



Dreamstime Photographer Flynt  
Red Robin From ABS Free Pictures

## Labyrinths Matter Newsletter



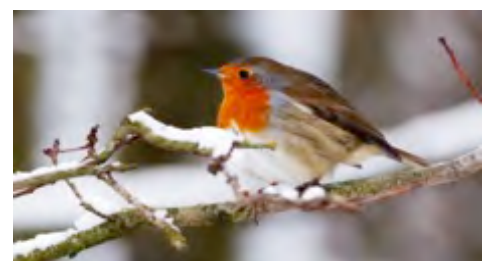
Ancestor Spirit Labyrinth  
Classic Cretan Design  
Modified by Geoff Rodda

“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

Reflections Journal San Remo  
Victoria 2006

### Winter Edition



### Theme

## The Labyrinth: A Tool for Transformation



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Last year, during Mental Health Week, Richard Fidler of the ABC's Encounter program interviewed Jo Cook about her recovery from an eating disorder. The interview takes you through Jo's physical and emotional experiences and finally to acceptance through the labyrinth.



Take time to listen to Jo's story of transformation

Jo is the Founder of a support group TRED - Tasmanian Recovery from Eating Disorders. Photo Supplied by ABC Local

# A Labyrinth of Recovery

ABC Encounter Program in the 'Mental As' week 2015

The Place of Labyrinths in Therapy


Setting up of TRED

Jo Cook M.ED, Grad Dip PSych, B. of Counselling  
and Veriditas Advanced Labyrinth Facilitator [Email](#)



**TRED is committed to providing support to anyone who is seeking freedom from an Eating Disorder and wants to live a healthy and full life. [Website](#)**

## About Jo Cook

At the age of 43, Jo Cook was enjoying a successful career in education. She was raising her four teenagers and was active in the Hobart community. Jo could never have foreseen how an eating disorder would demolish that life. Like most people, she didn't realise you could become anorexic in middle age, and when Jo was mentally and physically overwhelmed by anorexia, isolation was one of the most difficult things she experienced. A decade later, Jo has recovered. She has established a support service for those attempting to recover from eating disorders and for their families.  [Listen to the Interview](#)

## The Labyrinth of Recovery from an Eating Disorder

### The Place of Labyrinth in Therapy

I am intrigued to note that I sit to write this article on the shortest day of the year, the Winter Solstice in Australia, for it was in my darkest hour that I discovered the labyrinth, or more correctly, it discovered me. This, for me, is just another experience of synchronicity that has occurred in my life and has connected me to what Carl Jung would describe as the 'collective unconscious'.

I came to know the labyrinth as a powerful transformative metaphor well before I had any conscious knowledge or understanding of what a labyrinth was. During 2004, in the midst of a busy life maintaining a professional leadership position and serving as

a mother of four school-aged children and wife of an accountant with a growing business, I became very unwell with anorexia nervosa. I was 43 years of age at the time and had no prior history of such an illness. I struggled to accept my diagnosis and then struggled in recovery. I was searching for a rational understanding of what I was experiencing and I was failing in my attempts to come to terms with what was happening to me, and my family. I was lost.

During one of my many therapy sessions, my psychologist asked whether I had ever used narrative with my children when they were younger, as a way of explaining things. Sure I had! Don't we all use stories with our children? She suggested I might find it helpful to place my current situation into a story form. I was very dismissive of his suggestion at the time and gave it little merit of helping me.

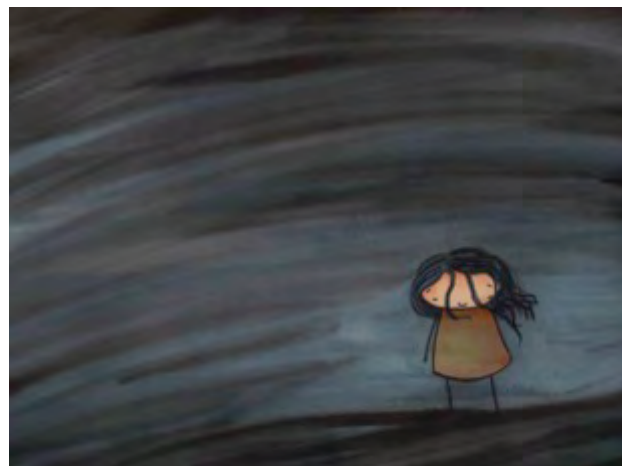
Then, and this I can't explain, a fully formed story came alive in my imagination. I relayed this story in my interview with Richard Fidler on ABC radio and am in the process of publishing it.

