loss of connection. Again, very much like what we all experience on our daily and life-long walk with others.”

So, how do you prepare your heart for children who grieve? How do you prepare to enter an experience of grief and loss? Once again, it is often in the heart and soul of activity, the place of anxiety and eager anticipation where we walk together, centering and quieting ourselves and trusting the process.

Anne Buck  
[buckbuckgoose@msn.com](mailto:buckbuckgoose@msn.com)

## Veriditas Labyrinth Dinner, Lecture, & Walk with Lauren Artress

Sunday, October 18th, 2009

The evenings include:

Labyrinth walk on the IONS Veriditas Labyrinth or indoor labyrinth depending on weather)

Lecture on The Mystery and Meaning of the Labyrinth, using the labyrinth as a transformative practice

Dinner of California fresh cuisine

Reservations are required. \$60 per events. For group discounts, call the office at 707-283-0373.

Click Here to Register: [https://www.veriditas.org/registration.php?event\\_type=Petaluma%20Events](https://www.veriditas.org/registration.php?event_type=Petaluma%20Events)

For More Information on the IONS Campus, Including Directions: <http://www.noetic.org/retreat.cfm>





# Louisiana Pilgrimage 2010

a premier event of  
**Veriditas**

## Strengthening the Network, Deepening the Experience

Mark your calendars now and save the dates – June 22 to 30, 2010 – for this premier Veriditas event. *Louisiana Pilgrimage 2010* is a unique new pilgrimage model designed with creative vision by Phyllis Mayo to extend, build and strengthen connections among individuals and regions represented, along with providing a top-quality domestic pilgrimage for those not able to travel abroad. It showcases five Veriditas programs including building a labyrinth on-site, a three-day spiritual retreat, *The Pilgrimage of the Soul* (and qualifying workshop for Facilitator Training), Facilitator Renewal Day, Facilitator Training and Advanced Facilitator Training. There will also be side trips to Louisiana cultural events available. Participants may elect one, some or all!

## LOUISIANA PILGRIMAGE SETTING

Solomon Episcopal Conference Center is the pilgrimage setting and is located on 80 acres of [Setting] piney woods just north of Robert, Louisiana – an easy 90 minutes or less drive from both New Orleans and Baton Rouge. Solomon delights visitors with its natural beauty, excellent facilities and peaceful atmosphere. The Lodge includes a Great Room where participants gather for special events including labyrinth walks and hospitality receptions. Fully air-conditioned (very important during Louisiana’s long hot summers), it also houses a main lecture hall and numerous small meeting rooms.

Guest Accommodations are 2-story and arranged around a common quadrangle. Each room has a private bath, two extra-long twin beds and a twin-size sofa. All linens and towels are provided. Quality meals are a point of pride at the Center and special meal requirements can be accommodated.

To learn more about the *Louisiana Pilgrimage 2010* setting, visit [www.solepisc.org](http://www.solepisc.org).



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MORE . . .

**“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://www.veriditas.org/donations.php>



### 2009 Online Auction for Veriditas

**Click Link Below to Navigate to Online Auction**

<http://www.cmarket.com/auction/AuctionHome.action?vhost=veriditas&caalias=fall2009>

## LOUISIANA PILGRIMAGE FACULTY

[Lauren Picture]The Reverend Dr. Lauren Artress will guide the *Louisiana Pilgrimage 2010* leadership team, serve as faculty dean and speak daily in a comfortable conference setting. She will be supported by Dawn Matheny, Veriditas' Executive Director, and Veriditas' Master Teachers, JoAnn Mast and Kay Mutert. Also in attendance will be other well-known spiritual directors and group leaders whose work features the labyrinth experience.



Lauren and others are participating with Veriditas, a not-for-profit organization whose vision is to activate and facilitate the transformation of the human spirit. Since 1997, Veriditas has trained over 3,000 labyrinth facilitators worldwide – therapists, clergy, hospital administrators, parish teams, doctors, artists, social workers, teachers, spiritual directors and labyrinth enthusiasts.

### EXCEPTIONAL OPPORTUNITY FOR FACILITATORS

*Louisiana Pilgrimage 2010* offers exceptional Veriditas programs for labyrinth facilitators including:

- Labyrinth Building Workshop that features actual construction of an outdoor labyrinth on-site;
- Facilitator Renewal for those already trained as Veriditas facilitators – with or without certification;
- Facilitator Training – which can be conveniently combined with *The Pilgrimage of the Soul* qualifying workshop or taken as a refresher at discount; and
- Advanced Facilitator Training taught by Lauren to deepen and widen skills of experienced certified facilitators.

### ALL INCLUSIVE PRICING & PROVOCATIVE TRAVEL DESTINATION

*Louisiana Pilgrimage 2010* will soon publish all-inclusive pricing for its program offerings where registration, lodging (single or double accommodations) and meals, refreshments, materials and miscellaneous costs are included. Provisions will be made for “early bird” (by January 30, 2010) and combination (two or more program) registration discounts.

