



LAN Circle Wrap-up

February 27, 2024

We were so happy to welcome 30 folks to our LAN circle. We had a few new faces, too. Welcome all!

Updates

- Tisha filled us in on the 2024 Book Club. We mentioned that we will be starting with the book, **Awe: The New Science of Everyday Wonder and How It Can Transform Your Life** by Dacher Keltner. Please email Tisha if you are interested in joining the book club: tishaus08@yahoo.com
- I hope you had a chance to watch Michael Murschel's beautiful meditative video he produced to hold space for our December meeting. If not, [click here](#).
- Don't forget that LLP has a journal article published!!! The name of the article in *Frontiers in Psychology* is: "Collective Labyrinth Walking with a Shared Intention Leads to Connectedness, Transcendent Experiences, and Insights for Compassionate Action during the COVID Pandemic." [Click here](#) to read the article.
- Johanna: Global Coherence Initiative (GCI) reminder-do the meditation when it is convenient for you. Our group is **LAN**, the password is "**orangeearth85**". To upload the app, go to HeartMath Institute and follow the links. We "meet" on the app the 4th Wednesday of each month for about 15 minutes to share our coherent energy with each other and around the world.

Inspiration

[Dave Kenneally: Brother Dave the Marine Monk](#)

Brother Dave shared his journey from the Bronx to the Marines to Yoga to a monastery and then to San Diego! He is a mindfulness teacher in the spirit of the Zen Master Thich Nhat Hanh. He has many YouTube videos and offers Sunday Sangha, group teachings and one on ones. There is so much information on his website!!! [Click here](#).
YouTube channel: [Click here](#).

Intention

Our intention for January and February:

- **We have risen to the challenge, learned from one another, and worked together to achieve universal and equitable access to safe and affordable drinking water.**
- [Click here](#) for a heartbrain meditation video created by Rob Meyer-Kukan:
- We meditated for 10 minutes and walked our finger labyrinths. Then we shared our powerful and emotional visions. It was amazing to hear how many of us felt similar experiences.
- Add your thoughts and feelings as you continue to use this intention (or tweak it to resonate for you) to our [Facebook page](#).
- Mark your calendar for World Water Day, **March 22nd**. [Click here for more information](#).

Next Steps

- Global Coherence Initiative (GCI) **Wednesday, February 28th, any time during the day.**

- Join Ellen, Chris and others for a Pre-World Labyrinth Day event on **March 2nd** offered at two different times. Registration information is available if you [click here](#). (Remember WLD is May 4, 2024.)
- The next LAN Circle is scheduled for **March 26th** at 7 pm ET.
- [Get a copy](#) of the book Awe by Dacher Keltner for the April 9th Book Club.

Closing

Dr. Emoto's Blessing and Prayer

The eternal power of the Universe has gathered itself to create the world with true and grand harmony.

We pray for healing blessings on the waters

We pray for healing blessings on the sea

We pray for healing blessings on the rivers

That they may shine in crystal purity

- Dr. Masaru Emotos messages from water: [/www.youtube.com/watch?v=SOdKA70KkBB](https://www.youtube.com/watch?v=SOdKA70KkBB)
- Another blessing, by Starhawk: <https://www.spiritualityandpractice.com/practices/practices/view/22041/blessing-for-water>

Thank you to everyone in our circle last night. Your wisdom, love and insights make all of us better.

Ellen

Director, Labyrinth Activist Network, Legacy Labyrinth Project

To cut out and place in a prominent place or hold while walking your labyrinth...



LAN January -February intention for water:

We have risen to the challenge,
learned from one another,
and worked together to achieve
universal and equitable access to safe
and affordable drinking water.

