



The Spirit of Veriditas Voices From the Labyrinth

Fall 2009

A Veriditas Publication: Voice of the Labyrinth Movement

Incorporating Labyrinths Facilitators Help Businesses Embrace the Path

Welcome to the Fall Veriditas Journal. Our goal is to highlight different labyrinth-related themes in each issue. This issue we explore the use of the labyrinth in the corporate world.

I often compare the labyrinth to a string bass. It can be in a jazz band, a symphony hall or a string quartet. It is so versatile and can expand the potential in so many settings. The labyrinth is finding its way into corporate settings at an increasing rate. In many ways, this is cutting edge work and Veriditas facilitators are

applying their creative efforts to open people in these settings to the non-

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dual consciousness that the labyrinth offers. Out springs new, creative

approaches to old problems, new ways of team building and deepened avenues to innovation.

It is a treat to have an interview with Dan Pink, the innovative thinker and author of A Whole New Mind: Why Right Brainers Will Rule the World. I had the privilege of interviewing him on my radio show and enjoyed the engaging conversation.

Have a great holiday season and enjoy the blessing on the Path!



Lauren Artress

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

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

It has been a wild ride this fall for Veriditas. We had a great experience in Chartres with Rev. Cynthia James and the amazing community from Mile Hi Church in Lakewood CO. Afterwards however, for a variety of reasons, we had to cancel and reschedule September's Advanced Facilitator Training in Minneapolis. This affected our ability to be present at the Mid-west Renewal Day (successfully held anyway with a Skype appearance from Lauren). Our sponsored program in Texas rescheduled to February 2010 which left us in a cash flow crunch. Immediately we began our year-end fundraising campaign, and along with a successful auction, we are now in much better shape.

We are so appreciative of all of your support. It really does take a whole community of those who understand the value of the labyrinth experience to keep Veriditas going. With the strong and committed support of our Board, we are working hard to maximize our resources, create new revenue streams and develop creative ways of running our annual campaign.

News bits:

Our office is now open Tuesdays and Thursdays from 9:00 a.m. to 6:00 p.m. Pacific time, staffed by me or Pam Cole.

A variety of factors led to a decision to postpone our Louisiana Pilgrimage. The prototype has been developed and we hope to make it happen in the future.

We decided to continue with our semi-annual pilgrimage this May in Chartres with Lauren leading "Living an Authentic Life."

Lauren is also planning a trip to the UK and Australia in 2010.

Our Master Teacher, JoAnn Mast (Colorado) will begin to hold qualifying workshops and Facilitator Trainings. We hope to be graduating Apprentices Di Williams (UK) and Kay Mutert (Alabama) into the Master Teacher role as well.

Our partnership with *iSpiritual* continues to grow and we held our first holiday open house in their retail store this past Sunday.

The Council has been very active this past year in holding the vision for a connected and thriving Facilitator Community.

Tina Margason turned the reins of this amazing publication over to Robin Bradley Hansel. We welcome Robin as our editor. Kudos to Tina for her years of service!

Roberta Sautter and Ellen Meuch are the ones behind the success of the Veriditas auction. They built it with your help. You came.

As I write this, we are preparing to hold our first labyrinth workshop and Facilitator Training here at the IONS Retreat Center in the Petaluma hills. Being in community with others oriented toward "the transformation of the human spirit" on this beautiful land with our "Deer



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

Heart Labyrinth" close by has been a real joy.

In these rocky financial times, I am grateful for all we've been able to do and how our big vision centered in the power of the labyrinth carries us through.

I wish you all joy and peace for the year ahead, and I hope to see you at a Veriditas event in 2010. We couldn't do it without you.

Many Blessings,

Dawn



iSpiritual and Veriditas: Working Together

Rita Caroni and Dayle Marshall, the creators and owners of *iSpiritual* are happy to join in partnership with The Rev. Dr. Lauren Artress of Veriditas.

Veriditas is a non-profit organization dedicated to promoting the healing powers of the labyrinth. Founded in 1995 by the Rev. Dr. Lauren Artress at the Grace Cathedral in San Francisco, Veriditas offers workshops, retreats and professional training for those interested in facilitating labyrinth walks in their own communities. Veriditas recently relocated its office to a retreat center in the hills of Sonoma County.

iSpiritual is a 10 year old business that sells premium quality products for labyrinth lovers and facilitators. A leader in the field, *iSpiritual* has both an on-line, and soon to open walk-in retail store in Sonoma County. A wide range of labyrinth products are available.. For more information click web link:

<http://ispiritual.com/products.php>

Signature HealthCARE Learns About the Labyrinth

by Robin Bradley Hansel

It was an honor to have the opportunity to introduce the labyrinth at the Signature HealthCARE 2009 Learning Congress in March. [Signature HealthCARE](#) is a family-based organization that is revolutionizing the long term care industry through a culture of resident-centered healthcare services, personalized spirituality, quality of life initiatives, and employee development and empowerment.

E. Joseph Steier, III, Signature HealthCARE's President and CEO, invited my company, [Labyrinth Wellness](#), to present the labyrinth at his National Conference. Mr. Steier began walking labyrinths back in 2002, so he intuitively understood the impact such a powerful tool of transformation could have on his employees. He described his personal experience with walking labyrinths to be "like following a circular staircase to your core."

Mr. Steier said that he hoped providing a labyrinth to walk at The 2009 Learning Congress might offer his employees, who he calls "Stakeholders," the chance to discover "reflective peace within each leader's soul so that their individual learning experience could be transformed into something bigger."

I chose a thirty-six foot Eleven Circuit Medieval Style Labyrinth to present to the group. The Medallion Ballroom of the historic Hilton Seelbach Hotel located in Louisville, KY provided the perfect location for the conference and the walk. The Chartres Cathedral-style design was warm and welcoming to the many participants who had traveled all day long in frigid temperatures to attend. Gentle meditative music and candlelight filled the room, creating a warm oasis of peace at the end of a busy evening. Large pillows were placed in each petal of the Center's rosette to make the sacred space feel as inviting as possible.

So many Signature employees came to walk that we kept the labyrinth available for an entire extra hour to accommodate their interest.

Following the walk, Mr. Steier commented, "I watched the candlelit

is a transformational experience that can really change a corporate event,"

The following two days, many other Signature HealthCARE conference attendees enjoyed utilizing finger labyrinths in the historic Rathskeller



room fill with inquiry, and leave with understanding. It was very powerful to watch my team embrace it. The labyrinth experience really exceeded my expectations because it was utilized with more widespread sincerity than I first anticipated. We limited pre-selling it and instead just put it out there and let them choose."