*Louisiana Pilgrimage 2010* is designed to offer quality programming for which Veriditas is known and respected. It should also provide greater accessibility and convenience to those in the southern region. For national and international pilgrims, Louisiana is a provocative travel destination that may be combined easily with a rich educational and spiritual experience!



**Walking a  
Sacred Path,  
Chartres, France  
August 30 - September 6, 2009  
and September 6 - 13, 2009**

Click the Link for more information and to register,

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

**The Inward Journey**

A Spiritual Pilgrimage Retreat in Chartres, France

**With Cynthia James and Lauren Artress**

Two identical sessions:

August 30 – Sept. 6, 2009 & Sept. 6 – 13, 2009

Package deal on registration with housing and optional  
tour of Paris

For more information about Veriditas at Chartres,

<http://veriditas.org/programs/chartres.shtml>

# A Tried & True Approach

## by Phyllis Mayo



– donating smaller amounts but regularly and predictably over time.

An important group of Veriditas donors practices this wise and disciplined generosity and now, with online contributions so easy and convenient, their numbers are growing. This weekly or monthly giving has delivered Veriditas from some tight spots and helped us survive the pinch many worthy causes – and individuals who support them – are feeling these days. Veriditas appreciates all these gifts. Thank you for financial support so essential to our work of transformation. If you are not already supporting Veriditas with your treasure, I hope you'll consider this new approach to giving and act now by going to [www.Veriditas.org](http://www.Veriditas.org) and make the first of several regular gifts.

Do these smaller donations make a difference? Absolutely! Consider the Obama campaign where thousands who typically sat on the sidelines or at the margins of power, fueled efforts that resulted in astonishing success. People who could not write a \$500

check – and many who could but were never motivated to do so before – went online & charged \$10 or \$20 or \$50 to their credit cards not once but time after time after time.

Lauren Artress inspired me many years ago with her vision of transforming the human spirit. I thought, rather than buying a new bag or pair of shoes or even a lovely bottle of wine, I would give her a little money. In those days, I wasn't as careful as I am now about directing my energy. Maybe it's about getting older. Maybe it's the result of seeing my 401-K shrink or the equity in my house disappear. Maybe it's just that I'm finally ready to choose fish over cutting bait.

It is still very much about Lauren's vision and her important labyrinth-related work. Veriditas, the nonprofit corporation she founded, has assumed the responsibility – and the challenge – of sustaining these important efforts. To succeed, it requires a loyal and committed base of support from individuals worldwide who share a

hope for the transformation of the human spirit and see the labyrinth as a spiritual tool in this pilgrimage of the soul.

When I was a girl and would dream my big dreams out loud, Mother used to bring me back to earth saying, "Of course, you can do it all. You just can't do it all at the same time." I think of her now as I ask you to share treasure with Veriditas – not a \$200+ donation as it may be too rich for these times – but \$20 a month, every month, for 12 months. In spite of all our cost-cutting measures, budget reductions and wise stewardship, we need this, and we need it now.

*Phyllis provides management consulting services to private companies, public agencies and nonprofit organizations. She has supported Lauren Artress' work through donations to Veriditas since 2003, and joined the Veriditas Board of Directors last year. This fall, Phyllis will enter the doctoral program in urban studies at the University of New Orleans..*

I'm learning new ways to support organizations and initiatives I believe make our world – and us in it – a better place. I work to achieve a balance distributing time, talent and treasure, but with contracting economic times, there's also a new approach. Of course, everything old is new again, and so it is with steady incremental giving

*Lauren Artress inspired me many years ago with her vision of transforming the human spirit. I thought, rather than buying a new bag or pair of shoes or even a lovely bottle of wine, I would give her a little money.*



<https://www.veriditas.org/donations.php>



### Women's Dream Quest, with Judith Tripp

Dreaming the Sacred Feminine  
Grace Cathedral, San Francisco

Friday, October 23rd 7:00 p.m. through Saturday, October 24th 11:00 a.m.  
The Women's Dream Quest is an opportunity to spend the night in the sacred space of Grace Cathedral in San Francisco. We meet in the evening for ceremony and group sharing around the labyrinth then move to small groups. In the morning, we are awakened by song, and complete our experience with a final meeting around the labyrinth and then breakfast.



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

For More Information: <https://www.veriditas.org/programs/women.shtml>  
To Register: [https://www.veriditas.org/registration.php?event\\_type=WDC](https://www.veriditas.org/registration.php?event_type=WDC)

# Coming Full Circle With Grace in The Bahamas

## by Robin Bradley Hansel

I hoped that one day I might get the opportunity to meet Barbara Chester since only a small bit of ocean separates our two homes. Her passionate work had inspired me when I interviewed her for my article "The Grand Bahama Labyrinth" (The Spirit of Veriditas, Voices From the Labyrinth - Winter 2009, pg 6).

Yet no one could have been more amazed by the Providence surrounding our meeting than me. Not until I noticed the small brown sign from my taxi's window pointing toward "The Garden of the Groves" did I realize that our last minute family vacation had brought me full circle to a moment of Grace.

