



Australian Labyrinth Network's Newsletter



Ancestor Spirit Labyrinth
Classic pattern modified by Geoff Rodda

"The labyrinth is a beautiful way to bring the Spirit back to the shared land - congratulations to the builder for the vision".

Visitors from Uluru.

Entry in the San Remo Labyrinths Reflections Journal April 2007

"Natures Autumn Labyrinth" - Photo supplied by Mark Healy - <http://labyrinths.com.au>

IN THIS AUTUMN ISSUE . . .

Welcome to "Labyrinths Matter" Newsletter

This first edition of the newsletter on Facebook features how the human experiences of walking labyrinths led to permanent installations in hospitals and in a park.

by Lorraine Rodda and Tina Christensen

The human experience of labyrinth walking: How to "Quiet the Mind"



The Rev. Dr. Lauren Artress talks about how walking the labyrinth can help us to quiet the mind to reduce stress and to handle the hectic pace of life.



The Colour of Autumn

by Lawrence English an Australian Sound Artist

Like all environmental phenomena, seasonal variation is highly localised, and expressed not only visually through vegetation etc, but also sonically as insect life, leaves under foot and fauna all change in response to the climatic shifts. Northern and southern hemisphere experiences of Autumn are strikingly different and it's also this contrast which rests at the very centre of "A Colour For Autumn" This is an album of subtle variation, graded hues and tonal warmth, all of which act as an invitation for the listener to consider their own localised transition of Autumn. . . . then taking the clues from nature, to reflect on their personal autumn transitions

[Read More](#)



A doctor found stress relief by walking a labyrinth and then built one at The Children's Hospital at Westmead. This is the first hospital in Australia to have a permanent labyrinth.

P2



One woman's mixed anxiety resulted in a labyrinth being built in Centennial Park in Sydney having raised the \$500,000 required

P5



Patients needing a place to meditate led to the War Widows Guild funding a labyrinth at the Heidelberg Repatriation Hospital; embracing indigenous culture

P6

Labyrinth for The Children’s Hospital at Westmead, Sydney

by Dr. Michael Stevens



On a sunny winter’s morning on 23 June 2012, a full-size Christian medieval (Chartres) labyrinth, recently constructed at The Children’s Hospital at Westmead, Sydney was declared open in a moving ceremony attended by around 100 people. Guests included the hospital’s former chief executive and Australian of the Year, Dr. John Yu, labyrinth enthusiasts and The Labyrinth Society’s Australian region representatives Lorraine and Geoff Rodda and Emily Simpson, Fr Geoffrey Schneider SJ the 99-year old and famously still-teaching Jesuit from St Aloysius College Milsons Point, Michael and Margaret Stevens’s extended families including son-in-law and co-labyrinth builder Nick Packman and his family, hospital staff, patients and their families, numerous friends, relatives, and now-retired hospital staff, including the hospital’s former long-standing chief engineer Hieu Phan and director of corporate services Russell Smith.



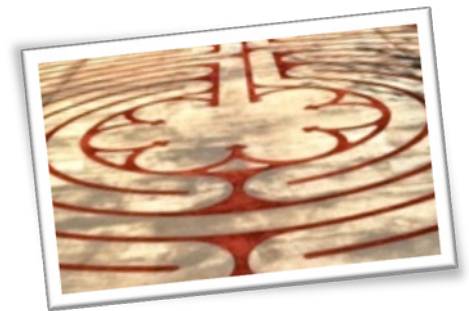
This joy-filled ceremony marked the successful completion of an eleven-year project led and largely funded by Dr. Michael Stevens, who has worked at the hospital as a full-time staff specialist in paediatric oncology since 1979.

The Children’s Hospital at Westmead (formerly The Royal Alexandra Hospital for Children at Camperdown NSW, and now in its 132nd year) is the largest of three tertiary children’s hospitals in New South Wales, with 280 beds and a staff of just under 3000 healthcare professionals.

Labyrinths are known to be beneficial in hospital settings. Walking a labyrinth fosters mindfulness, and can provide relaxation, refreshment, and relief of stress. Patients, families, and staff can all benefit from the walking meditation supported by this now widely-recognised spiritual tool. Patients can benefit by being helped to overcome anxieties associated with illness and treatment. Families can benefit by sharing in a purposeful activity together. Staff can benefit by taking time out to relieve stress, relax, and regain equilibrium during demanding days at work. Children and young people understand labyrinths immediately and love walking them or even running through them. Labyrinths are being used to support those working with children and young people in a variety of settings. Patients in wheelchairs can use the labyrinth in the same way as able-bodied persons. It is helpful for another person to assist by pushing the wheelchair while making one’s way through the pattern, to permit the person in the wheelchair to devote all of his or her attention to following the pattern.