The essence of my story is of a girl (Jessie) who is compelled to leave the safety of her current life and is drawn into a labyrinth.

At the formation of this story, I had no knowledge of what a labyrinth was. I knew what a maze was but not a labyrinth. Jessie had no decisions to make once she entered this place; she was simply drawn to its centre. It was one path with no turning back.

Shortly after this awakening, I was with my daughter in a bookstore, and I noticed a simple little paperback on the shelf. When I saw the diagram of the seven circuit classic labyrinth I immediately recognised that as the place into which Jessie was drawn.

That was the pattern in my story. There was one path in and the same path out. I began reading more about labyrinths and became familiar with the history. Not long after this I was hospitalised as my health was deteriorating. My family were fearful that I would not recover. I was more confident than them, even though I was in a dark place.



## A Labyrinth of Recovery - Labyrinths in Therapy

ABC Encounter Interview with  
Jo Cook from TRED (Cont'd from p 2).

I knew I had to be in the centre of the labyrinth at that time. I was calm. I was hopeful, for in my story, Jessie received light in the centre. She also received the beginnings of a new strength; the help came.

Jessie was able to tentatively step forward. Her return was made possible through the help of feathers and leaves that cushioned the painful sharp path she needed to transverse.

The labyrinth for me was a powerful metaphor for recovery. I travelled to Grace Cathedral in 2005 and was trained by Lauren Artress as a labyrinth facilitator. Then in 2008 I went to the awe inspiring Chartres Cathedral in France for more training and soulful healing.

I founded TRED, Tasmania Recovery from Eating Disorders, a charity, in 2011, largely to bring



hope to families in the knowledge that recovery is possible. I have found that in sharing my story there are so many layers of meaning for people in therapy to relate to and to gain hope and encouragement.

I use finger labyrinths for people to trace and reflect on their own journey of recovery and to consider who are the leaves and feathers of caring in their lives; those that make the journey bearable. I also have a canvas Chartres replica and the smaller Santa Rosa that I occasionally lay out for meditative and therapeutic walks.

I hope to soon publish Jessie's Labyrinth story with its beautiful illustrations in the desire to bring others hope and to connect them with this powerful archetypal metaphor that belies rational explanation.

**The labyrinth discovered me  
when I needed it.**

[National Eating Disorders Website](#)

## Mental as Week 2015 ABC Encounter Program One listener's feedback about Domestic Violence [Download the Transcript](#)

Thank you, Joanne, for your interview with Richard Fidler. I heard it while I was doing weekend chores, as I was flitting in and out of the kitchen. I found it interesting, like all of Richard's interviews are, but there was a point when I just stopped in my tracks. Snippets caught my attention... labyrinth... walking on glass... feathers... I then made a note to download the podcast for a closer listen. I've now listened carefully to the interview. I was struck by your candour and willingness to discuss such a vulnerable time in your life. That took a lot of courage, and I thank you for that. Because of your story, I feel that I need to find my hope that perhaps I can heal too, like you have.

I have never had an eating disorder, but your interview describes issues relevant to me. What I relate next is just my experience and I do not in any way want to negate the experiences of those with an eating disorder by suggesting something like, 'yeah, I get that too'. I share it, just to explain how your interview helped me.

I left my marriage due to domestic violence. That was a long time ago; I thought I'd moved on. I moved cities to escape. I got a good job, worked hard, paid off my mortgage and recently decided to return to university. But it was there that I was subjected to stalking. Unfortunately this triggered memories of my Domestic Violence trauma; my ex used to stalk me, all those years ago. My studies suffered. Before the stalking, I loved being at university, I was passionate about learning, I made lovely new friends and got High Distinctions.

At uni, I'd self-sabotage. With each subject, I'd attend classes, was fascinated by the subject matter, studied hard, got HDs, then at the final hurdle (last essay or exam) I'd stop frozen in my tracks.