We had just two days before we needed to be back on the boat headed home to Florida. Barbara and I had only communicated a couple of times via email months before. I wondered what she might think if I called her so unexpectedly. By the next afternoon, my family had grown weary of listening to me fret. They encouraged me to borrow the hotel's desk phone and try to find her. Soon, I was listening to Barbara's lovely British laughter on the other end of the line. She immediately rearranged her entire day and arrived to pick me a few hours later.

She stepped out of her little blue car, "Bonny Gatsby" and greeted me with a warm embrace. She surprised me with a gift bag filled with bath soap and lotion made with rosemary grown in the labyrinth's own Healing Garden. A pink Grand Bahama Labyrinth bookmark adorned with an orange butterfly and a quote by Thomas Moore reading, "I but know that I Love thee, whatever thou art"

completed her thoughtful present. I knew I had connected with a special new friend.



As we drove to the labyrinth, Barbara shared some interesting history regarding the island that had been her permanent home since arriving in 1992 with her husband. Together, Jack and Barbara built the popular International Marina at Port Lucaya which I had noticed just across the street from our hotel. She told me how Wallace and Georgette Groves, the founders of Freeport Lucaya, had exported some of the long, straight native Casuarinas trees back home to England to be used as "pit props" for

the coal mines. The Garden of the Groves was dedicated to their memory in 1973. Thanks to the tireless work of countless volunteers since then, it

beside the chapel's door and learning that its smooth leaves were once used as paper.

I slowly turned around from the chapel and faced the brilliant blue Eleven Circuit Chartres labyrinth spread out across its lush, green valley. Encircled by pink-blossomed Poor Man's Orchids, lovely Bottle Brush Trees and thick Crepe Myrtle, it felt like The Grand Bahama Labyrinth was waiting there just for me....

I followed Barbara past a small gazebo housing a statue of St. Francis of Assisi, the patron saint of the garden and all its inhabitants. We then walked across a green wooden bridge to arrive at a white trellis-arched entrance with bright blue lettering spelling "Labyrinth." Next, we wound along a stone-covered pathway past an old Banyan Tree whose branches had grown naturally into the shape of a large cross. A lovely statue of Mary overlooking a lily-covered reflecting pond stood in the western part of the Healing Garden. Dragonflies, hummingbirds and butterflies floated everywhere.

has become a twelve acre botanical paradise.

I soaked in each interesting detail she shared. I loved hearing how the chapel overlooking the labyrinth is a scaled replica of the Bahamian church that once served the logging town known then as Pine Ridge. When we actually arrived at the tiny stone chapel on the hill, I was captivated by its four abstract, towering wooden sculptures honoring the native Bahamian people. I loved touching the Autograph Tree

We traveled the herb-bordered path to the labyrinth where I was delighted to see a small boy with his family. I learned that bright-eyed little Daniel was three and that this was his first labyrinth walk. It was overwhelming to watch him run and skip exuberantly across the lines and then eventually settle into a quiet, contemplative rhythm of his own. Afterward, Daniel danced for my video camera, shouting "Cheers!" to me as he beamed his gorgeous smile. I marveled with joy at his t-shirt depicting the planet earth

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surrounded by bold lettering that read "THE FUTURE OF THE WORLD".

I removed my shoes and finally began my own walk. I reflected on



the roughness of the labyrinth's unique texture against my bare feet, remembering that Barbara had told me how the island's own natural limestone had been mined and ground down to make its concrete base. Daniel followed me into the labyrinth and hand-in-hand, we walked the path. A statue of Quan Yin, the Bodhisattva associated with compassion and mercy, whose name translates "observing the cries of the world" kept watch over the two of us from the eastern end of the labyrinth.

Afterward, we all stood under the big Tamarind Tree and listened as Barbara and Daniel's grandmother exchanged Bahamian recipes. Barbara shared with me that the Circle of Life fundraiser for the Grand Bahama Humane Society had been very well attended on a full moon night in January. Valentine's Day

had created the perfect backdrop for another unique event celebrating love for the planet. In March, a performance celebrating music and dance had welcomed over two hundred people. Barbara's good friend, Robbin Whachell, editor of The Bahamas Weekly, arrived to take some pictures of the LABYRINTH LIBRARY LOGOWEAR store. Barbara unlocked the brand-new yellow clapboard shop. She raised its charming plantation shutters allowing the warm sunshine to highlight the exquisite garden murals painted throughout its interior. Shelves holding numerous books, bags, hats and clothing all sporting the Grand Bahama Labyrinth logo with its signature butterflies lined the walls. Together, we two "robins" helped her roll another sea-green display shelf filled with books and a glass cabinet containing Neem tea and more Labyrinth Healing Garden products out onto the cozy covered porch