The Children’s Hospital at Westmead is the first hospital in Australia to have a permanent labyrinth.

More than 200 hospitals throughout the United States have a labyrinth in their grounds. It is believed this is the first labyrinth to be installed in an Australian hospital. Construction of the hospital’s labyrinth was authorised at last in 2010 by Sydney Children’s Hospitals’ Network chief executive Elizabeth Koff.



Earlier delays had been largely due to the project being repeatedly postponed because of other capital works planned for the hospital, which had a higher priority. During these years, Michael and Margaret Stevens facilitated occasional workshops for hospital staff using a 36-foot canvas labyrinth made by John Ridder, paxWorks, Indianapolis IN. These workshops have helped to introduce the concept to hospital staff, and to foster a gradually increasing awareness amongst staff.

The Children’s Hospital at Westmead, Sydney.

(Continued).

by Dr. Michael Stevens

After remediation of the site in February 2012, a concrete disc 15 metres in diameter was poured by the Sydney-based construction company Cunneen Group Pty Ltd in March 2012. This provided sufficient space for a circumferential path around the labyrinth, together with space for landscaped seating and lighting. Robert Ferré and his wife Linda Ricketts accepted Dr Stevens’s invitation to supervise the installation of the pattern. Robert led this work over four days in early April, assisted by Dr Stevens, Nick Packman, Linda



Ricketts, Geoff and Lorraine Rodda, and four experienced builders contracted from Cunneen Group. Being a capital works project for the NSW Ministry of Health, it was necessary for everyone on site to comply with all the regulations governing construction and building works for the NSW Government, which made it quite complicated for anyone who wanted to sign up to help with the work! The project was blest with perfect weather both for the concrete pour, and some weeks later, for the installation of the pattern, which used a terracotta-tinted polymerised concrete applied to a masked-off full-size open Chartres pattern. Robert and Linda were not able to stay for the opening

ceremony, but Robert said he thinks it’s one of the nicest ones he’s built.

Medieval music group Pastance set the mood for the opening ceremony with their authentic and delightful music. Chief executive of the Sydney Children’s Hospitals Network, Elizabeth Koff, welcomed guests to the opening ceremony. Dr Stevens addressed guests, summarising the project, mentioning that the labyrinth is aligned to face the sunrise after the longest night of the year (the winter solstice), as a potent symbol of hope. Guests were then led onto the labyrinth by Dr Stevens and encouraged to form a circle inside the periphery of the pattern and link hands, to confer a powerful charge of good will to the labyrinth, to benefit all those who will walk it in the future. Dr Stevens invoked several traditional labyrinth blessings, finishing with a invocation adapted from the prayer by the president of Boston College, Boston MA, at the opening of their labyrinth on 9 September 2003, dedicated to the 22 alumni of the university who had died in the 9/11 tragedy two years earlier.

Dr Stevens said,

"May this labyrinth, influenced by the faith of medieval pilgrims, forever be a place of healing, consolation, and peace. May its presence in the grounds of the hospital call us to understand that even in darkness, there is a path on which we can walk. Even in confusion, there is grace to guide our journey. And even when we seem to stand most distant from where we began, we can turn yet again toward home, moving according to the sure compass of God’s enduring love."

A wonderful photograph of children walking on the hospital’s labyrinth featured on p3 of *The Sydney Morning Herald* on 6 July 2012, under the caption *It’s a roundabout way to relaxation.*



The labyrinth at The Children’s Hospital at Westmead is located in the gardens on the northern side of the hospital, in the Level 1 children’s garden at the end of the blue pathway. Visitors to the labyrinth are welcome at any time without appointment. Visitors can park either in the hospital’s visitors’ car park (enter from roundabout in Hainsworth Street, Westmead, charges apply), or in Redbank Road, Northmead, a short walk from the labyrinth site.

Signage is being prepared for the site to assist visitors. Posters and brochures have been prepared for display and wide distribution within the wards and other busy areas inside the hospital to help inform the hospital’s community about the labyrinth and encourage its use.

The first hospital in Australia to install a permanent labyrinth.

by Geoff Rodda.

Congratulations to the leadership in this hospital. It’s Annual Report, labyrinthine in style, illustrates a total healing environment for patients, families and staff. Its leadership is gifting the way ahead, to boards of health facilities, governments, designers and providers of health services across Australia.

[Click here to read the report](#)

Some Feedback – The Children’s Hospital at Westmead Sydney New South Wales . . .

Walking the labyrinth is one of the quickest and best ways to relax the body and steady the mind, rejuvenated and ready to tackle what work throws at you next.