He continued, "As we look to the future of personal sustainability and professional independence, the labyrinth is one of the best interfaith approaches to showing your Stakeholders that you don't just talk about it, but that you believe it. This

of the Seelbach. Gentle lighting and Gregorian music enhanced the setting which was decorated with majestic pillars, rare Rookwood Pottery and leather-tooled ceilings. Constructed in 1907, the Rathskeller, with its medieval cathedral appearance provided the perfect location for learning more about labyrinths, formulating breath prayers and enjoying personal time with one's journal and sketch pad between learning sessions.

In July 2009, my company was invited to return once more to present the labyrinth, this time

at the Signature HealthCARE Corporate Office in South Florida. A group of approximately 65 Signature employees, known as The Dove Coalition, hosts monthly guest speakers as a way to enhance interfaith and cultural awareness. Their organizer had a particular interest in learning more about labyrinths.

Kim Engel, Director of Spiritual Initiatives, started The Dove Coalition with about fifteen other Signature Stakeholders in March 2009. Everyone at Signature's Home Office is invited to participate and events are carefully scheduled to accommodate and be respectful of individual work responsibilities. Kim shared with me that Dove Coalition members may gather on the lawn each morning for prayer if they desire and they can also choose to meet weekly for spiritual reflection and growth through small group studies during lunchtime. Members may also participate through daily "Thought of the Day" inspirational emails and "Did You Know?" announcements which provide brief descriptions of religious and cultural holidays as they occur throughout the months.

I showed excerpts to the group from the exciting DVD, **Rediscovering the Labyrinth with Lauren Artress** as they enjoyed their lunches. I also provided various types of finger labyrinths while I answered their questions about the history and uses of the tool.

My twenty four foot Modified Chartres-style portable labyrinth was too large to fit in any of the meeting spaces so I arranged to have it available for Signature Stakeholders and their families to walk later that evening at a nearby chapel. An announcement was made and directions to the church were provided company-wide.

Afterward, I had the opportunity to ask Ms. Engel how she might imagine *continued on page 4*



the labyrinth fitting in as a spiritual tool with the future vision of The Dove Coalition. She shared, "The labyrinth is a wonderful spiritual tool. It offers people of all faiths and cultures the opportunity to reflect on their own individual experience, whatever that may be. It embodies

what The Dove Coalition is trying to help foster by providing a place where people of all faiths can harmoniously co-exist in one space, while still being free to travel along their own spiritual path. It's quite beautiful, actually."

With 66 facilities operated and

managed by its affiliates in seven states, Signature HealthCARE is redefining care with its mission of earning the trust of every resident, family and community it serves. When I asked how he pictured the labyrinth fitting in with future opportunities for his Stakeholder's personal growth, Mr. Steier concluded, "With the themes of spiritual nourishment, family stability, and transformational learning, we will continue our push toward personal independence and enlightenment as an organization. I believe the labyrinth can play a major role in this initiative. First, every year it will be a staple of our mind, body and spirit programs. Second, we are working on creative ways to implement it into resident and family programs because of the power and understanding it brings to so many. Third, learning about finger labyrinths has made me realize I have even more potential to

expand the labyrinth's utilization as a spiritual tool."

Robin Bradley Hansel's company, [Labyrinth Wellness, LLC](#), is based in South Florida. She enjoys uniting her professional training as a Certified Veriditas Labyrinth Facilitator, a Licensed Physical Therapist and a Certified Pilates Instructor with her creative spiritual pathway as a writer. Robin is the newest editor of the Journal. Visit her on the web to share your exciting ideas for articles about labyrinths.

Photo Credits: Robin Bradley Hansel



***Walking a Sacred Path
Living an Authentic Life:
Walking the Labyrinth as a Spiritual Practice
May 24 - May 28, 2010
Led by Lauren Artress***

Facilitator Training May 29 - 30, 2010

***May 23 - Meeting Mary at Chartres -
A Daylong experience of the Sacred Feminine with Judith Trip***

As the world around us becomes more chaotic we are consciously choosing spiritual practices that quiet the mind. Without a quiet mind, self-reflection and prayer become challenging, and discovering and living an authentic spiritual life becomes less of a priority.

Walking the Labyrinth is becoming an accepted spiritual practice embraced by those seeking to deepen their faith in the Divine. It is a practice that can open the portal to the mystical life. If you are stirred by restlessness and longing; if you are seeking answers that elude you, join Lauren Artress in Chartres this spring.

This program will be at a special rate of \$1,199 before April 15th and \$1,299 after, with lower group rate available for groups of 6 or more. Call the office at 707-283-0373 for details about the group rate

For more information and to Register go to <http://www.veriditas.org/programs/chartres.shtml>

Little Miracles on the Path

by Linda Mikell

Dear Facilitators,

When faced with the topic of “The Corporate Use of the Labyrinth” I was a little baffled. I certainly had had no such experience so I put it out to our wonderful network. Facilitator, Christie Braziel, replied with a story that brings us all hope for the universal appeal of the labyrinth. Her well-thought out step by step process which revealed “Little Miracles” along the way, is a blue print for others thinking of corporate usage. Thank You, Christie for sharing.

Blessings to all,
Linda Mikell

Linda Mikell has been a Veriditas facilitator since 2003. She serves on the Veriditas Council and is the New England Regional Rep. Linda leads a weekly labyrinth walk every Thursday at 1:30pm in the sanctuary of her Unitarian Universalist Fellowship in Stony Brook, NY and also a monthly evening walk the second Tuesday of the month. Linda 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

Corporate Labyrinth Walk Pilot - A Huge Success by Christie Braziel

When I attended my facilitator training at Grace Cathedral in July 2008, my intention was to provide walks for folks in the recovery community. I had not given any thought to using it within a corporate environment. But some lively discussions of the variety of venues my classmates were introducing labyrinths got my mind to working. My company is a very progressive, highly sensitive organization to the mind, body, spirit connection. We have an active Wellness program, encouraging employees to get and stay healthy. This provides for a vibrant workforce and lower health care costs. It's just good business all around. It was a natural connection to consider introducing labyrinth walks—but where to start?

Our training class had engaged in a helpful discussion about the political ramifications of working within any institution and being sensitive to the savvy needed to introduce what is frequently a unique concept to many folks. Having a good relationship with my Division VP, I decided to approach her and ask if she would act as my sponsor for the project. She was not only interested in hearing what labyrinths are and their benefits; she strongly encouraged me to develop a pilot program for our department. She suggested creating a team of ambassadors/assistants to help out and most importantly, collect data from participants. That data would be the best introduction to the wider corporate structure to prove the benefits of labyrinth walks. The one gentle caveat she provided is that I present it primarily as a stress reduction tool; offering a respite from the daily stresses of a hectic work environment. That secular approach was fine with me as I'm aware everyone gleans what they need and as we all know, the labyrinth meets us right where we are.