It caused me extreme pain because I was not allowing myself to study and be happy. I couldn't understand why. In my mind, I saw my incapacity to write, to be somewhat like the inability to eat, like in anorexia (I sincerely hope that I haven't offended anyone who reads this). When I tried to write, I'd suffer extreme anxiety. But I was stuck. It's been two years since the stalking, I've sought help but that has been patchy. Recently I've thought maybe I need to be near my family interstate because I can't really help myself anymore. After listening to your interview, I have a little spark of hope in me, that perhaps it's not too late for me.

## Sun-Powered Meditation

**Labyrinth**  [See the video here](#)

The labyrinth at the University of Massachusetts in the USA is the result of an unusual collaboration. It occurred between the College of Nursing, Landscape Architecture, and Regional Planning Departments. The materials included “photoluminescent” plastic discs with a dichroic film coating. This allows it to emit some light at night, while producing different coloured reflections during the day. The estimated cost of the materials was between \$US 1500-2000. Students provided the labour.

According to Nursing Professor Donna Zucker, the meditative walk is intended to promote a sense of ease and well being during the end of semester; a time that is often particularly stressful for students, faculty and staff alike.


She said “Walking the labyrinth can really help to reduce anxiety, stress and depression”. “Focused breathing and mindfulness are very important tools in self-care management, and they are used all the time by our nursing students in their practice. It promotes attention to the moment”.

[Read the article here](#)

## Learning to detach from thoughts brings interior silence.

The Rev. Dr. Lauren Artress, published *The Sacred Path Companion - A Guide To Walking the Labyrinth to Heal and Transform* around 1995. In it Lauren says that “The labyrinth channels the anxious and chaotic energy that is at the core of the mental ‘static’ that you experience when you attempt to quiet the mind. When stress increases, so does the chaotic mental energy that makes it so difficult to sustain concentration. In scientific studies of meditation, two approaches have been identified that handle this static. One of these is concentration. The objective of the concentration method is to dis-identify your thoughts. Thoughts can be slowed down, but never truly stopped. But nurturing a practice gives us a choice over what to do with these thoughts. Thoughts can be like a flowing river moving throughout your mind, which can be a pleasurable experience. If we grab onto one thought, however, we then are attached to it. Learning to detach from thought brings us into the refreshing realm of interior silence.”

[Preview the chapter here](#)

 [How To Quiet The Mind](#)

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

## Labyrinths On Wheels - Design Considerations

By Rev. Penny Jones, Veriditas Facilitator



Photo: Father Brian Sparksman and Rev. Penny Jones

One of the things that Lauren impressed upon us at the labyrinth facilitator training in Brisbane was that the surface of the labyrinth should be smooth, so a wheelchair can negotiate it.

We have placed the labyrinth outside our building at St. Luke’s Anglican church in central Toowoomba, in order to provide maximum accessibility for everyone. We were particularly aware of the needs of disabled users due to a number of wheelchair users in our own community. In true ecumenical spirit, the walker in this photo is Father Brian Sparksman, one of our local Roman Catholic clergy, who was doing a “test run” ahead of the labyrinth opening ceremony.

So long as the path is followed by the eyes of the walker, it does not matter where the wheels of the chair go, provided there are no hedges or rough surfaces to impede progress. It is not necessary therefore to make the pathway wider to accommodate wheelchairs. Indeed to do so lessens the meditative focus for all walkers. Our labyrinth is on a slight slope that is not a problem to wheelchair users, but obviously a greater incline would make things difficult.

In facilitating the labyrinth, sensitivity is required in enabling wheel chair users to enter the labyrinth at a quiet period to provide the best possible experience for all. However, “walking” at other busy times may provide a different metaphorical experience both for the person in the wheelchair and other walkers.

The stone surface of our labyrinth accommodates wheels of various kinds. Apart from wheelchairs, we have had a number of parents walk the labyrinth pushing a stroller. There was also a young child who successfully negotiated the various turns on a scooter, and another who pulled their wheeled dog along behind them. I was less sure about the car driver who performed a three point turn during the early stages of our labyrinth construction – they had always been able to turn there before! As a wise friend pointed out to me at the time, “everyone comes to the labyrinth in their own way”. The most important thing is that the labyrinth is available to as many as possible and that their path is not impeded.