**RESEARCH & DEVELOPMENT MANAGER,
LABORATORY RESEARCH UNIT**

I was astounded at how relaxed I felt when I came out

NURSE UNIT MANAGER

Quite often I utilise the benefits as part of a therapeutic plan. Families have disclosed the following uses and benefits of the labyrinth: mental and emotional time out, as a “doing” tool to distract thoughts; to meditate; to pray; utilised as part of a specific counselling plan in order to reduce emotional and cognitive distress.

SOCIAL WORKER

I find the experience to be relaxing and thought-provoking, and I tend to leave the space energised with a new perspective. The labyrinth is open to interpretation, depending on the user and their mood at the time, however it will always provide both beauty and calm on some level.

**SCIENTIST
LABORATORY RESEARCH UNIT**

Somehow it has an ability to help just a little when dealing with stressful decisions and events...the labyrinth has also been used and enjoyed by our daughter’s grandparents who has also found benefit in its presentation as a relaxing walk in the grounds of the hospital.

**MOTHER OF PATIENT WITH ACUTE
PROMYELOCYTIC LEUKAEMIA
DIAGNOSED MARCH 2009**

I have been there for five or six times and it is a very relaxing place for people which makes it a very good experience. It helps clear out the mind and is very calming...

**FATHER OF 12 YEAR OLD PATIENT WITH
BRAIN TUMOUR**

I planned a patient’s next treatment whilst travelling around the labyrinth, I wrote my Grand Rounds talk for St Jude Children’s Research Hospital whilst travelling around the labyrinth.

It is an invaluable addition to the hospital.

STAFF SPECIALIST

As if I was gliding through without the touch of my feet on the ground, I felt children passing me by, laughing, smiling and happy. I felt blessed as the faces of those I had once cared for were also at peace. I was at the centre smiling with tears rolling down my cheeks, unknowingly I realised then that I had made a difference along the way and I would continue to do this as if a calling.

NURSE, PROGRAM CHAIR

It gives me some quiet time where I can contemplate life without the hustle and bustle of the office.

**SECRETARY, OFFICE MANAGER,
PERSONAL ASSISTANT TO
DEPARTMENT HEAD**

I find it quieting and a wonderful respite from the frustrations of working in a large bureaucracy.

CLINICAL RESEARCH MANAGER

‘I like it. I like how it looks so swirly, and how you think you are getting close to the middle and then it takes you back out again’. She also said that she was pretending that she was ‘walking through a maze that was going to take her to a secret garden’.

**6 YEAR-OLD GIRL WITH
NEUROBLASTOMA DIAGNOSED 2010
SPEAKING TO HER MOTHER**

I leave with a feeling of peace, renewed courage and hope of good.

PSYCHOLOGIST

...the labyrinth is a powerful metaphor for (the families’) journey: one that has a beginning and an end. No matter how severe the suffering it is not endless, there are boundaries around it and a reality beyond it...the labyrinth provides a non-invasive cure for souls that has no on-going costs and helps sufferers to find a still place in the midst of the hospital storm.

CHAPLAINCY STAFF

The labyrinth is a destination away from the hospital. It is peaceful and beautiful. Having walked the labyrinth at the hospital quite a few times now, I have found it a place for myself, away from hospital chaos and mental anguish. You enter the labyrinth with an open mind and simply follow the path. It has helped me foster peace and calm, help reduce my stress and gain some perspective as to my unique situation. At times it has been spiritual and always almost emotional. Because the labyrinth is such a useful tool for allowing me to reconnect with the world and gain some inner peace, I have introduced it to my children.

**MOTHER OF EIGHT YEAR OLD PATIENT
WITH BRAIN TUMOUR**

The presence of the labyrinth is an important symbol that staff health and wellbeing is important and it is reassuring to me that the institution cares about this issue...I have walked the labyrinth many times and it is a release for me, it centres me and removes superfluous angst and emotion so I am ready to face work again refreshed, centred and with a renewed vigor and more efficient, strategic approach..

STAFF SPECIALIST

It is solved by walking . . .

by Ann Jones

A broadcast on the program "Off Track" on ABC Radio Saturday 1 November, 2014

The story of this labyrinth began with a passing comment in a transit lounge in Albuquerque New Mexico say Emily Simpson.

A friend who was on her way to meet Simpson in San Francisco sat next to a woman called Mary Ellen Johnson.

Johnson said, "well, if you are going to San Francisco you have to walk the labyrinth in the Grace Cathedral."

Simpson did. It was the first time she had walked a labyrinth . . .

'I had a lot of grief, and tangled grief that was yet to be resolved and something happened. I just walked this labyrinth and I started feeling better so I walked it again and again and then I came back the next day and walked it for several hours, and felt the grief lifting off me.