I took her wise counsel and selected six co-workers who I suspected had open minds and a spiritual bent. They were all excited at the prospect. I presented them my PowerPoint and excerpts of Lauren's video; *Rediscovering the Labyrinth*. We took some lunch-time field trips to a downtown, outdoor labyrinth to walk and de-brief afterward. They all fully embraced the concept and realized the benefits immediately.

Next, I scheduled a series brown bag sessions during the lunch hour for anyone interested in learning about labyrinths. I showed the same PowerPoint and video and answered any questions. My VP provided the funding to rent a seven-circuit petite Chartres labyrinth for two weeks. This size (24') fit nicely in a conference room which provided a calm space to offer walks.

The invitation went out and the response was overwhelming. Some folks returned during each (2 hours) session to walk. Many were walking for the first time but clearly had a unique and personal experience they hadn't expected. My team collected feedback from willing walkers (see below for results) and were available to hold the space, manage the flow or answer questions as needed.

I was so very pleased with the response we received. The hidden blessing was that I was able to use the training and walking sessions as fulfillment of my certification requirements. I'm happy to report that I sent the feedback results along to our corporate facilities management and I am currently partnering with them to install a permanent structure on our campus in an outdoor garden area.

The universal power of the labyrinth was evident in this corporate venue and I'm honored to have heeded the call to share this timeless tool with a grateful and receptive audience of co-workers.

Pilot objective

The primary goal of the pilot was to:

- ❖ Introduce the concept of walking a labyrinth to customer service employees
- ❖ Provide time and space to experience personal walks
- ❖ Collect data regarding participation and feedback from walkers



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Attendance

Brown Bags	Attendance
June 2 (Leadership group)	30
June 3	21
June 12	11
TOTAL Brown Bag attendees	62
Labyrinth Walks	Attendance
June 15 (labyrinth assistants only)	6
June 17	33
June 19	22
June 22	16
June 24	16
June 25	25
TOTAL walkers	118

Feedback provided after walking the labyrinth

Question 1	First Time	1-3 times	4-10 times	> 10 times
How many times have you walked a labyrinth?	64	17	8	5

Note: Some walkers returned for additional walks which impacted the number of times walked.

Question 2	No	Yes
Did you know anything about labyrinths before walking today?	36	56

Note: Again, this number modifies with return walkers. Most indicated they never walked before. Some had attended the Brown Bags.

Question 3	Much more	More	About the same	Less	Much less	Not Applicable
Comparing how I felt before walking the labyrinth with how I feel now, I feel:						
Agitated	1	1	1	35	29	19
Centered	25	44	13	4	2	0
Stressed	1	1	7	34	40	4
Peaceful	30	47	5	2	5	0
Relaxed	34	44	6	5	5	1
Quiet	32	38	10	2	4	2
Open	23	33	21	1	2	4
Anxious	0	6	7	28	34	7
Clear	24	37	22	1	1	1
Reflective	34	37	13	2	3	1

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Additional Comments

🌀 Please bring this to VSP. It brought good tears to my eyes today. The effects are cumulative and I'd love to have access to this over and over.

🌀 A great way to take away stress and focus on me. Reflection of oneself can produce incredible production within the workplace. Thanks for bringing this to VSP.

🌀 I would like to see a permanent labyrinth here at VSP. I felt a huge sense of "unwinding" and "release" when walking. This was a FANTASTIC experience. My mind feels much clearer and I will be way more productive today at work as a result.

🌀 Thank you for bringing this to VSP! It is a quick way to release stress, move my body and quiet my mind so I'm more present and creative.

🌀 I loved it. I now understand the saying, "It's not the destination, it's the journey."

🌀 I hope we can bring this in a larger size to VSP. It would be nice to have both an indoor and outdoor version.

🌀 I loved this! Hope we get to do this more!

🌀 Nice and calming experience. Would walk again if VSP was inclined to install one.

🌀 Based on my first walk I can see how this would be an excellent benefit to VSP employees.

🌀 Very useful for the everyday stresses of life and work. I would do this every day if I could!

🌀 At first, I was walking fast but within a short time I slowed down and found myself breathing much more deeply. It was very peaceful.

🌀 2nd time—I noticed that I was able to quiet my mind sooner before reaching the center. I did, however, feel I needed more time before reaching the center. Walk seemed too short. All in all—still great and thanks for bringing this to VSP.

🌀 Love the ocean sounds. It reminds me of being back in Monterey!

🌀 We need a mini-inside labyrinth upstairs for CSRs to walk after a bad call. Perhaps outside Laura's office or restrooms. Would be so nice in addition to a big one outside.

🌀 This is the second time I've walked a labyrinth. Both times have been here in CR 410/411. Both walks have helped me work through some very difficult situations. Walking the labyrinth provides clarity and a sense of calm. It helps me separate the "emotional drama" from situations so I can be more effective in communicating and working through potentially volatile situations. Thank you for this opportunity

🌀 Going through a difficult personal time. This helped.

🌀 Very powerful! I'd anticipated experiencing "something" just didn't know what. Music/ambiance contributed to feeling peaceful and relaxed. Experienced waves of emotion—gratitude for many blessings in my life. Kept having thought—"Life is the labyrinth—many twists and turns—One way in and one way out!"

🌀 OMGosh! I love this. What an experience walking only five minutes and I feel better.

One walker just happened to have a doctor's appointment after her first walk. Her typical blood pressure reading is around 140/85. After her walk it was 110/70. She was thrilled.

Christie Braziel is a Certified Veriditas Labyrinth Facilitator in Sacramento, CA christie_braziel@hotmail.com



"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>



Business Retreats Incorporate the Labyrinth

by Robin Bradley Hansel

In late October, I had the pleasure of meeting Certified Veriditas Labyrinth Facilitator and Veriditas Council member, John Ridder. Mr. Ridder's company, [PaxWORKS](#) is well-known for constructing beautiful labyrinths. With this quarter's Journal theme in mind, I asked if any of his former clients were currently using labyrinths in corporate settings.

Mr. Ridder shared that he and Jane Marie Downey co-led a three day retreat in May 2005 entitled "Using, Building and Facilitating the Labyrinth" at [The Country Place Retreat and Conference Center](#) in White Haven, PA. An Eight Circuit Renewal Labyrinth was constructed during the event which continues to be utilized regularly by the Center's corporate retreat guests.

Dr. Sylvia Lafair, Ph.D., President of Creative Energy Options, Inc. (CEO) shares, "We are so honored to have the beautiful labyrinth at [The Country Place Retreat and Conference Center](#). One of its main uses is with our "Total Leadership Connections" program, where executives from all over the world gather to move to extraordinary leadership. Using the labyrinth gives them the opportunity to find that quiet place where they can assess and reflect. Joining in a ritual which is centuries old and universally understood helps them to connect with the past as well as the present as they create the future."