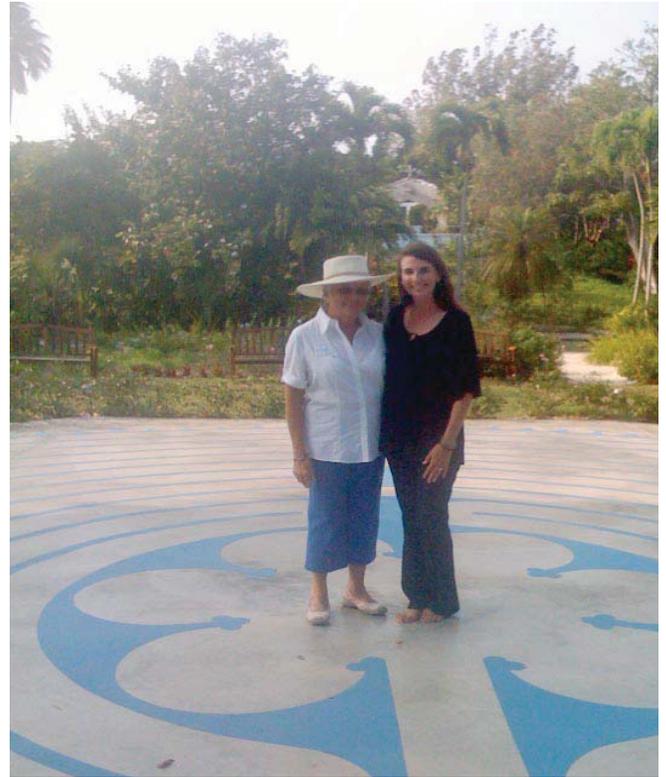
After the photos for the newspaper were taken, I had the honor of being the shop's very first customer. I chose a beautiful blue logo canvas book bag and a box of unique labyrinth stationary painted by a local artist. Barbara proudly presented me with a handwritten receipt and we all enjoyed the karma of the moment.

As our visit drew to a close, we shared cold glasses of Chardonnay and iced

tropical tea at the bright pink and blue Garden Café built under the canopy of one of the garden's giant fig trees. Several more of Barbara's friends stopped by our table to greet her with warm hugs. It was no surprise to me that my new friend, "The Labyrinth Lady", was deeply loved by so many of her island neighbors. Resting there, I caught my breath with the awareness that Grace had spiraled and spilled back into my life

once again thanks to the mysterious connecting power of the labyrinth.

*Robin is a Certified Veriditas Labyrinth Facilitator living in South Florida. Her company, Labyrinth Wellness, LLC unites her professional training as a licensed physical therapist and a Pilates instructor with her creative spiritual pathway as a writer. [www.labyrinthwellness.com](http://www.labyrinthwellness.com)*



For more info on The Grand Bahama Labyrinth visit:

[http://www.thebahamasweekly.com/publish/grand\\_bahama\\_labyrinth/Welcome\\_to\\_the\\_Grand\\_Bahama\\_Labyrinth5138.shtml](http://www.thebahamasweekly.com/publish/grand_bahama_labyrinth/Welcome_to_the_Grand_Bahama_Labyrinth5138.shtml)



## *Lauren's Radio Show - Thursday Noon - Pacific Time*

Click to Listen: <http://www.modavox.com/voiceamerica/vshow.aspx?sid=1541>

# Labyrinth Dreaming at Chartres

## by Rev. Jeremy Taylor, D. Min

We worked every day for a week, morning and afternoon, in the in the cool, sunny, high-ceilinged meeting rooms attached to the Bishop's residence, all literally in the shadow of Chartres Cathedral. The experience of sharing and unpacking the night-time dream accounts of Veriditas pilgrimage participants was deeply touching for all of us, and for some, even life transforming.

Intriguing and compelling dreams were spoken, and each was treated with respect, either with strict confidentiality, or with complete anonymity, depending on the individual dreamer's wishes. As we talked, we found common themes and symbolic dramas in the dreams, and explored the many ways these dreams serve our individual and collective health and wholeness

On Thursday night we walked the labyrinth in the Cathedral, experiencing directly and physically the energies of healing, centering, and evolving spiritual awareness that are carried and awakened by this elegant archetype of the mandala. After spending so many days together

taking our metaphoric walks through each other's dreams, and eventually reaching the center of each, our physical circumambulation of the Chartres Labyrinth left us with a profound appreciation for the complexity of our psyches.

Once again it was demonstrated that all dreams, (even nightmares) come in the service of health and wholeness. All human beings, (and probably all complex sentient beings) know, both literally and figuratively "in our bones" that paying attention to threatening information is a survival strategy, and when the dream world goes to the trouble of dressing its messages in nightmare "costumes", it is because that information is of particular potential use and importance, both to the dreamer, and to then people who gather to hear and explore the dream.

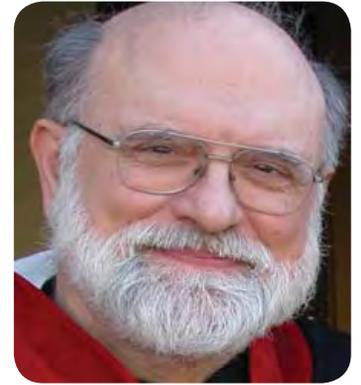
External travel joggles our habitual patterns of movement, thought, emotion and self-awareness and we tend to dream of "home" and to see the world, both awake and asleep, with fresh eyes renewed by the experience of being "away". This is particularly true of the inner experience of

religious/spiritual pilgrims. In some sense, all pilgrims are seeking the way "home" in what the emeritus historian of religion at the University of Chicago, Mircea Eliade, calls "the eternal return".