I fell in love with the labyrinth and for some reason, for me, walking meditation. It just does it for me, it's beautiful it gets me into that peaceful place really easily. 'And so I found out everything I could. I was like a starving woman, devouring every book I could find.' 'So I came back to Australia and went looking for one, and couldn't find one anywhere in Sydney.'

This is how two years of fundraising started for Emily Simpson who raised 500 thousand dollars towards the construction of a magnificent sandstone labyrinth in Centennial Parklands in Sydney.



Sydney's parkland labyrinth

'Off Track'

by Ann Jones

on ABC Radio Monday 3 November, 2014

On a sunny, cloudless day in Sydney, an Aboriginal elder and 10 religious leaders gathered for the opening of a patterned stone platform for contemplation and meditation: a labyrinth. They were joined by philanthropists, stonemasons, hippies, families, and the then governor-general, with her army escort in parade uniform.

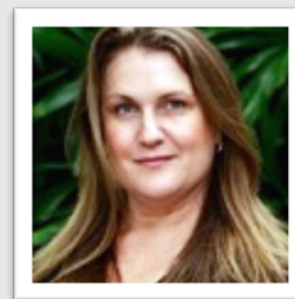
Aunty Golding, an Aboriginal elder from Biripi nation, led the interfaith walk, which culminated with the spiritual leaders standing together in the middle of the platform. Labyrinths exist across many cultures and time periods, and are used as a tool for meditation.

The group stood around a circle in the middle of Sydney's Centennial Parklands, the site of Australia's first outdoor sandstone labyrinth, preparing to walk it together

To listen to the full story detailing the design and creation of Sydney's first labyrinth on Off Track – [Click here](#)

Congratulations Emily on a dream realised . . .

Is a blue print for demystifying the labyrinth, fundraising & community building.



Centennial Park Labyrinth Walks and Events.

Facilitated labyrinth walks are held at 9.30am on the first Sunday of each month with special walks on the Autumn and Spring Equinox, Summer and Winter Solstice and on World Labyrinth Day - held annually at 1pm on the 1st Saturday in May

For more information [Click here](#)

Heidelberg Repatriation Hospital's Labyrinth.

by Danielle Edwards, Manager, Clinical Photography, Austin Health

Mary Vasey Labyrinth grew from suggestions by patients who had suffered from cancer. The Labyrinth was designed and built by Artist, Simon Normand and funded by the War Widows Guild. Inset mosaic seats are integral to the labyrinth design; they represent the seven seasons of the Wurrundjeri Nation and were assembled by Alphington Primary School students. A mural by Artist, Lisa Foley accompanies the labyrinth and provides a visual reference to the flora and fauna of the seasons. Surrounding gardens have been planted and over time, will enhance the labyrinth experience.

The original concept was by patients who were seeking a location in which to meditate. The early ideas and development work were done without the knowledge of how funding would be achieved and without an exact location within the extensive grounds of the Heidelberg Repatriation Hospital. It really sounds like something Jessie Mary would do, and not let a good idea be stopped because of the complexities foreseen and the initial lack of funding. For many years the Hospital had been raising funds through the Appeal. With the support of Patron Major General David McLachlan a wide range of interesting projects benefiting our patients and staff and the wider hospital community has been achieved.

The Labyrinth project fitted in very well and gained support by the War Widows Guild. Naming it after their Founder, Jessie Mary Vasey happened naturally in the planning process. The Labyrinth is the final project to be funded in the Heritage Appeal.



Labyrinth was opened on the 11th November 2013. The opening and Remembrance Day Service attracted approximately 700 people including War Widows, Veterans and 200 School Students from Alphington Primary School.

Aunty Joy Wandin Murphy gave a Welcome to Country Ceremony and talked about her grandfather and father who were Veterans.

A bronze plaque of the labyrinth was ceremoniously handed from person to person ending with Wendy Charlton, President the War Widows Guild and Allison Whitby, Austin Health Director, Pastoral Care and chaplaincy.



Inaugural World Labyrinth Day Walk

by Lorraine Rodda

Elizabeth Cerde-Pavia, a Certified Veriditas Facilitator, who has a long association with the hospital, facilitated the inaugural walk for 25 people; including the labyrinths designer Simon Normand. An annual World Labyrinth Day walk will be held on the first Saturday in May. Open to the public through Gate 10, 190 Banksia St Heidelberg West. Robert Winther, Veterans Liaison Officer spoke of the background the labyrinths installation and then after the walk led a tour of the memorial garden and chapel.

Healing Hospital Labyrinth

A first Victorian hospital to have a permanent labyrinth.

by Steven Wells January 8, 2015



Photo: Jessie Mary Vasey Labyrinth designed by Simon Normand.