Jane Marie Downey was one of the first facilitators to train with Veriditas in 1998. She was very willing to discuss some of her facilitator techniques for sharing the labyrinth with businesses and organizations. Her company, [Clarity Concepts, Inc.](#), consults with corporate clients to identify the most effective, robust

tools for imparting leaders with the skills to envision the future in its many forms, and to apply innovation methodologies which allow their businesses to grow, compete and thrive.

about timing," she continues. "As facilitators, we need to introduce the labyrinth as a tool to support another modality rather than selling it as a process. We can argue that it is both a process and a tool, but you are better off marketing it as a tool because

and not retreat in fear," she states. "Business folks are there to get their job done and sometimes they just want to be told "how" to do something. Because of this, your environment must feel very safe for them to be able to experience true self-discovery."



Photo Credit, Robin Bradley Hansel

"The labyrinth is not the first tool I would suggest bringing to the table with a new client. You may be able to get it in the door through a venue such as a wellness fair, but there are issues to trying to suggest holistic approaches. Some business people still don't know what that means," Ms. Downey cautions.

"It can be challenging to explain it to a corporate environment. It's all

it translates better into business terminology that way."

When presenting the actual labyrinth walk to a corporate or organizational group, Jane Marie Downey states that the facilitator must work hard to create a setting of safety when introducing soft skills such as self-knowledge. "We need to be careful to create an environment where the participant can take another step

Two weeks after our interview, I had the opportunity to put some of Ms. Downey's valuable advice into immediate action for myself. Nanette Lawrenson, Executive Director of [The Loggerhead Marinelife Center](#) had previously invited me to conduct an evening staff retreat. The Loggerhead Marinelife Center (LMC) is a 501 (c) 3 non-profit organization with the mission to promote the conservation of Florida's coastal ecosystem through education, research, and rehabilitation, with a special focus on threatened and endangered sea turtles. The labyrinth walk was to be her special thank you gift to her dedicated staff.

Ms. Lawrenson had invited me to speak at her staff's morning meeting back in September to introduce the topic. I shared a brief Power Point presentation and also provided finger labyrinths for them to try. I posted my Power Point on-line so that staff members who were unable to attend the morning meeting could view it as well. I then followed up with an email announcement about the evening which included links to my website where they could learn even more about labyrinths.

With the retreat's actual timing being in close proximity to Thanksgiving, Ms. Lawrenson and I agreed to tie into the theme of "Gratitude." I was extremely thankful that the primary topic that very week on the Veriditas Facilitator List Serve just happened to be "Gratitude Walks". I quickly posted my *continued on page 9*



Medieval Eleven Circuit
Chartres Labyrinth - 36 foot
Octagon Shaped Canvas



Baltic Wheel Labyrinths



Modified Medieval 7-Circuit
Labyrinth Pattern - 24 foot
Octagonal Canvas Labyrinth

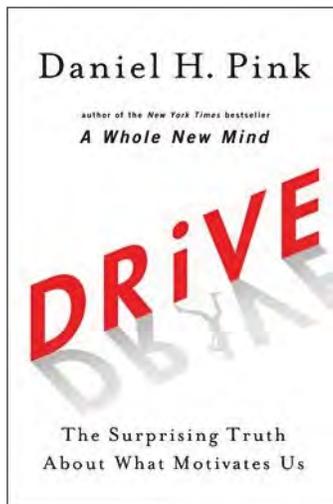
Canvas Labyrinths from Veriditas - To order, call the office at 707-283-0373 or download the order form: <http://www.veriditas.org/products/canvas.pdf>. For more information go to <http://www.veriditas.org/products/canvas.shtml>

A Conversation with Bestselling Author Daniel H. Pink

by Robin Bradley Hansel

On October 8th, 2009, Daniel H. Pink was interviewed by Dr. Lauren Artress on her radio show, The Wisdom of the Labyrinth. Their thought-provoking discussion was entitled "[A Whole New Mind: Why Right Brainers Will Rule the Future.](#)" The show is archived in its entirety on-line.

Mr. Pink's bestselling book by the same title was featured in the "Book Connections" section of our summer 2009 issue. Now, the author's latest



book, [Drive: The Surprising Truth About What Motivates Us](#), is due to

the ideal life is...."more like walking a labyrinth, where the purpose is the journey itself."

be released on December 29th, 2009. I was very grateful that [Daniel H. Pink](#) was willing to share more of his thoughts with me regarding the potential for the labyrinth in business and corporate settings:

I love your quote from [A Whole New Mind](#) that the ideal life is...."more like walking a labyrinth, where the purpose is the journey itself." In what ways do you find this to be true, particularly in the context of your personal pursuit of the ideal business/professional life?

Well, I like the way James Carse puts it -- that we can think of our pursuits as a finite game or an infinite game. A finite game has a winner and an end; the goal is to triumph. An infinite game has no winner and no end; the goal is to keep playing. That's the way it is with a labyrinth. And that -- at least partly -- is the way I approach my work. In some ways, the goal of

each book is having the opportunity to write another one.

Would you define what you mean by "Purpose" (from your new book, [Drive](#)) and discuss how you envision the labyrinth could be used in today's business world to enhance this and the other two intrinsic drives?

Purpose is the desire -- the innate human yearning -- to connect to something that transcends ourselves. The most deeply motivated people—not to mention those who are most productive and satisfied—hitch their desires to a cause larger than themselves. Labyrinths could help in that by giving us time out of the day-to-day maw to orient ourselves toward those broader aims.

Do you have any advice for those of us who feel that sharing the labyrinth has become our Purpose, in regards to how we might best introduce and facilitate this tool within corporate settings?

I think the main obstacle here is that most people don't really know what a labyrinth is. I sure didn't before I did the research for the book. So the best idea is simply to find an organization where you know one or two people -- and invite those folks to visit a labyrinth with you. Once you've gotten a little more awareness, offer to bring a portable labyrinth to the organization's next offsite or even find a place that has a labyrinth to host that offsite. In my experience, people don't get it until they do it. But once they do it, they never forget.

Robin Bradley Hansel's company, [Labyrinth Wellness, LLC](#), is based in South Florida. She enjoys uniting her professional training as a Certified Veriditas Labyrinth Facilitator, a Licensed Physical Therapist and a Certified Pilates Instructor with her creative spiritual pathway as a writer. Robin is the newest editor of the Journal. Visit her on the web to share your exciting ideas for articles about labyrinths.

"Business Retreats Incorporate the Labyrinth" continued from page 8

ideas for my upcoming corporate walk and received immediate responses from facilitators from all across the country. With their feedback, I felt very confident that I could indeed create the safe, comfortable space that Ms. Downey recommended.