You can connect with the Toowoomba City Labyrinth at St. Luke’s via our [Website](#) or find us on [Facebook](#)

# Using the Labyrinth as Metaphor

## Tackle the Minotaur of Body Based Disorders

by Tina Christensen, Advanced Veriditas Labyrinth Facilitator



About Kate Daigle MA, NCC, LPC

Kate is a professional counselor based in Denver, Colorado who specialises in supporting women struggling with anxiety, body image, disordered eating, and “Trying to do it all”... perfectly.

Can a person ever fully recover from an eating disorder or is it a case of life long management? Kate believes the answer is yes; a person can fully recover. In her experience, a person can live symptom free and the next step is to manage and then eliminate “eating disordered thoughts”.

“I feel that the underlying causes of one’s eating disorder (shame, anxiety, trauma, feeling not good enough, unhealthy relationship patterns) are also the source of ‘disordered thoughts’. These thoughts become triggers that a person will need to be mindful of and manage in the medium to longer term.”

She says the three keys to recovery are:

1. Asking for help;
2. Accepting that you have an eating disorder and committing to recovery (this can look many different ways); and
3. Having patience, compassion and understanding for yourself and the process.

Potential barriers to recovery are:

- Deep wounds of shame, guilt, or fear manifesting and keeping a person stuck where they are. Recovery is not linear, and working through the stages of recovery can sometimes increase (in the short term) unhealthy patterns of behaviour to cope with deeper emotions being triggered. With treatment and practice, one can bring awareness to these deeper issues and work to manage them effectively;
- Not having a supportive team or environment to help with recovery;
- Having such deep wounds that any attempt feels “hopeless”.

Nevertheless, Kate believes recovery is still possible and engages metaphor to move her clients beyond the stuckness of a day-to-day reality and into a more symbolic frame of mind.

**She uses metaphors such as the well, the mountain and the labyrinth.**

- The **well** assists clients to feel all emotions and to accept them. A common fear is of feeling the real depth of sadness or anger. Using the “well of emotion” as the metaphor enables a client to more easily “be” with their sadness just as they can “be” with their happiness. “Allowing ourselves to feel sadness, we also let in happiness.”
- Climbing a **mountain** as a metaphor opens up the possibility of setback, ups and downs, and unpredictable weather as normal and these are relevant to the recovery journey.

- The labyrinth, as a metaphor, parallels the journey of someone in the grip of an eating disorder. “The path loops back repeatedly upon itself, reaches the centre, and then winds its way back out again. Whereas with a maze there are barriers, false turns and dead ends, with a labyrinth, you cannot do anything wrong. There’s only one path to the labyrinth... and you follow it.” Kate makes the point that this is true of the way of recovery from an eating disorder; one path and you follow it.

“I use the labyrinth metaphor regularly with clients. Someday I hope to create a walkable labyrinth for them to follow as they are working through the healing issues showing up on their path. I imagine them moving toward the centre of the labyrinth sharing their worries, anxieties, doubts, or negative self-talk. As they walk, naming and dropping the feelings that plague them every day, on the path.”

“Having reached the centre and turning to walk their way back out, they’ll come up against those feelings again. They’ll still be on the path; however this time I invite the client to offer those feelings compassion, hope, and/or some grace.”

Kate says this process allows the full expression of feelings to safely show up and be met with acceptance rather than more loathing. Integrating such a new worldview gives the client an embodied experience of joy, peace, and love, co-existing with “negative” feelings. It’s no longer an either/or situation.

Kate has observed how metaphor shifts the mind from rigid to flexible. “It opens up the imagination and connects us to our bodies as we imagine a new way of experiencing a struggle or victory”.