Some garden projects just leave me in awe. One such project is the Jessie Mary Vasey Labyrinth located at Austin Health's Heidelberg Repatriation Hospital in Melbourne – is the first hospital in Victoria to have a labyrinth.

Some may question the appropriateness of spending money on projects like this within healthcare settings. However I strongly believe that we need to approach the provision of healthcare in a holistic manner and care for the physical, emotional and psychological needs of our patients, their families and also the staff.

I have witnessed the positive benefits experienced by patients and their families that come from incorporating gardens and spaces like this labyrinth within the healthcare setting. People use a labyrinth for many reasons: spiritual enrichment, calming the mind, personal reflection, anxiety reduction, discernment regarding a major decision, or to assist with processing grief or loss. **To read the complete article – [Click here](#)**

Heidelberg Repatriation Hospital's labyrinth . . . embraces indigenous culture.

by Geoff Rodda and Elizabeth Cerde-Pavia

The labyrinth's design, whilst based upon the ancient pattern found on the Isle of Crete over 4000 years ago, it's essence of Indigenous culture, going back over 40,000 years in this labyrinths setting, emphasises it as a sacred space.

The seven circuit Classic labyrinth, embraced by a low height wall offers seating and an invitation to stay awhile. The mosaic images on the seating depicts the flora and fauna of the seven indigenous seasons of the Wurundjeri people.

The March period in indigenous culture is Kaan the tiger snake and woorike in Luk Season. Away from the flowering Woorike (banksia) Kaan the tiger snake is laying its eggs in open ground. This is Luke (eel) season and they can be caught with fish traps in rivers and billabongs.



April – June is the Bulin-Bulin the lyrebird and Bombadik in Warin Season. In the deep forest amongst the edible Bombadik (soft tree fern) you may be lucky to spot a Bulin-Bulin the lyrebird. It is cooler now in Warin (wombat) season as they venture from their burrows to sun themselves. .

An extensive mural along the covered walkway leading to the labyrinth, depicting indigenous flora and fauna was created by artist Lisa Foley.

On entering the labyrinth you are welcomed by a stone mosaic interpretation of the Southern Cross; marking the points of the compass and the labyrinths centre. Also aligned deep into the earth, is a perceived fossil of an ancient gumtree; standing there an echo can be sensed as one speaks.



Astronomy in Aboriginal culture

Oxford University Press Journals Science & Mathematics Astronomy & Geophysics Volume 47 Issue 5

One of several dreaming stories in this journal is about the Southern Cross . . .

The well known and late Aboriginal poet Kath Walker (Oodgeroo Noonuccal) expresses the same sentiment when she talks about the origin of the Southern Cross.

When she was growing up on Stradbroke Island off the coast of Queensland she was told stories of how the Southern Cross came into being.

According to her, Biامي, the Good Spirit in the sky, was extremely busy keeping an eye on the Aboriginal people but found he could not watch them all the time. He decided that he needed the assistance of someone to help him in the guardianship of his people.

He chose a man named Mirrabooka, who was not only loved by everyone but also looked after the welfare of his tribe. So, "Biامي gave him a spirit form and placed him in the sky among the stars, and promised him eternal life. Biامي gave Mirrabooka lights for his hands and feet and stretched him across the sky, so that he could watch for ever over the tribes he loved. And the tribes could look up to him from the Earth and see the stars which were Mirrabooka's eyes gazing down on them," (Walker 1972).

However, she says, when the "white invaders came across the seas and stole the tribal lands, they did not know that this group of stars across the southern sky was Mirrabooka, and they renamed them. They named Mirrabooka the Southern Cross." In fact, the Southern Cross was first observed by Europeans only in the 16th century. Andrea Corsali, a Florentine traveller who sailed with a Portuguese expedition to Goa in India in 1515, described a distinctive constellation of stars as a cross. It was variously named on star maps as "cross", "crosiers", "crucero" or "cruX" (Bhathal and Bhathal 2006).

To read the full Abstract by Ragbir Bhathal about indigenous people of Australia not only giving names to celestial objects in the night sky but they also built an astronomical knowledge system which they incorporated into their social, cultural and religious life.

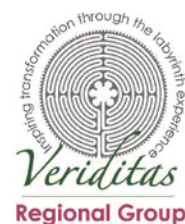
[Click here](#)



The artwork above, by Lisa Foley, forms part of the walkway mural

Resources: Peak International Labyrinth Organisations:

Veriditas is dedicated to inspiring personal and planetary change and renewal through the labyrinth experience. We accomplish our mission by training and supporting labyrinth facilitators around the world, and offering meaningful events that promote further understanding of the labyrinth as a tool for personal and community transformation. Our vision is that the labyrinth experience guides us in developing the higher level of human awareness we need to thrive in the 21st century. **Read the latest news and watch the latest video from Veriditas** www.veriditas.org



New Member of the Veriditas Board.