Thanks to the endless circle of so

many helpful Veriditas colleagues, my corporate retreat was a great success. Walkers enjoyed their first-ever labyrinth walk and readily embraced the underlying theme of gratitude. They could choose to walk the labyrinth with a token of the fall season or they could write a short phrase of gratitude and then walk the

labyrinth with that intent in hand. In the Center, the participants were invited to leave their objects of thanksgiving around a "Circle of Friends" candle.

After the walk, Nanette Lawrenson shared her thoughts based on the feedback she received from her staff. "The labyrinth walk provided LMC staff a space to self-reflect and quiet the mind. Doing so as a group has created a bond among staff members that no typical "retreat" format could realize. Personal health - mind and body - are essential. My staff is very appreciative that the Loggerhead Marinelifelife Center values them enough to provide a vehicle for



Photo Credit, Jane Marie Downey

personal growth without a business agenda."

Robin Bradley Hansel's company, [Labyrinth Wellness, LLC](#), is based in South Florida.



Photo Courtesy of The Country Place Retreat and Conference Center

Walk, Don't Run

Circles Help Corporations Think Outside the Box

by Bonnie Odiorne

In a simulation of a rat maze experiment, Sniffy, the virtual rat, learns quickly and efficiently how to solve the puzzle as rewards are repeated consistently. The experimenter then changes the protocols; rewards appear at variable intervals, or not at all, as Sniffy

leaders need for decisions beyond the scope of influence of these workers. The workers' only indication that their input is valued is by their regular paychecks; they do not know where the information goes, why it is used, or what decisions are made.

cog of the machine mentality to reach toward a new paradigm. They are, perhaps, bewildered. The rules are changing.

What if corporate leaders intent on helping the bottom line and getting the better of competition, were

This circular, recursive but unicursal path might just be the shortest line between two points: where the corporation is and where it wants to be. This is not a retreat into dreamland. Wisdom is not isolated from the everyday: She is calling at the crossroads, on the city ramparts, waiting outside our doors for us to notice her and follow her ways, which are not necessarily straight or even immediately pointing to a bottom line.

"What if corporate leaders intent on helping the bottom line and getting the better of competition, were offered a labyrinth, where, in the process of walking, their intelligence and creativity were stimulated?"

performs the task for which he had been rewarded before. After a decrease of learning capacity, Sniffy is able to adapt to the variables and perform at something like his previous level. When the experimenter restores the original protocols, Sniffy again experiences an initial period of confusion, but then becomes able to regain his original learning capacity.

Imagine knowledge workers at a typical corporation. They are information gatherers, and if they are the newer generation of Internet-savvy employees, they are expert at following links and catching the scent. They may never read entire articles, but they compile bits and pieces into their own pattern, and, in time, produce the information that middle and upper management

Then they get downsized, due to market forces gathered, in part, by their own work. If workers are not downsized, at best they can expect to be noticed and perhaps elevated to the levels where they will have wider scopes of influence. They may then have a clearer idea of the 'big picture,' but never progress to questioning the paradigms on which the company is run.

What if Sniffy—the knowledge worker—has a labyrinth to walk instead of a maze to run? Management communicates through the tool of the labyrinth that not only workers' knowledge, but also their creativity, intuition, and innovation are valued. Employees are placed in teams and encouraged to break out of the button-pushing, problem-solving

offered a labyrinth, where, in the process of walking, their intelligence and creativity were stimulated? What if they began to make new connections, grasping not just the knowledge but the wisdom of decision making? What if they began to let their imagination play?

The labyrinth, then, in the corporate world, becomes a commodity worth investing in – a beautiful pattern. Following other attempts to break free of obsolescent paradigms and chaotically formed fractals, leaders begin learning different ways to operate according to a 'new science' where uncertainty, not measurability, is the norm. Corporate workshops invite poets to talk about the new cosmology of interrelatedness and community.

Wall Street workers used to walk the labyrinth at Trinity Church before it was destroyed on September 11. Before the chapel now stands the tree that protected it from the chaos and destruction all around. What if it really was the labyrinth that protected it? What if the labyrinth could protect our own workers from uncertainties and fears by encouraging them to value their intuitions, and even their developing spirituality, through offering them the opportunity to walk in circles and, in turn, to think outside the box?

Bonnie Odiorne is an Advanced Veriditas Labyrinth Facilitator, a member of the Veriditas Council, a Spiritual Director and a community organizer. You can contact Bonnie at bonniesophia@sbcglobal.net

Don't miss Lauren's Internet Radio Program



Lauren's Radio Show - Thursday Noon - Pacific Time

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

How to Move a River (or bring labyrinths into a multi-million dollar corporation)

by Maia Scott

After some fifteen years into her work as a health educator for Kaiser Permanente, labyrinths almost magically started trickling into



Photo Credits, Jane Wirth.
Jane can be reached at
janeb99@hotmail.com

"First Hand Experience: MDs pause in their busy schedule to learn about labyrinths and walk a different sort of rounds"

Veriditas Council member Jane Wirth's classes and workplace. As Jane discovered the benefits of walking the labyrinth for personal wellbeing and spiritual growth, she saw parallels to the classes she has taught for so many years. "I saw how the labyrinth could be a useful tool in stress reduction, quitting smoking, and even weight loss classes." So, Jane took a chance and tested the waters by sharing her ideas with the facility's spiritual care coordinator.

In the early nineties, Jane set her magic into motion as possibilities flowed onward. Kaiser, a large-scale healthcare provider, offered employee wellness programs to staffers and MDs alike. So Jane brought finger labyrinths to these happenings, slowly introducing the process to those with the potential to make a good thing great for the greater good. "You can't push the river." Jane advises, "You have

to bring things in gently when things are new and different."

For the smallest waves with the greatest impact, Jane initially focused her efforts on the MD wellness program. "If they get into it, they will refer patients." To start, Jane conducted a mini study

in which she strategically placed finger labyrinths around the facility and documented people's changes after "Walking" the path. This data became critical in showing the actual stress reduction in patients, employees, and visiting families alike. The outcome was clear, the labyrinth moved people in recordable ways.

In a large corporation AND a medical setting, the data was key, no doubt. "The data was very important," says Jane, "But the really crucial step was getting the MDs to use the labyrinths themselves." During wellness events, Jane encouraged them to sit at her table and give it a try. And this dedicated segment of our population, driven enough to live off caffeine and scientific exploration for a few years to make their dreams come true, took a moment to be still with Jane. She recalled how they would walk to the center of the labyrinth, pause in there

for a moment breathing deeply and going inward... then they would look up and quietly say, "Wow... How did that happen?"

When wonders never cease, the talk doesn't either. "First Hand Experience." Jane repeats this phrase only twice yet it feels like a deeply set, heart-felt mantra. Indeed, proof enough is in the digits – some of the most powerful ones less dominant. Jane touched many people at Kaiser by sharing her own first hand experience. The legacy will continue down the line. As doctors share with their patients, maybe they will return to work to share something new with their companies. Like fine wine, good stories, and of course, our great rivers,

Jane Wirth's work will only grow more dynamic and diverse as it expands exponentially over time.