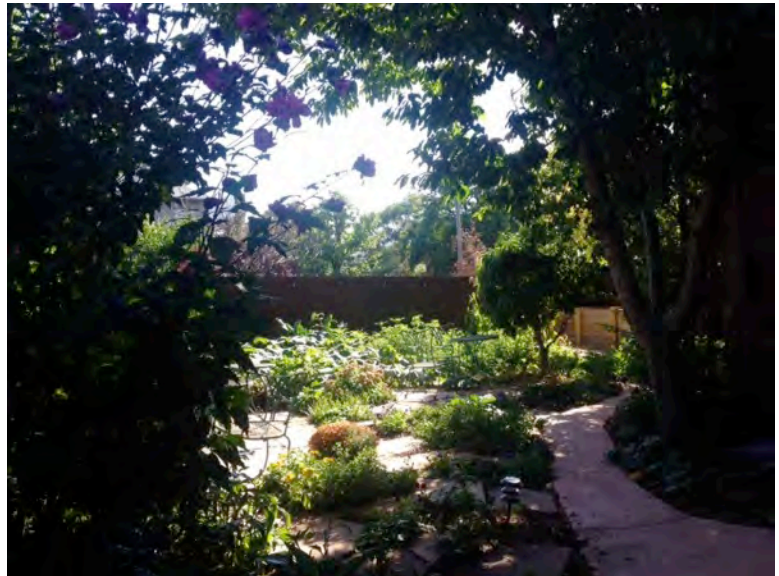
## Using the Labyrinth as

### Metaphor. Con'd from page 5

She says, "I have seen metaphor work wonders in helping people understand, make new choices, and challenge themselves on a daily basis."

Kate believes that the visualisation techniques she currently uses - of a client walking the labyrinth in their mind, would be enhanced by a physical version. She sees it as offering a deeper dimension, a full sensory experience during the recovery journey. "Walking a real labyrinth activates the senses of touch, sound, taste, smell and vision in a way that visualisation cannot, and using mindfulness, this can help shift 'disordered thinking' or behaviours into more authentic and nurturing ones."

Her conviction comes from her personal experience walking labyrinths in England and in Denver, and she's been inspired her to build a walking labyrinth in her garden for clients to utilise. "In my own walks I experienced trust. Needing to trust the path and that it wouldn't lead me astray, even if I didn't know or couldn't see where I was going."



The photo above is of Kate's back garden where she plans to install a labyrinth for both client and personal use.

Further reading: *Eating in the Light of the Moon* by Anita Johnston, PhD

Kate's [Website](#) [Newsletter](#) and [Free eBook](#)

*"I am not what  
happened  
to me.*



*I am what I  
choose to become."  
~Carl Jung*

Three Reasons You Should Never Have to  
"Learn to Love Your Body":

Learning to love your body implies that you are imperfect (which you are, we all are, and that's perfectly okay!). That there is inherently something your body takes time and skills to accept. It's a sneaky way to add to the shaming that surrounds us. How about instead: find three things every day that you are grateful your body does for you.

"Learning to love your body" also implies that there is a better body type than others. Typically the thin body type is most celebrated. Some people are naturally thin; some are naturally heavier than others. When we try to manipulate our bodies in unhealthy ways to be something they are not inherently meant to be, we can get into a danger zone of developing an eating disorder or deeper body image struggles.

It perpetuates our society's twisted relationship with food and bodies. The diet industry feeds and thrives on our dissatisfaction with our bodies, to the tune of profiting more than \$50 billion a year from it. By implying that we need to "Learn to love our bodies", we contribute to the diet industry's message that we must change ourselves before we can love ourselves.

From Kate Daigle's Blog

## About Veriditas Advanced Facilitator Training

This standardised facilitator training curriculum is open to people who are Veriditas certified facilitators for the purpose of deepening their understanding and experience of working with the labyrinth. Twenty hours of classroom training includes a story telling ritual and videotaping the basic presentation with feedback from the group. Advanced training is designed for certified facilitators with two years experience who want to deepen and broaden their skills in working with the labyrinth.

## Facilitator and Labyrinth Construction Training

A Summer School in Sydney takes place during 16 – 21<sup>st</sup> January at [Peter Canisius House](#) in Pymble. Submerge yourself in the world of labyrinths with Lauren Artress and Lars Howlett offering a potpourri of experiences designed to teach you everything you ever wanted to know about walking and building labyrinths – all in one inspiring week! [Details here](#)

[More about Facilitator Training](#)

## About The Melissa Postnifkoff Community Outreach Scholarship

The scholarship offer for facilitator training is to someone with limited resources, who will use their training to work with traditionally underserved populations i.e. in areas of domestic violence, at risk youth, developmentally challenged, peace and social justice, low income communities, and the incarcerated etc.