The fact that our respective imaginings and projections about one another's dreams produced such exciting and consciousness-changing effects is proof positive that the metaphoric/symbolic language of the dream world is in fact universal. Carl Jung, the Swiss psychiatrist and historian of culture, said essentially the same thing when he suggested:

*"The limit of my ability to interpret dreams is for me to share my dream about your dream..." (and when he was in an expansive mood, he would often add): "Fortunately, something good almost always comes of it!"*

"Something good" certainly came from our sharing and projecting on one another's dreams in Chartres. We all left with a much clearer, experiential understanding that "the Magic Mirror Never Lies" and that we do not really travel alone on our life paths, even when we dream.



*Jeremy has a D. Min. (Doctor of Ministry), M.A. (in American Studies) and B.A. (in Sociology). He was ordained as a Unitarian Minister in 1980 (by the Berkeley Fellowship of Unitarians). Starr King School for the Ministry gave him an honorary STD (Doctor of Sacred Theology) in 1999 in recognition of his lay ministry with dreams. He's on the Advisory Board of the Atlanta Jung Society (Atlanta, GA), director of the Institute for Archetypal Studies and Projective Dream Work at Wisdom University (in San Francisco); founder and director of the Marin Institute for Projective Dream Work; associate director of the Chaplaincy Institute for Interfaith Ministry, director of their Dream Work Certificate Program and professor of Archetypal Studies.*



# The Suspended Labyrinth: A Moving Art Installation

## Story and Photo by Maia Scott

Beyond its mysterious origins, many agree the labyrinth has a connection with high places. One such labyrinth spent a few weeks residency in a San Francisco dance studio. Indeed, this labyrinth obviously had connections from above. It was obvious because you could see the strings.

Dancer and artist Anna Dal Pino underwent a long and thoughtful process to build a suspended labyrinth after she became inspired by a labyrinth walk at a workshop. As an artist, Anna's work explored and depicted a lot of movement. Needless to say, the dancer with choreography created moving art. The labyrinth offered a catalyst for a harmonious marriage of dance and art.

Upon entering the studio, the viewer looked down on the labyrinth before descending the stairs. Gently breathing with the ebb and flow of air currents, each panel hung on monofilament wire from the ceiling grid. Colored light played across the white gauze, adding dimension and clarity to Anna's vision. Her original design evolved from the seven circuit classical pattern with varied path widths to work around space

constraints and play with walkers' sense of personal space.

"You need not touch the labyrinth, it will touch you." Prompted Anna as walkers donned colorful robes before entering. As they progressed, their gaze lifted as they moved to the back where sheer gauze nearly reached the ceiling and an ethereal loftiness took hold. At

center, which happened to be closest to the audience. The long, horizontal opaque panels broke the performer's form in two unless they moved on the floor beneath the panels. This "Stage" challenged the modern viewer's expectations of watching a show, forcing the audience to come to terms with not knowing. Enter the cue for "Just Being".

sense of the labyrinth experience. As quiet witness, Anna watched as people approached with reverence or apprehension and came out wide eyed and pensive.

Art evolves from that deep place of risk and discovery where spirit plays an important role. Labyrinths stand as art in their own rite whether they act as a pilgrim's path to the Holy

Land or a clever inlay on the floors of Roman Edifices. The Path weaves a story as the labyrinth nudges the seeker to open, learn, and reintegrate with new found knowledge. Attending a performance or viewing a work of art prompts a similar phenomenon. It is rare to find the patrons as the performers and art suspended in an ethereal yet edgy tale complete with beginning, center, and... endless.



*Suspended Labyrinth (Entrance is off the left)*

the front people seemed a little guarded as their heads and legs became exposed. She describes the installation as, "An opportunity to be and experience art at once."

Anna Dal Pino scheduled a line-up of performers to show work in the space. Anna's dance with others' spoken word and music wound its way to the

Anna said she did not create this work with the spiritual quest in the forefront of her mind. She built it for love of movement and art. She trusted people would find what they need in there, spirit or otherwise. In the shadows of Grace Cathedral and the hub of the US labyrinth movement, the suspended labyrinth challenged many avid enthusiasts'

*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 conference workshops including sessions walking a tactile portable labyrinth under blind-fold.*

*"You need not touch the labyrinth, it will touch you." Prompted Anna as walkers donned colorful robes before entering.*

# Pondering Pebbles on the Path

by Maia Scott



The simplest things have the potential to help us on our way to new understanding as we take a common item and look at it in a different light. Combined with the practice of walking the labyrinth, props add a new dimension when one is sought or needed. Same as the labyrinth on its own, props inspire themes, bring groups to common ground, or allow an individual to explore a path not yet traveled. Free and inexpensive things such as leaves, stones, streamers and recycled paper flowers may simply prompt a smile or humbly springboard an unexpectedly amazing personal discovery. Pebbles make great props. They are plentiful on driveways and roadsides or in riverbeds and on the beach. Pebbles have the potential to be quietly grounding. Better yet, they know no borders. People of many cultures regardless of economic status have played with them as children or taken a moment to drop them and watch as they plunk into the water.