Congratulations Helen on being appointed to the Veriditas Board and for the sterling effort to become an Advanced Labyrinth Facilitator.

Helen Malcolm Shepparton, Victoria, Australia Helen Malcolm encountered the labyrinth and did her facilitator training in 2008 when Lauren Artress visited Melbourne. She now offers the labyrinth to patients, health professionals, medical students, medical and University staff and the community, as well as using it personally. Helen is a General Practitioner (family doctor) with a special interest in mental health, an Anglican (Episcopal) priest and Deputy Director of Medical Student Education at the Rural Clinical School, University of Melbourne (where she was instrumental in getting an outdoor 11 metre Chartres labyrinth installed). In previous lives she has been an entomologist and a teacher. Her work has taken her to Britain, India, Nepal, Bangladesh and Tanzania as well as various states of Australia. Despite being a doctor, she has not found a cure for itchy feet which, after her first visit to Chartres, have taken her back there each year, last year to complete her Advanced Facilitator training.



Synchronicity and the Labyrinth with Lauren Artress.

Webinar - 15 April 2015 (Australian Time)

Times: 9:00am (VIC, TAS, QLD & NSW) 8:30 am (SA) 7:00am (WA)

Synchronicity has long fascinated both the softhearted learner and the strong-minded scientist. The experience of synchronicity happens much more frequently than chance that allows us to surmise that something else is going on 'behind the scenes' of reality. It asks to be present in the moment, to be in "flow" and wed inner experience with an outer event. This series is \$25 per webinar. Facilitators who are part of the Facilitator Subscription Program can attend the webinars for free and also have access to our whole webinar archive.

Don't forget to check your confirmation email for the link to reserve your seat with GoToWebinar. Registration link: <http://www.veriditas.org/event-1886937>

"Veriditas at 20" Celebration - Lee Matthew, for the "Veriditas at 20" Committee Grace Cathedral in San Francisco on 14- 15 August 2015



I am so honored and excited to be part of the committee that is organizing an amazing "Veriditas at 20" celebration on August 14-15 at Grace Cathedral in San Francisco! Veriditas is coming home for the weekend! Grace Cathedral is where it all started twenty years ago. We've expanded our reach and moved our base, but it seems appropriate to return to our birthplace to celebrate the past two decades. We'll have an opportunity to honor our founder, the Reverend Dr. Lauren Artress, hear tales of the past - some tall, some small - and discover the many activities and programs that are going on today. We'll also have time to dream of our future community. What better way for all of us to stay connected? We really hope you will join us to see old friends and make new ones, as we celebrate our past, honor our present, and dream our future.

Resources: The latest news from Veriditas. (continued)



Has the Labyrinth changed your life?

A story for the 20th celebration of Veriditas.

1. Veriditas are gathering your stories of how the labyrinth has changed you or your life. These stories will be shared on our website in the months leading up to our celebration, and in a book celebrating Veriditas' 20th Birthday. To submit your story for inclusion, [please click here](#). Thank you for being a part of our Veriditas Family!

2. Little Miracles on the Path.

Each month, Linda Mikell, a New England Regional Representative, emails a Little Miracles on the Path story to Veriditas facilitators who have signed up for them. Facilitators from all over the world send her stories about interesting, touching events that happen at their labyrinth walks. Linda would be delighted to hear your labyrinth story. Linda's email address is edlinmik@optonline.net

Some tips for writing your article . . .

- Did you find the labyrinth or did it find you?
- Where has it taken you?
- Who did you meet on the path?
- What metaphors has the labyrinth reflected of your life?

Australian Dream Quest with Judith Tripp - September 2015.



Dreaming for the Earth - Sponsored by Veriditas In this first Dream Quest in Australia, Judith Tripp will present the songs, meditations, psychospiritual exercises and labyrinth walks that have made the Women's Dream Quest a beloved yearly event in San Francisco for over 28 years.

Like women all over the world and throughout history we will gather in the circle to contemplate our next steps in our spiritual journeys and to learn what it means to dream for the Earth. There will be ample time to concentrate on personal healing through group ritual, small group sharing, and individual consultations. There will also be time to vision how wise women acting together can create healing and imagine change for our world.

This year's Dream Quest cycle is named, Dreaming for the Earth. These Quests will give us an opportunity to tune in to our intuitive, dreaming capacities to experience our beloved planet. It will give her an opportunity to communicate with us about her needs and aspirations. We can become her voice. Like the aboriginal people of Australia, I believe that one of our tasks as human beings is to sing the song of the Earth – her oceans, rivers, mountains, creatures, peoples: her ground, water, fire, air and ether.