Applicants must also have the recommendation of a Veriditas Trained Facilitator in their area.

For further information or to receive an application, call or [email](#) the Veriditas Office at 0011 1 707-283-0373.

**Note:** Only one scholarship is available for each Facilitator Training.

## Developing the Art of Ritual

### The Sacred Path Companion

- A Guide to Walking the Labyrinth to Heal and Transform

By Rev. Dr. Lauren Artress

#### The Sacred Path Companion

is an indispensable guide for anyone searching for a spiritual journey that will inspire, educate, and engage.

The chapter on Ritual gives examples of roles, methods, and types of ritual to empower e.g.

- creating community
- honouring rites of passage
- grounding us in the everyday
- supporting healing
- celebrating special occasions,
- affirming beliefs and making meaning

The book, required reading for facilitator training, is full of exercises, suggestions, questionnaires, assignments, and meditations for getting the most out of the “Labyrinth Experience.”

**This interactive workbook** includes chapters on the following:

- Art of Labyrinth walking
- Nine lessons of the Labyrinth
- Four guidelines to gauge spiritual growth
- Specific uses for healing and transformation through the Labyrinth
- Forgiveness and reconciliation
- Six purposes of ritual
- Developing visions for the Labyrinth movement

#### The Sacred Path Companion – Guide to Walk the Labyrinth to Heal and Transform

[Order book here](#)

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### Let's take a look at the ritual to ground us in the everyday

In the early '90s, I took a course from Sister Hose Hobday, a Native American and Dominican nun, on how to create rituals that help us feel centered and walk with clarity and power through each day. As an example of empowering ritual, she described getting up in the morning and making the 'perfect' cup of coffee. Each action is done with consciousness. She stays in the present moment as she gathers the water, measures the coffee, and waits until it is ready to drink.

You can be worn down by tasks that need to be done each day. Taking a shower can become drudgery, retrieving the morning papers can be a burdensome task if we lose our sense of *joy in living*. But these tasks can renew you as well. It all depends upon how you embrace your life. Walking the labyrinth can bring you into the present moment. It can also reveal to you the attitude you are living out as you move through your day.

It is helpful to walk the labyrinth daily you can fine-tune your attitude towards your “living experience”. Use the labyrinth in whatever way empowers you in your life.

**What are the rituals in your life that empower you?  
What are the rituals that disempower you?**

## Veriditas Facilitator Spotlight: Maia Scott

### From Veriditas e-News

By Chris Farrow-Noble

A Veriditas Council Member

**This story, published in the Veriditas e-News last year is timeless. The article is about a gifted and multi-talented person who invites you to explore her world.**

In 2015 Chris Farrow-Noble reached across the country to Maia Scott in San Francisco. She first met Maia on the three-hour pilgrimage at the 2010 TLS Gathering in New Harmony. Over 15 years ago, Maia came to San Francisco for a recreational therapist internship. A rich small venue arts community, public transit system, and family drew her to the city. Maia has called it home ever since. This is Chris's interview with Maia.

#### **Did you find the labyrinth or did it find you?**

*My first thought is that we were bound on an inevitable collusion course. A co-worker invited someone to facilitate a labyrinth walk for our theatre program participants. I remember the walk well with the lights turned down low and the circling, spiral movements of the walkers. As a staff member, I was trying to stay out of everyone's way and would jump off the path to let others go by. I was very frustrated not to be able to get to the middle. I remember asking "Why? Why do I have to take longer to do things?" I realized that more time seeking the centre wasn't a bad thing because I got to be on the labyrinth longer. So as in life, I can do this but I will be there longer. The journey was a reward for me, and I set out to learn more about the labyrinth.*

#### **How did you link up with Veriditas?**

*About a decade ago, a co-worker brought a Veriditas flyer about the certification process. I decided to do it, signed up for a Grace Cathedral pilgrimage, and then completed the training there. A few years later, I went to Chartres during a week with John O'Donohue.*