Here are ten ways to use pebbles. More likely, there are ten times as many ways as there are readers of this article: Those in tune with the joy of exploring themes and intentions will certainly see their own way of utilizing these ideas and come up with a whole lot more. These concepts are open ended, and even a little cryptic, allowing plenty of space for adaptation to enhance ritual, practice, or exploration.

...With Pebbles on the Path...

**Centering:** Take a passenger in a pocket for many safe returns to the center – Remember that quiet place in the middle of the labyrinth? Go there in the garden or gridlock.

**Earth Aware:** Little love notes from Earth offer a gentle reminder that even a Great Mother needs a bit of TLC to keep her bosom ripe with offerings.

**Giving & Receiving:** Warmed in the hand, they pass from one to another along the journey. Do these little things mean a lot?

**Honoring:** Dropped into water, they cause outward ripples that reach beyond all odds. So do those who inspire us to live well, find peace, and stay strong.

**Letting Go:** One is easy to ponder while many weigh down weary shoulders. Dearest gravity makes separation easier carrying mind baggage on their decent to freedom.

**One Source:** They embody the path, the church, the great mountains... They are the essence of God's house whether dappled with light from stained glass or redwood trees.

**Sacred Ground:** Blessed on the spiral journey, they hold the sacred within. Sew them like seeds of hope where healing is needed.

**Simplicity:** It's not a new car, but it can take you where you need to go – holding place on a finger labyrinth for example.

**Perspective:** They have been broken down and weathered time and time again to be here now. So have we. They have many years on us from which we may learn their patience.

**Wisdom of the Collective:** One is lovely to behold. Many placed by individuals on their own journeys could stand as art or a monument to working together.



*Pebble Labyrinth is located at Center for Spiritual Enlightenment, San Jose, CA*

## Veriditas Labyrinth Facilitator Training

The goal of this Veriditas Labyrinth Facilitator Training is to prepare people to introduce others to the labyrinth in an articulate, professional and effective way. The training addresses both meditative walking and ceremonial use. It is focused primarily on the Eleven Circuit Medieval Labyrinth but is inclusive of all forms.

**October 23rd - 27th Fort Worth, TX** - East Fort Worth Montessori Academy. Public Lecture, Workshop and Facilitator Training. For more information about the lecture and workshop, go to the EFWMA website at [www.efwma.org](http://www.efwma.org) or email [Melodie Minshew at eidolem@wt.net](mailto:Melodie.Minshew@eidolem.wt.net).

**Nov. 16 - Nov. 17 Greensboro, NC** - Holy Trinity Episcopal Church. Lauren Artress. For workshop information, see <http://www.labyrinthkeepers.com/>

Click here to apply for Veriditas Facilitator Training <https://www.veriditas.org/programs/training.shtml>



# Regional Facilitator Representatives

by Lisa Moriarty

The Regional Representative network is an important way to facilitate contact and communication between Veriditas facilitators within the different regions around the world. The tasks of the Regional Representatives involve the following:

- Welcome new facilitators to network.
- Encourage use of the facilitator network and web site.
- Encourage communication with all facilitators in the region.
- Share information regarding Veriditas sponsored events within the region.
- Collect and distribute information regarding all regional labyrinth activities, as well as working toward registration of all regional labyrinthson the World Wide Labyrinth Locator.
- Maintain and manage email list of facilitators within the region and

report changes to Regional Group Coordinator.

- Stimulate regional/local labyrinth activities.
- Be willing to spend about 5 hours a month on Regional Representative activities.

Each region operates a little differently depending on its size, geography and the number of facilitators within the region. Our goal is to identify a representative for each region who will be the main communication connection with Veriditas when new facilitators are trained and for changes involving contact information. In many areas, local "sub-representatives" may be useful, by state or by large municipal areas, who would be more involved with their local group of facilitators by setting up email lists or web-based message boards, determining the interest for local meetings or gatherings for sharing and support, or coordinating local labyrinth events and activities.

For example, The West Region includes California, Nevada and Hawaii. Clearly, the facilitators in Hawaii would not be able to travel frequently to California for a facilitator gathering, but they may wish to get together with others in Hawaii to share information or host local activities. Also, there may well be such a large group of facilitators in the San Francisco area alone that groups from different areas of the city might get together regularly. One Regional Representative would not be expected to coordinate all of this, but there may be point persons, state or area representatives, depending of what works best for that region. The primary West Regional Representative would maintain a list of all facilitators, let the sub-regional contact persons know if is a new facilitator is trained or moves to the area, and maintain regular contact with the smaller local areas to communicate information from and to Veriditas about activities.

Much of the function of the Regional Representative would be by email or telephone to welcome, connect

facilitators to others in their area and keep contact information current. There may be interest some time by the facilitators in hosting an entire regional gathering or Facilitator Renewal Day; so maintaining contact with Veriditas Facilitators within the region helps to generate interest and involvement in such activities.

