

# LAN Circle Wrap-up July

July 25, 2023

**Labyrinth Activism: a spiritual practice using the labyrinth, heart centered intention and action for change.**



We welcomed 22 people to our circle on Tuesday. Michael Murschel Led us on a visual meditation of discovering, designing, and accessing our "inner labyrinth." It was beautiful!

## LLP Updates

- Chris: She didn't talk about fundraising, but if you missed it you can become a Pathgiver! [Click here to learn more](#)
- Tisha: Book club-Power of Eight, Rescheduled for August 1 at 7 pm ET. The next book in our book club is: The Hope by Andrew Harvey, .Amazon \$14.79 Used Books \$4.39 and up B&N ebook \$9.99. Please send Tisha an email if you would like a Zoom link to join the book club reading The Hope by Andrew Harvey (tishaus08@yahoo.com).
- Johanna: Global Coherence Initiative reminder-taking place on 7/26 at 7:00 pm ET
- T-shirts: order your one-of-a-kind LAN T-shirts by [clicking here](#). They are long sleeve, extra soft and \$40 each (plus \$9.95 for shipping). The shirts come in gray or white, sizes M, L, XL. This is a "win-win" way to help support LLP and our LAN Circle!



- Parliament of World Religions: Happening in Chicago from August 13-18. Ellen and a few others will be there with the labyrinth. If you are interested in attending contact Ellen!

## Inspiration

Dr. McGee: Haiti Project Update: Please let our LAN folks know how much the counselors in Haiti are appreciating the support and encouragement. Next meeting, I can share more with them. There is still time to walk and send messages to the counselors.

- Heartmath Trauma training: [Click Here](#)
  - Redefinition of trauma
    - Secondary trauma: could be indirect exposure, even exposure to media
    - Cumulative exposure
    - Consider your own risk factors
    - Trauma affects brain
  - Modules include the PREP technique, Heart Focused Breathing, Shift and Lift and grounding.
  - Prep Technique is about preparing yourself for your experience, project yourself in the situation being calm and centered. Use this when you decide to help, in transit, anytime

- Shift and Lift asks are you in balanced care or overcare. Be aware of your Torus field of energy
  - Focus on your heart, activate feelings of kindness, radiate heart qualities
- Karen Kelly suggested this book: *Your Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life*, By: Cyndi Dale
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## Small Groups

The question for the small groups was “If there were no limits, what would your heartsong be with the labyrinth? Think outside the box. Money, time and energy were not a factor. What would you like to do with the labyrinth?”

## Group discussion

Gary Petersen talked about a new study on belonging:

[Click here](#)

## Next Steps

- Watch for the Wrap up to this meeting that will include, hopefully, everything we have talked about: Registration links, information links, guidelines.
- See you tomorrow night at 7 pm ET for the GCI LAN group.
- Mark your calendars for the rescheduled book club on August 1.
- The next LAN Circle is August 22.

## Closing

### **GHR Q3 Arrive**

T.S. Elliott says, “The journey, not the arrival matters.” Are we sure? That does not sit well with an expectant mother, or an airplane schedule. We need arrivals. Atticus said, “Walk towards the good in life and one day you will arrive.” One day? One day I will arrive? What, like the end of a rainbow? Maybe, it’s the thought of “Arriving at one goal is the starting point of another.” That resonates with me. I get that we need to “Stop and smell the roses on our journey.” But, the Oxford definition of journey is “an act of traveling from one place to another.” TO ANOTHER. So, What does ARRIVE mean to you? .....

# LAN Haiti Project

- 1) LAN members will walk a labyrinth in heart centered coherence with the intention below.
- 2) Following their walk, LAN members will send messages of support electronically to Dr. McGee through Qualtrics. Photos can be sent via email to her address below.
- 3) Dr. McGee will download the messages and give them to Father Wismick to share with the counselors.



**Intention:** Fr. Wismick and the counselors, who are under his supervision in Haiti, will have an immediate and ongoing sense of care and support for the service they are providing to children in orphanages and schools.



**Link to send message:**

[https://baylor.qualtrics.com/jfe/form/SV\\_4VCEALX7kD83zvM](https://baylor.qualtrics.com/jfe/form/SV_4VCEALX7kD83zvM)

**Email to send images:**

jocelyn\_mcgee@baylor.edu