#### **What do you consider a primary focus in your work with the labyrinth?**

*I believe my niche relates to integrating the mind and body connection, including spirit. Since I can't rely on my vision to help me walk a labyrinth, I have been drawn to tactile surfaces and materials. I considered it a problem-solving challenge. The mind and body aspect is noticeable when people are walking blindfolded and their minds get in the way of what their bodies want to do, which is usually right. I do rely on my vision a lot when walking the labyrinth and, in fact, labyrinth walking may have stilled my eye movement over the years.*

*I envisioned a labyrinth with rope and webbing defining the fields, so walkers can feel with their bodies where the path leads them. Robert Ferre created my nylon, 7-circuit Classic labyrinth with its fewer twists and turns, 15' in diameter. I took it to a local sail maker who sewed on the webbing and rope. Both visually impaired and sighted people experience it more fully when blindfolded. I like to stand at the entrance, watching people walk it, mind and body vying to be heard as they try to navigate the turns. I call my Tactile Labyrinth an in-sight labyrinth.*



#### **You have an extraordinary relationship with your dog. Can you tell us about that?**

*All of my guide dogs – Selma, Tessa, and now Fiddler – have been very patient with me around the labyrinth. Guide dogs are trained to walk in a straight line, finding the shortest distance between points, and informing me when to stop. They aren't supposed to tell me when to go, though they sometimes try to second-guess me. With a labyrinth, I am repeatedly walking in circles, and they have had to learn to tolerate this.*

*That reminds me of one Friday in Chartres Cathedral when people were allowed to walk the labyrinth. I was aware that many visitors didn't see the labyrinth on the floor and walked directly across the pattern. I was walking the labyrinth with Tessa, and a woman came up to me and asked if she could help me find a seat. I replied in my basic French, "No, I'm fine." A nearby photographer then responded in much better French, "Oh, no, no. She is on the path."*

#### **How has the challenge of impaired vision affected your work with the labyrinth?**

*Its challenge is part of why I am drawn to the labyrinth. It began as my own handy-dandy pity party when I first encountered the labyrinth. Not exactly a love-hate relationship, but hate and failure can lead to opportunities to find love.*

*One of the most challenging experiences with the labyrinth came at Grace Cathedral. I was there to help facilitate a labyrinth walk during grace after hours, and nearly 200 people showed up. I had difficulty knowing when people were making that second to last switchback just before they were ready to come off the labyrinth.*



## Veriditas Facilitator Spotlight: Maia Scott

### Extract from Veriditas e-News

Continued from page 6.

*People would move me, saying, "You should stand here," and someone else would move me, saying, "No, you should stand here."*

*In this situation and others, I wanted to make everyone happy, but I realized I was still learning that I couldn't make everyone happy. I understand that people do things in their own way. The labyrinth is a gentle life teacher of symbolism and metaphors.*



#### **So you do have some vision?**

*Yes, I can see shapes and color, but not details, depth, or distance. It's somewhat like seeing an impressionistic painting.*

#### **You have so many avenues of creative expression. What are you involved in now?**

*At this moment I am on a bus, going to a rehearsal for a performance directed by local choreographer Krista de Nio. She invited veterans and families of veterans to create an interdisciplinary performance from their stories and ideas around the military and war. I wanted to participate with this group and had a desire to talk with my dad about his experience in Vietnam. I began writing memories of stories I had heard him tell over the years and realized I was seeing my father in a new light. At almost 44, I am twice the age that he was in Vietnam. I also realize that I could be his mother at this age. I was so irate, so boiling to think of this young man put in these circumstances.*

*I call my collection of stories, "Cauldron," representing that boiling in my belly.*

*I am performing this text and movement backed by five other women. The performance includes both men and women and will happen this coming final weekend in February at California Institute of Integral Studies.*

*As part of the set for this performance, we are using a simple three-circuit Roman style labyrinth that I created in school. It is made of drop cloths and primer; Velcros together with an eight-foot square middle; and is designed to go around a tree, pole or alter. Usually my mom offers her hand and support with my crazy projects, like cutting out lots of those hands for the hand labyrinth. My dad and I worked on this labyrinth in the garage -- dad on his hands and knees with an old piece of rain gutter and a two by four to make the lines. I'm realizing the strength of his presence in this project. Not only did he inspire the work I get to share, he helped make it.*