Below is the list of current Regional Representatives. Some of the regions have that role vacant. If you are interested in acting as a Regional Representative in your area, contact Lisa Gidlow Moriarty, Regional Representative Coordinator at: [veriditasreps@gmail.com](mailto:veriditasreps@gmail.com)

If you would like to act as a representative or contact person for a state or large municipal area within a region, contact the appropriate Regional Representative listed below.



- Canada East: vacant Canada West: vacant
- USA Central: Ellen Meuch [meuch@msn.com](mailto:meuch@msn.com)
- USA Mid-Atlantic: vacant
- USA Midwest: Lisa Gidlow Moriarty [veriditasreps@gmail.com](mailto:veriditasreps@gmail.com)
- USA Mountain: JoAnn Mast [joann@veriditas.org](mailto:joann@veriditas.org) and Marge McCarthy [margemcc@newmexico.com](mailto:margemcc@newmexico.com)
- USA Northeast: Linda Mikell [edlinmik@optonline.net](mailto:edlinmik@optonline.net)
- USA Pacific Northwest: Janis Burns Buyarski [little\\_way@hotmail.com](mailto:little_way@hotmail.com) (Alaska), Christine Merritt [christinemerritt@earthlink.net](mailto:christinemerritt@earthlink.net)
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- Asia Region: Martha Coillard [marthacollard@yahoo.com](mailto:marthacollard@yahoo.com)

## What Each Region Covers

- Canada East: New Brunswick, Newfoundland, Nova Scotia, Ontario, Prince Edward, Quebec
- Canada West Rockies/Plains: Alberta, British Columbia, Manitoba, Northwest, Nunavut, Saskatchewan, Yukon
- USA Central: Indiana Illinois, Iowa, Kansas, Kentucky, Michigan, Missouri, Ohio

- USA Mid-Atlantic: Delaware, Wash DC, Maryland, Virginia, West Virginia
- USA Midwest: Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin
- USA Mountain: Arizona, Colorado, Montana, New Mexico, Utah, Wyoming
- USA Northeast: Connecticut, New Hampshire, New Jersey, New York, Maine, Massachusetts, Pennsylvania, Rhode Island, Vermont
- USA Pacific Northwest: Alaska, Idaho, Oregon, Washington
- USA Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee
- USA Southwest: Oklahoma, Texas
- USA West: California, Hawaii, Nevada

- United Kingdom: England, Ireland, Scotland, Wales
- South Pacific: Australia, New Zealand
- Western Europe: Austria, France, Germany, Italy, Netherlands, Spain, Sweden, Switzerland
- Africa: South Africa

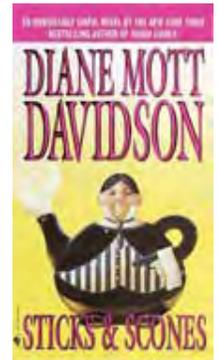
*Lisa Gidlow Moriarty is a Veriditas Certified Advanced Labyrinth Facilitator. She is the owner of Paths of Peace in Stillwater, Minnesota, [www.pathsofpeace.com](http://www.pathsofpeace.com). She makes and sells full-size canvas and permanent labyrinths. Lisa is an active member of the Minnesota Labyrinth Network. She is the Regional Representative Coordinator for Veriditas and sits on the Veriditas Council. Lisa is the President of The Labyrinth Society, an international organization ([www.labyrinthociety.org](http://www.labyrinthociety.org)) and is the Midwest Regional Representative for both organizations..*

## Book Connection

For summer reading, we are sharing two books with connections to labyrinths. The first is a light, fun culinary mystery, which is great for reading by a pool or campfire, on a beach, or just in your favorite reading chair. There are recipes included too! The second is more stimulating to the brain as Jeremy Taylor explains the meanings of myths and symbolism in our dreams as we explore our own inner labyrinths. And don't forget to use Veriditas' Amazon link if you are going to order; however, both should be available in your local library too. Happy reading!

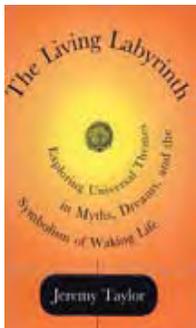
Sticks and Scones  
by Diane Mott Davidson  
Bantam Books  
ISBN: 0-553-57831-6

*"At that moment I felt as if the shiny stones of the labyrinth were beckoning to me. Pink light from the rose window skipped across the marble, and my skin prickled. What had Eliot said? You walk the labyrinth to arrive at your spiritual truth. I hadn't been doing too well in the truth department lately, so why not try it before I snooped around?" p.275*



The Living Labyrinth, Exploring Universal Themes in Myths, Dreams, and the Symbolism of Waking Life

by Jeremy Taylor  
Paulist Press  
ISBN: 0-8091-3766-6



*"This book is an effort to promote and nurture our best creative individual and collective responses to the most pressing questions and demands of contemporary life... A deeper conscious encounter with dreams and myths can nurture creative imagination, creative self-realization and expression, compassion, and courage in ways that no other effort of attention can achieve; and these are, as they have always been, the qualities and energies we need to confront and transform our eternal human predicament." p. 11*

