

Labyrinth Activist Network Circle



Wrap-up

January 24, 2023

We were thrilled to welcome a few new faces to our LAN Circle—Thank you for being here! There were about 24 of us in the circle.

Meditation/Thought

Thank you to Carrie Mosher Chevalier who led us in a beautiful visualization, Love is the Way: Walking from the Inside Out. It helped us all center and come together as a circle.

Explanation of The Labyrinth Activist Network (LAN) and Guidelines for this circle:

We took a few minutes to remind ourselves that The Legacy Labyrinth Project is creating the Labyrinth Activist Network, and this circle, because we believe Powerful Change Can Happen Peacefully.

Our developing definition of labyrinth activism is ...a spiritual practice using heart centered **intention and action** for change.

We are learning a different way to impact communities, and the world, based on the science of collective healing and walking labyrinths. The scientific evidence and our own research are allowing us to see and use the power of collective intention with the power of the labyrinth.

As we have talked about, Collective begins with us.

- As labyrinth activists, we want this circle to be a place of sharing, inspiration, support, and education and**action!**
- When we go out into the world to do our labyrinth activist work (together or individually), come back here to be fed, supported, encouraged and to share your accomplishments.

While we are together in circle, it will be helpful to adhere to a few guidelines to make our time the most productive and enriching that it can be. We suggest:

- Respect our collective commitment to making meetings enjoyable and productive.
- Participate with a sense of curiosity and a willingness to learn from others.
- Be respectful of time, allowing room for everyone to offer thoughts and ideas.
- Express your feelings genuinely.
- Hold one another accountable for adhering to these guidelines.
- Manage your Passion.
- Others?

Facebook page: we are changing the language on the page to say: “We are happy to post information and events that are relevant to labyrinth activism.” It is our intention to create a sharing community of what we are doing and support each other’s work! **To join our Facebook page** [click here](#).

LLP Updates

Chris: reminded us of the in-person opportunities we have to gather this year.

- The first is at Grace Cathedral on May 5 and 6th. May 5th will be a Labyrinth Activist Workshop at **Grace Cathedral in San Francisco**; May 6th will be World Labyrinth Day and The Big Connection Research project. For more information [click here](#).
- The second opportunity to gather is in **Saskatchewan Canada** in June. This will be an incredible journey to learn more about Labyrinth Activism AND to practice it. To find out more [click here](#).

Johanna: GCI took place on 1/25 at 7 pm ET: This was our trial run using the Global Coherence Initiative app. We stayed on for at least 11 minutes and 11 of us gathered. It felt very powerful! Next month you will receive a meditation with specific intention to use for that session. If you had any trouble logging on contact Johanna at jvm795@gmail.com.

Education

Tisha Strauch introduced our new Book Club and highlighted our first book: **Subtle Activism**.

Subtle Activism: The Inner Dimension of Social and Planetary Transformation by David Nicol Can be purchased through Amazon for \$32.95 paperback or \$23.99 for Kindle, \$20.19 from thriftbooks.com, \$32.95 from sunypress.edu.

The first LAN Book Club will be April 11 at 7 pm. The Zoom link will be sent soon.

If you are interested in joining the book club, please email Tisha at tishaus08@yahoo.com. Possibilities exist to meet more than once since the book is so comprehensive! Also, you do not have to read the book to attend the Zoom and be a part of the discussion.

Group Project

Chris and Irene talked about a new group **project to send healing intentions to Ukraine**. The project will also serve as a beta test for the Big Connection 3.0. We want to be sure the labyrinth activism process will be clear for all those who participate (hopefully hundreds outside of our circle around the world on World Labyrinth Day). Chris and Irene will have a separate Zoom meeting to discuss the project and give instruction. **If you are interested in joining this healing group, please contact Chris at chriskatzenmeyer1@gmail.com**.

Breakout Groups

In our small groups we discussed, "What words in this definition of Labyrinth Activism resonate most with you?" As we came together we brought forth new words to consider in our definition such as "cohesion." We even recognized that our definition could go much deeper as we dissect each phrase. Lots of room for growth!!

Next Steps

- **The next LAN Circle is February 28, 7 pm ET**. Calen Rayne, co-founder of Earth Shamans (<http://www.earthshamans.com/>) will join us to discuss the energy of labyrinths, ley lines and how our collective work impacts the energy of the earth. Carmel Stabley will offer our meditation.
- The next GCI group will meet on March 1, 7 pm ET
- On Saturday, February 18, join us to support Chris and Ellen as they lead a workshop for World Labyrinth Day about **The Big Connection 3.0**. There are two times offered to make attendance convenient for all time zones. [Click here](#) for registration.

Closing

“It has to end, you know.

The self-hatred. The collective shaming. The disdain for other. The emotional armor. The buried pain. The displaced humans. The misplaced kindness. The repressed trauma. The fake positivity. The meaningless materialism. The forgotten heart.

It has to begin, you know. The self-love. The collective healing. The love for other. The emotional release. The liberated pain.

The welcomed humans. The perpetual kindness.

The honored story. The authentic feeling.

The meaningful purpose.

The open heart.

It is time.”

~Jeff Brown

Thank you for your energy, insights and wisdom that you add to our circle.

It wouldn't be the same without you!

If you need any additional information or resources please don't hesitate to contact Ellen Bintz Meuch at meuch@msn.com.