Labyrinths now hold significance for Kaiser Permanente as they incorporate them into plans for new facilities. They even utilize labyrinths in their advertising, such as in this full size classical pattern that appeared as part of a holiday campaign down in a Metro Station in Downtown San Francisco.

Maia Scott, Maiamoves@sbcglobal.net is a body worker, artist and recreation therapist from Northern CA. Maia currently embellishes her three jobs with presentation engagements ranging from classroom visits with her guide dog, Tessa, to conference workshops which include sessions walking a tactile portable labyrinth under blind-fold.

Kaiser Permanente web site
<http://www.kaiserpermanente.org/>



Photo Credit, Maia Scott

IONS Campus, Petaluma, AC **Veriditas Labyrinth Dinners, Lectures, and Walks with Lauren Artress**

Sunday, January 31, 2010 5:30 PM to approximately 8:30 PM

The evenings include: Labyrinth walk on the IONS Veriditas Labyrinth (or indoor labyrinth depending on weather), a lecture on The Mystery and Meaning of the Labyrinth, using the labyrinth as a transformative practice and a dinner of California fresh cuisine.

Click link for more information and to register <http://www.veriditas.org/programs/Petaluma.shtml>

The iWALK

A New Facilitator Phone-nomenon

by Maia Scott

Recently, Veriditas Master Teacher and founding Veriditas Council member Jo Ann Mast was commissioned by an advertising firm to offer a labyrinth walk. Creating a product brand on a tight deadline is enough to set the sharpest minds reeling in circles. So, the ad agency thought it might be worth a try to walk in circles to get things going.

The client, an internationally known beer company, gathered with the ad firm at a beautiful, serene location complete with plenty of trees and a babbling creek to further optimize their group think. "The notion was to achieve total immersion into visioning the new branding," says Jo Ann.

None of the fifteen thirty-something ladder climbing execs had ever walked a labyrinth and thought it was a maze upon first glance. All of these savvy thinkers were fit to the tee with the latest streamlined ultra-speedy technology. So, in order to start expanding their minds, Jo Ann gave instructions to turn off all Blackberries, iPhones, and iPods in order to help turn off mind chatter.

After walking the labyrinth, the group gathered to debrief the walk. Participants reacted to the walk with the standard responses. Some claimed they thought they got the idea. Others noticed changes in their breathing. And yet others claimed, "I feel grounded." So the collective brewed up some quietude and at last

they could get ahead - or maybe not just yet...

Heads were bowed in contemplation with hands close to the solar plexus. Downcast eyes moved rapidly as faces lit up with a soft blue glow. The tech gadgets came out even before their last collective breath. Were their thoughts onto the next meeting or tonight's hot date? Jo Ann recalls how one young man, rapidly texting into his iPhone, excitedly called out, "look there are all kinds of labyrinths and they're really old and she's right, they aren't mazes!"

Can they hear her now?! Jo Ann made an impact on these in-the-now executives. A bit of modern magic put a world of ancient wonders at



Photo Credit, Carlos Smith

everyone's fingertips. "I realized then technology just endorsed the existence of labyrinths." Jo Ann comments, "We humans are amazing."

Words of Wisdom from Jo Ann Mast

by Maia Scott

Jo Ann Mast consults with all manner of companies from premier ad agencies to prisons, offering her tried and true talents for seeing a labyrinth experience from fantasy to fruition. She has graciously shared with our readers some key, important points for offering the labyrinth to corporations and small businesses alike:



Photo Credit, Bobbie Hughes

"When consulting with a client, I begin with research and preparation. With the client, I hold the space, listen, ask questions, offer possibilities, and then we collaborate. All the time, I remain open to my intuition or "gut" feeling until we reach a stopping place or conclusion."

SELECT a champion within the company. It might be a human resources person or the benefits director.

LISTEN, ask questions, and offer possibilities.

CONNECT with a common thread. Health and wellness are universal in most companies.

RESEARCH health benefits such as exercise, lowering blood pressure, and quieting the mind. Research data is available through The Labyrinth Society.

SUGGEST bringing in a labyrinth for your group or unit if you already work with a company.

IDENTIFY companies who have a labyrinth or a program that will be enhanced by a labyrinth.

INVITE key people to walk the labyrinth together. They will spread the word.

WALK before and during a strategy session. Have it available throughout the meeting.

OPEN the space for those people who find it helps open their minds, or moves them past roadblocks during discussions.

BE patient, be persistent and when the time is right it will happen.

Jo Ann's labyrinth work is: *The Labyrinth: A Journey of Discovery*. You may email her at jomast@earthlink.net; phone 303-717-4772

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

You can email Maia at MaiaMoves@sbcglobal.net

Nibbling at the Apple

by Tina Margason

Living in the heart of Silicon Valley, I am surrounded by a fast, faster, more, quicker, multi-tasking, nanosecond, high-pressure culture. Ever since reading *The Corporate Mystic* by Gay Hendricks and Kate Ludeman and *The Diamond Cutter* by Geshe Michael Roach (See "Book Connections" in this journal issue.), I had been yearning to take a labyrinth to a corporation in this valley. Those of us who walk labyrinths know the value and all the benefits of walking and going within, and I wanted to offer that as a gift to those who

Well, I was touched and motivated enough to offer to bring a canvas

hard for me to keep a good balance, especially when walking slowly. When

I start slow to give myself time to settle my mind and work on letting go of the need to see it as a balance exercise, since I know I will lose it several times. Slowly, as my mind settles, the lines become just direction pointers. I love the turns; I can almost perceive a subtle change in my awareness. It would be interesting to walk labyrinths more often. *A big bite of the Apple.*



labyrinth on site for a labyrinth walk if she could get the permission and security clearance arranged which she

I initially started with slow meditation walks, it was very hard. But I found that the more I did it and the less I

Of course we plan to bring it again, and hope more will join us in nibbling at the Apple. I thank Samia! Hatem, George Kyriazis, Tilla Torrens, Sue Christensen, Laurel Fishman and Apple for their support and participation in making this yearning a reality.