Be an  **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!*

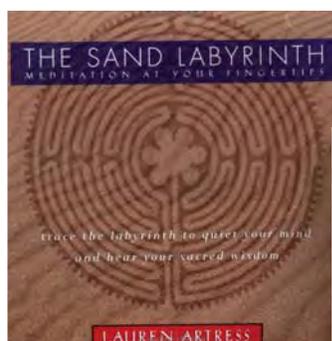
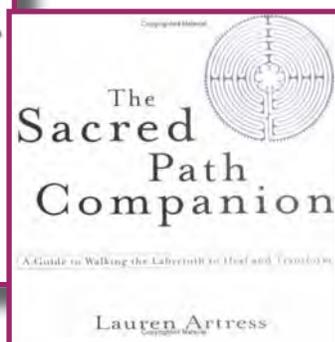
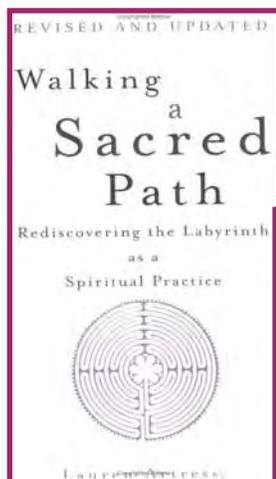
*This world, Veriditas, and the spiritual community at large is just brimming with wondrous linking interconnectivity. If you are itching for new reading or music and you happen to be passing by the Veriditas website (<http://www.veriditas.org>), then you're in the right place at the right time. Veriditas 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!*

## 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

Summer 2009

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IS A  
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VERIDITAS VISION  
& MISSION

The vision of Veriditas is to activate and facilitate the transformation of the human spirit. The work of Veriditas centers around the Labyrinth Experience as a personal practice for healing and growth, a tool for community building, an agent for global peace and a metaphor for life.



## Veriditas 2009 -2010 Calendar

- August 31 – September 5** Chartres, France. Walking a Sacred Path. Cycle One with Cynthia James. Contact the office for more information at 707-283-0373.
- September 7 – 12** Chartres, France. Walking a Sacred Path. Cycle Two with Cynthia James. Contact the office for more information at 707-283-0373.
- September 27** St. Paul, MN. Facilitator Renewal Day. For Veriditas-trained Labyrinth Facilitators only. Contact the office for more information at [contact@veriditas.org](mailto:contact@veriditas.org), 707-283-0373, or log onto the Facilitators' Portal.
- September 28 - 30** St. Paul, MN. Advanced Facilitator Training. For Veriditas-trained Labyrinth Facilitators only. Contact the office for more information and application at [contact@veriditas.org](mailto:contact@veriditas.org), 707-283-0373, or log onto the Facilitators' Portal.
- October 18** Petaluma, CA. IONS campus. Dinner, labyrinth lecture and walk, with Lauren Artress. To register, [click here](#).
- October 23 – 24** San Francisco, CA. Grace Cathedral. Women's Dream Quest. Dreaming the Sacred Feminine. For more information and registration, [click here](#).
- October 23 - 27** Fort Worth, TX. East Forth Worth Montessori Academy. Public Lecture, Workshop and Facilitator Training. For more information about the lecture and workshop go to the EFWMA website, [www.efwma.org](http://www.efwma.org), email Melodie Minshew at [aidolem@wt.net](mailto:aidolem@wt.net) or call 817-647-5642. For more information and application for Veriditas Facilitator Training, [click here](#).
- November 13 – 17** Greensboro, NC. Holy Trinity Episcopal Church. Workshop and Facilitator Training with Lauren Artress. For more information, contact Holy Trinity Episcopal Church at <http://www.servantleadergreensboro.com/>, or Marjorie Donnelly at [marjoriendonnelly@triad.rr.com](mailto:marjoriendonnelly@triad.rr.com). For more information and application for Veriditas Facilitator Training, [click here](#).
- January 22 - 26, 2010** Delray Beach, FL. The Duncan Center. Workshop and Facilitator Training with Lauren Artress. For more information, contact Alison Walsh at The Duncan Center at <http://duncancenter.org/>, or email [awalsh@duncancenter.org](mailto:awalsh@duncancenter.org). Telephone 561-496-4130. For more information and application for Veriditas Facilitator Training, [click here](#).
- March 19 - 21, 2010** Petaluma, CA. IONS Campus. Spiral of Transformation with Lauren Artress and Mary Hamilton. For more information and registration, [click here](#).
- June 22 - 30, 2010** Loranger, LA. Louisiana Pilgrimage at the Solomon Episcopal Conference Center. Lauren Artress. Labyrinth Building Workshop, Retreat, Facilitator Renewal Day, Facilitator Training, and Advanced Facilitator Training. For more information, contact the Veriditas office. For more information and application for Veriditas Facilitator Training, [click here](#). For more information on Advanced Training, Veriditas-trained Facilitators, log into the Facilitator' Portal.

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