Judith will be joined by local women who will lead small group explorations. The labyrinth will be available for individual and collective walks. There will be time for art and journaling. We will conclude our time together with a ceremony of dedication to what we each stand for as guardians of our Earth.

For more information please contact the following:

Melbourne	Sep 5	Email Angela	drangelamackenzie@gmail.com
Kalgoorlie	Sep 7-10	Email Anna	anna@kooraretreat.com.au
Perth	Sep 11-13	Email Beth	bethr@inet.net.au
Sydney	Sep 18- 20	Email Nicky	Nickyharper891@btinternet.com

Resources: Peak International Labyrinth Organisations. cont'd

The Labyrinth Society, Inc. is oriented toward bringing labyrinth enthusiasts together in order to share their interest, energy, and expertise. Its mission is to support those who create, maintain and use labyrinths, and to serve the global community by providing education, networking, and opportunities for experiencing transformation.

- Website: <http://labyrinthociety.org>
- Joining the membership www.labyrinthociety.org/membership
- Joining Facebook www.facebook.com/LabyrinthSociety



World Labyrinth Day – Saturday 2nd May 2015

The Labyrinth Society invites you to 'Walk as One at 1"pm, joining others around the globe to create a wave of peaceful energy washing across the time zones. As governments and armies seem to further polarize world peoples, the labyrinth has been a bridge between cultures throughout history," notes Howlett. "World Labyrinth Day is for everyone and, like the labyrinth itself, is an opportunity to develop tolerance and compassion for others from different walks of life."

For downloads of posters, press releases etc go to this link:
www.labyrinthociety.org/world-labyrinth-day

The Labyrinth Society Research Committee.

Supports research on labyrinth and labyrinth experiences by providing a resource base and encouraging a wide variety of labyrinth related interests. [Click here for Bibliography](#)

Wending toward wellness. Nursing Spectrum magazine.

Wood, D. A. July 2006.

Abstract: "Long ago labyrinths might be located on church grounds as a kind of walking meditation. Today's labyrinths, however, are finding a home on health care campuses. (p. 2)" This quote reflects the theme of the article which describes the use of labyrinths in health care settings in several states. The article quotes health care practitioners from Georgia, Florida, Oklahoma, and other states regarding the increasing use of labyrinths for patients, families, and staff of hospitals and medical centers. Included in the article is information about two research studies that have been conducted in Florida and Oklahoma.

At South Seminole Hospital in Longwood, Florida, Jeanne Miller-Clark, "conducted a study with 75 patients. She found that walking the curved paths increased patient's hope, decreased stress, and equalized their blood pressure. Patients with bipolar disorder showed the most improvement. (p.6)"

Chris Weigel conducted a study at Mercy Health Center in Oklahoma City, Oklahoma. According to the article, "The hospital has studied the effect walking the labyrinth has had on new nurses' stress levels. It randomized 18 new graduates into two groups. Both learned about the labyrinth and the care model during orientation. Researchers asked the intervention group to walk the labyrinth at least twice per month. They measured stress levels at baseline and at 90 days."

" After three months, nurses in the intervention group showed less stress, while nurses in the control group exhibited a marked increase in stress. The intervention group also reported higher job satisfaction. (p.8)"

Resources: Peak International Labyrinth Organisations. (continued)

Worldwide Labyrinth Locator.

Where to go to find a labyrinth to walk in Australia and around the World.
Is your labyrinth listed here?

The World-Wide Labyrinth Locator has been designed to be an easy-to-use database of labyrinths around the world. Information about labyrinths you can visit, including their locations, pictures, and contact details, are accessible here, along with information about the many types of labyrinths found worldwide. Labyrinths occur in many forms, shapes, and sizes, and the Locator contains both historic and modern examples. At the current time the Worldwide Labyrinth Locator database contains around 4600 labyrinths (and a few mazes) in 75 or more countries? In the search engine type in Australia then scroll to find a labyrinth to walk. [Click here for the website](#)



Australian Labyrinth Locator - Established in 2003

Cedar Prest of SA set up a website "Labyrinth Link Australia" not only for her private practice as an art therapist but as a resource to support the building of a network of people interested in promoting the labyrinth as a tool for health and well-being and also to resource and promote the building of labyrinths and listing of their locations. In this website click on the State or Territory to find a labyrinth to walk near you. [Click here for the labyrinth locator](#)

What is the Australian Labyrinth Network?

This is an informal network of people who are members of The Labyrinth Society, Inc., people who are trained and certified by Veriditas as Labyrinth Facilitators, as well as others who have experienced the benefits of labyrinth walking and wish to be connected.