"...over the course of a couple of visits, it changed my life. I had an experience of clarity and it changed my life path. I am just amazed by the power of meditative walking that a labyrinth enables."

provide so much to our present lives. Then, I was blessed to meet Samia! Hatem in a meditation-teacher-training class. She too was searching for a way to bring the wisdom within to her workplace. *The first nibble at the Apple.*

Samia! began a morning meditation group in her department, and has been keeping it going, even with waxing and waning numbers of participants. She is dedicated to the positive benefits of the practice of focusing within and listening deeply. She tells me, "From the regulars, of course, I hear positive stuff about how this half hour of meditation helps them be much calmer for the rest of the day; how they are able to be the island of sanity amidst the hectic world around them; how they are much more productive the rest of the day. Therefore, they see this half-hour as an investment rather than [work] time lost. Those are my motivators to continue to offer this service, and hopefully, our ripples will touch and motivate others." *More nibbles at the Apple.*

did. So, on July 15, we had our first labyrinth walk at Apple Headquarters in Cupertino, California. The beauty and pattern of the labyrinth are always intriguing to engineers, and it was so that day also. After a quick introduction to those who never had walked one before, our walk time began. We could see curious faces looking down from the windows of the many stories above us. *Curious nibbles at the Apple.*

Tilla, who had a meeting she needed to attend, shared, "I realized that it doesn't work to walk it when you have a time limit. It was almost impossible to empty my mind of that worry. I first walked a labyrinth at the Mercy Center in Burlingame, and over the course of a couple of visits, it changed my life. I had an experience of clarity and it changed my life path. I am just amazed by the power of meditative walking that a labyrinth enables." *More nibbles at the Apple.*

Samia! wrote, "I have otosclerosis (ear condition) which makes it

concentrated on keeping my balance and just relaxed the better I became at it. For the same reasons, I love walking labyrinths. My challenge is



to not get caught in wanting to walk perfectly inside the lines. I focus on not getting fixated on keeping my balance, but to let go and make the experience, not the walking itself, be a priority.



<http://www.apple.com/about/>

Tina Margason is a retired educator who keeps busy facilitating labyrinth walks, building labyrinths, and writing for the Journal. She is currently a member of both the Veriditas Board and the Veriditas Council. Tina lives in California with her husband, Jim, who is the wind beneath her wings

Photo Credits: Jaime Margason



The Words of David Whyte

By Duncan Newcomer

In thinking about the potential impact of the labyrinth on our life in the market place, especially the corporate setting, one does not often think of poets— unless one knows the work of [David Whyte](#). He has authored many volumes of poetry while serving as a business consultant to international corporations such as Toyota, American Express, and Boeing. In addition to inspiring corporations in their missions, Mr. Whyte has commanded a wide following among practitioners of the various schools of psychotherapy, members of the clergy, and individuals in helping professions as well as lovers of and admirers of Celtic wisdom.

Voices such as David Whyte's bring hope and deep human reality to our secular world. The great Rabbi Abraham Joshua Heschel once wrote about the idea of the Sabbath being as if the marketplace-world has been blown away for the time being. Certainly a thought from David Whyte transforms time at work into something like a Sabbath – a holy day of rest.

David Whyte has authored two books relevant to this Journal's theme: [The Heart Aroused: Poetry and the Preservation of the Soul in Corporate America](#) and [Crossing the Unknown Sea: Work as a Pilgrimage of Identity](#). This selection of his poetry causes me to reflect on our important work as labyrinth facilitators as we share the path with businesses and organizations.

START CLOSE IN by David Whyte

*Start close in
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.*

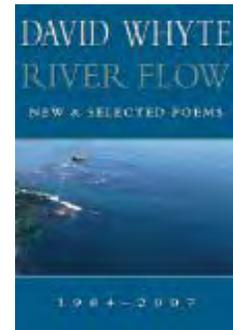
*Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way of starting
the conversation.*

*Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.*

*To find
another's voice,
follow
your own voice,
wait until
that voice
becomes a
private ear
listening
to another.*

*Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,
start close in,
don't mistake
that other
for your own.*

*Start close in,
don't take
the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.*



Reprinted with permission from David Whyte's book, [River Flow](#).

Duncan Newcomer is an ordained minister in the United Church of Christ, licensed psychotherapist, poet and teacher. He has recently authored a spiritual biography entitled [Desperately Seeking Mary: One man's journey to the Sacred Feminine through love and the labyrinth](#). Duncan serves on the Veriditas Council and he can be reached at Duncan1943@comcast.net



**Sacred Visions, Modern Rites The Challenges and Blessings of the Mystical Path
With Lauren Artress and Carolyn Myss**

February 9 - 13, 2010, UMC Lake Merritt, 1330 Lakeshore Avenue, Oakland, California

For more information go to: <https://www.wisdomuniversity.org/index.html>

The Veriditas Council Corner

The **Vision** of the Veriditas Council is a strong, global network of Labyrinth Facilitators supporting the vision of Veriditas. The **Mission** of the Veriditas Council is to serve the Facilitator community by strengthening connections and developing resources. The Veriditas Council is a **Circle**, peer-led and spirit-centered, grounded in the guiding principles of rotating leadership, shared responsibility and the spirit of the sacred feminine. Our purpose is to develop practical ways to support Veriditas. Our charge is to think creatively and act cooperatively, as both a place of incubation of ideas, and a task-oriented working group organized around areas of specific need. The Council works in cooperation and collaboration with the Veriditas Board.

Veriditas facilitators are invited to log into the Facilitator Portal section of the Veriditas website to read much more about the complete history and meeting schedule of the Council. Facilitators are also invited to read the personal profiles about each of the Council's fifteen members and they are encouraged to contact the group with any comments or questions.

Special thanks to Duncan Newcomer, the newest member of both The Veriditas Council and The Veriditas Journal Team for collecting the following information. The Journal Team looks forward to including this new Veriditas Council Corner page in upcoming issues of *The Spirit of Veriditas, Voices From the Labyrinth* to facilitate even greater communication among all segments of the Veriditas organization.

The Veriditas Council met November 6-8, 2009 at the Benedict Inn in Beach Grove, Indiana, near Indianapolis. Cindy Cleary facilitated the meeting and Tracy Friedl, Marge McCarthy, Linda Mikell, Lisa Moriarty, Bonnie Odiorne, John Ridder and Duncan Newcomer were in attendance.

Several important topics were discussed including the recent fall auction. More items were offered and more money was raised than ever before. This fundraiser was a huge success thanks to the leadership of Ellen Meuch, who worked closely with Roberta Sautter to make it all work.

Two new initiatives were discussed at great length and a survey will be sent to each facilitator which will be vital in shaping these possible programs. One is a proposal for the creation of a category entitled "Veriditas Specialist." A second idea for a "Speaker's Initiative" was also discussed. The goal of this initiative is to encourage more public speaking about the labyrinth and the work of Veriditas in more locations. Training and workshops to nurture each facilitator's own best voice and style of public address will be emphasized.

Council member Tracy Friedl is currently working on the creation of a list of all facilitators by region to be published inside the facilitator portal. This list is intended to be a resource for facilitators, giving them the ability to connect with other facilitators in their area. Hopefully, most facilitators have received an e-mail from her already seeking permission to be listed. If you have not, it could be because she has an incorrect e-mail address or no address at all. To be included in this list, please contact Tracy directly: friedlfamily@sbcglobal.net.