#### **What are your inspirations for your future work with the labyrinth?**

*I often find myself drawing and creating labyrinths of all types. I am constantly searching for ways to create more opportunities for interaction with the labyrinth. Prompted by my MFA Advisor, I want to experiment with taking the essence of the labyrinth and making non-labyrinth installations that inspire people to move through space in particular ways.*

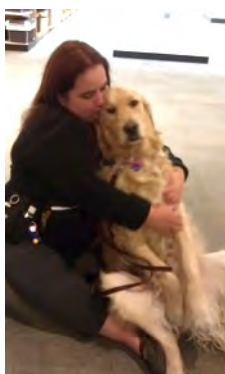
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#### **Art Happens Here . . .**

Thank you for coming by to visit me and explore my world, works, and happenings. I trust you will find something to engage your imagination or spark contemplation on this site. [Read more here](#)

The arts are everywhere, shaping our environment, making us think and laugh, and even celebrate what is sacred to us. The arts have certainly coloured my world and, through this collection of my work, I challenge you to see the world through fresh eyes to witness the artful things that can so easily blend into the woodwork. [Read more here](#)

Maia Scott




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#### **Will you join us to see our World through fresh eyes?**

Maia certainly sparked my imagination and hopefully yours too. We have a fantastic opportunity to invite Maia to visit us in Australia.

If you are as excited as I am about the prospect let's get together and make it happen.

Contact: Lorraine Rodda. [Email](#) Mob: 0400 045 397



The Labyrinth Society, Inc.

Mission: Dedicated to supporting all those who create, maintain and use labyrinths and to serve the global community by providing education, networking and opportunities to experience transformation.

- [18th Annual Gathering is in Houston, Texas.](#)
- The Labyrinth Society now has a media page where we archive our Labyrinth Matter Newsletter

Resources:

- [Labyrinths in places](#)
- [TLS Marketplace](#)
- [Media](#)
- [Membership](#)
- [TLS Brochure](#)
- [Virtual Press Room](#)



Veriditas

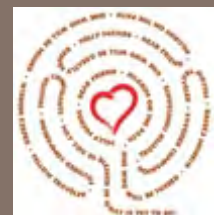
Mission: Dedicated to inspiring personal and planetary change and renewal through the labyrinth experience.

One way to support this vital world work is to become a [Sustaining donor](#)

Resources:

- [Online Learning](#)
- [Facilitator Training in Sydney](#)

New: Word art labyrinth gift. [Click here to order.](#)



**Australian Labyrinth Network**

This informal network includes members of The Labyrinth Society, Inc. Veriditas trained and certified, labyrinth facilitators, community facilitators, labyrinth builders and labyrinth enthusiasts.

Newsletter Topics 2016

Spring Update on ALN  
Summer Children.

- [Join the Newsletter](#)
- [Join ALN on Facebook](#)

[Tina Christensen](#)  
Mobile 0407 553 386

[Lorraine Rodda](#)  
Mobile 0400 045 397

Administrators  
Australian Labyrinth Network

[Email](#)

**TLS and Veriditas**

Australian Region Rep.  
[Lorraine Rodda](#)

TLS members, Veriditas Facilitators, Community Facilitators are available to answer labyrinth queries.

NSW [Heather Middleton](#)

QLD [Richard Zweck](#)

NT Volunteer needed

SA [Cedar Prest](#)  
[Jeff Trahair](#)  
[Carol Schroeder](#)

TAS [Mark Healy](#)

[Jo Cook](#)

VIC [Leonie Brien](#)

[Geoff Rodda](#)

[Christine Rowntree](#)

WA [Ned Crossley](#)

**Labyrinth Locators**

Find a labyrinth to walk.  
Please list your labyrinth on both on locators.



[Australian Locator](#)



[World Locator](#)

**Resources**

- TLS Marketplace – We need four ads to have our own ‘Australian Marketplace’ [Options and pricing:](#) Monthly rates range from \$US6 to \$US21 Note: Mini Ads are free to TLS members.
- [Robert Ferré’s](#) website has extensive information on labyrinth construction, lists of publications and more.
- [Jeff Saward](#) is a world-renowned Labyrinth historian, with an extensive photo library. Jeff also conducts labyrinth tours.
- [Sig Lonegren’s](#) website has information about sacred geometry, astronomy, geomancy, dowsing and more.