About the Labyrinths Matter Newsletter

In April 2007 the newsletter was created to support Labyrinth Link Australia by providing:

- information for people at different levels of labyrinth knowledge and experience.
- demystifying the labyrinth by holding public and private labyrinth walks.
- sponsoring public lectures & workshops on the history and use of labyrinth's today.
- sponsoring facilitator training, as well as workshops for labyrinth design and dowsing.
- promoting and building relationships with Veriditas and The Labyrinth Society, Inc.
- linking and supporting both the International and Australian Labyrinth Locators.

The focus of the next editions of the newsletter:

- **Winter:** Labyrinths in educational settings.
- **Spring:** The human experiences of labyrinth walking.
- **Summer:** Labyrinth building and sacred geometry.

If would like to share and experience or provide an article please email to Tina or Lorraine at tlsaustrianetwork@gmail.com

Resources – Publications & DVDs

Veriditas Site – www.veriditas.org

Walking the Sacred Path – Rediscovering the labyrinth as a Spiritual Tool.

Author: Rev. Dr. Lauren Artress

The Sacred Path Companion – A Guide to Walking the labyrinth to Heal and Transform

Author: Rec. Dr. Lauren Artress

The Sand Labyrinth – Meditation at your finger tips.

Author: Rev. Dr. Lauren Artress

DVD – Rediscovering the Labyrinth: A Walking Meditation with Lauren Artress, Grace Cathedral, San Francisco

The Labyrinth in Culture and Society – Pathways to Wisdom

Author: Jacques Attali

Veriditas Facilitators Books & DVD

Labyrinth – Landscape of the Soul

Author: Di Williams MBE

Working with the Labyrinth

Author: Ruth Sewell, Jan Sellers & Di Williams

Steps along unfolding path: a journey through life and labyrinths

By Lars Howlett

The Labyrinth Experience – An Educator's Resource

Author: Lorraine Villamaire

The Labyrinth: An Education Model for Transformation

Author: Lorraine Villamaire

Solved By Walking: Paradox and Resolution in the Labyrinth

By Mary T Hackworth

Young People Making a Life

By Ani Wierenga

Healing with Art and Soul: Engaging Ones Self Through Art Modalities

By Kathy Luethje

A World New Mind: Why Right-Brainers Will Rule the Future

By Daniel H Pink

DVD – Pathways to Change: Jail Labyrinth Project

Authors: Lorraine Villemaire & Cathy Rigali

Kids on the Path – School Labyrinth Guide

Author: Marg McCathy

The Labyrinth Society Site -

<http://labyrinthssociety.org/>

DVD – Labyrinths for Our Time: Places of Refuge in a Hectic World

Amazon Site - <https://smile.amazon.com>

The Way of the Winding Path

Author: Eve Eschner Hogan

In Sweet Company: With conversations with Extraordinary Women about Living a Spiritual Life

Author: Margaret Wolff

Steps along an unfolding path: a journey through life and labyrinths photographs and footpaths

Author: Lars Howlett

Praying the Labyrinth – A spiritual Journey

Author: Hill Geoffrion

Labyrinth – Pathway to Meditation and Healing

Author: Helen Raphael Sands

Exploring the Labyrinth – A Guide for Healing and Spiritual Growth

Author: Melissa Gayle West

Labyrinth – Illuminating The Inner Path

Author: Brian Draper

Meditations and Rituals for your Childbearing Year

Author: Pam England

Labyrinths – Ancient Paths of Wisdom and Peace

Author: Virginia Westbury

Building Labyrinths

Church Labyrinths

Author: Robert Ferre

Chartres Labyrinth Construction Manual

Author: Robert Ferre

Canvas Labyrinth Construction

Author: Robert Ferre

Classical Labyrinth Construction

Author: Robert Ferre

Labyrinth for the Spirit – How to create your own labyrinth for meditation and enlightenment

Author: Jim Buchanan

Sacred Geometry

Through the Labyrinth – Designs and Meanings Over 5000 Years

Author: Herman Kern

A Beginner's Guide to Constructing the Universe: The Mathematical Archetypes of Nature, Art and Science

Author: Michael S. Schneider

Sacred Geometry: Deciphering the Code

Author: Steven Skinner Islamic

Patterns: An Analytical and Cosmological Approach. Inner Traditions

Author: Keith Critchlow

The Spirituality of Mazes and Labyrinths

Author: Macqueen, Gailand

History of Labyrinths

Magical Paths – Labyrinths & Mazes in the 21st Century

Author: Jeff Seward

Labyrinths – Ancient Myths and Modern Uses

Author: Sig Lonegren

Cosmology and Dowsing

Spiritual Dowsing

Author: Sig Lonegren

The Pendulum Kit

Author: Sig Lonegren