The Council hopes to work more closely with the Journal in the future. There was great agreement that the Journal is excellent. The importance of the Global Healing Response initiative was also underscored. Themes for this spiritual focus are available to facilitators quarterly and will be a focus for future Veriditas Council meetings.

There was a labyrinth at the Benedict Inn that many Council members, plus a Praying Mantis, walked together and another area labyrinth constructed by John Ridder that the group visited. Bonnie Odiorne lead the Council, before and at the close of each working session, with a spiritual meditation, altar building and reflective time devoted to themes of the fall season. Members prayed for each other, for the financial and spiritual vitality of Veriditas, and for the members who were not able to attend.

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

Jan 22 - 25 Delray Beach, FL - The Duncan Center. **Workshop and Facilitator Training with Lauren Artress and Kay Mutert.** For more information, contact Alison Walsh at the Duncan Center at <http://duncancenter.org/>, or email awalsh@duncancenter.org. Telephone 561-496-4130.

Feb 19 - 22 Fort Worth, TX. East Fort Worth Montessori Academy. **Public Lecture, Workshop and Facilitator Training.** For more information go to the EFWNA website, www.efwma.org, email Melodie Minshew at eidolem@wt.net or call 817-647-5642.

May 2 - 4 Kanta, Ontario, Canada - St. John's Anglican Church. **Workshop and Facilitator Training with Lauren Artress.** Register for the workshop by phone at 613-864-1734, by email grace.amirault@rogers.com or debbie.camelin@syptic.co. For Facilitator Training see link below.

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



Advanced Facilitator Training

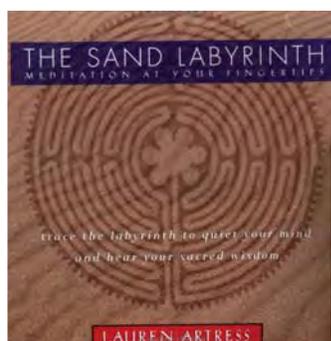
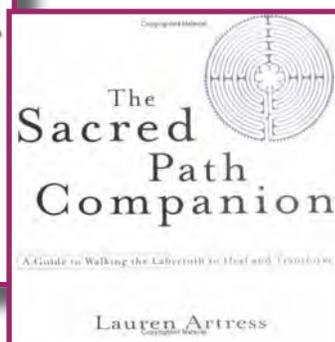
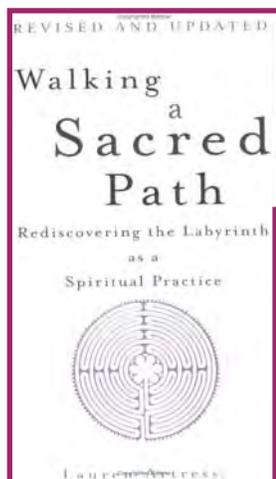
Feb 5 - 7 Petaluma, CA. Institute of Noetic Science Campus. For more information and application log onto the Facilitators' Portal, or email the office at roberta@veriditas.org

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

Fall 2009

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and Photographers

VERIDITAS VISION
& MISSION

IS A
VERIDITAS PUBLICATION

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The Vision of
Veriditas is to activate
and facilitate the
transformation of the
human spirit. The work
of Veriditas centers
on 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.

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Veriditas 2009 -2010 Calendar

- January 15 - 16, 2010 Arvada, CO. The Arvada Center for the Arts. Spiritual Direction Colorado's 2010 Spirituality Conference. **Keynote speaker: Lauren Artress.** For more information and registration, www.spiritualdirectioncolorado.org, email YourSacredPath@spiritualdirectioncolorado.org or phone Carolyn McDowell, 720-870-1497.
- January 22 - 25, 2010 Delray Beach, FL. The Duncan Center. **Workshop and Facilitator Training with Lauren Artress and Kay Mutert.** For more information, contact Alison Walsh at The Duncan Center at <http://duncancenter.org/>, or email awalsh@duncancenter.org. Telephone 561-496-4130. For more information and application for Veriditas Facilitator Training, click link: <http://www.veriditas.org/programs/training.shtml>
- February 5 - 7 Petaluma, CA. Institute of Noetic Science Campus. **Advance Facilitator Training.** For more information and application for Veriditas Advanced Facilitator Training, log onto the Facilitators' Portal, or email the office at roberta@veriditas.org.
- February 19 - 22 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, email Melodie Minshew at eidolem@wt.net or call 817-647-5642. For more information and application for Veriditas Facilitator Training, click link: <http://www.veriditas.org/programs/training.shtml>
- March 19 - 21, 2010 Petaluma, CA. IONS Campus. **Spiral of Transformation with Lauren Artress and Mary Hamilton.** For more information and registration, click link: [click link: http://www.veriditas.org/programs/training.shtml](http://www.veriditas.org/programs/training.shtml)
- April, 2010 London, On, Canada. Body/Soul Rhythm™ Workshop. Lauren Artress and Mary Hamilton. For more information and registration, click link: https://www.veriditas.org/programs/marion_woodman.shtml
- May 2 - 4, 2010 Kanata, Onatario, Canada St. John's Anglican Church. **Workshop and Facilitator Training with Lauren Artress.** Register for the workshop by phone at 613 -864 -1734, by email grace.amirault@rogers.com or debbie.camelin@sympatico.ca. Registration fee: \$75 (lunch included). For more information and application for Veriditas Facilitator Training, click link: <http://www.veriditas.org/programs/training.shtml>
- May 24 - 28, 2010 Chartres, France. **Lauren Artress. Living an Authentic Life: Walking the Labyrinth as a Spiritual Practice.** For more information about Veriditas in Chartres, and registration click link: <http://www.veriditas.org/programs/chartres.shtml>
- May 29 - 30, 2010 Chartres, France. **Lauren Artress and other faculty. Facilitator Training.** For more information and application. For more information and application for Veriditas Facilitator Training, click link: <http://www.veriditas.org/programs/chartres.shtml>
- July 30 – 31, 2010 San Francisco, CA. Grace Cathedral **Pilgrimage.** For more information and registration, click link: <http://www.veriditas.org/programs/grace.shtml>
- August 2-3, 2010 San Francisco, CA. Grace Cathedral. **Facilitator Training.**
- August 4, 2010 San Francisco, CA. Grace Cathedral. **Labyrinth Building Workshop with Robert Ferré.**
- Sep 6 - 11, 2010 Chartres, France **Cycle One.** Lauren Artress. Other Faculty to be announced.
- Sep 11 - 12, 2010 Chartres, France **Facilitator Training.** Lauren Artress. Other Faculty to be announced.
- Sept 13 - 18, 2010 Chartres, France **Cycle Two.** Lauren Artress. Other Faculty to be announced.

VERIDITAS - Experience the Power of the Labyrinth

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