

# Labyrinth Activist Network (LAN) Circle



September 27, 2022 Wrap Up

We had a wonderful LAN Circle meeting on Tuesday evening, September 27. About 25 of us gathered. We began by reviewing why Legacy Labyrinth Project and the Labyrinth Activist Network is creating this circle (and network). We believe in the power of collective healing to make change in the world. And we believe the labyrinth provides a great environment for collective healing because it is non-threatening, unifying, meets us where we are and can even be illuminating. In other words.... the labyrinth is powerful.

- As we talked about last month, Collective begins with us
- We want this circle to be a place of sharing, inspiration, support, and education.
- We are the leaders, (or maybe the servants?) Of this new paradigm.
- As you go out into the world to do your life's work, come back here to be fed, supported, encouraged and to share your accomplishments.
- Each month we will share our work, brainstorm, or vision, learn a little about what the science of interconnectivity is up to, and maybe even discuss world events.

## Meditation/Thought

MariBeth Flanagan led our meditation and gave us a brief explanation of the The Ho'oponopono prayer. The resources she used are below.

- Ho'oponopono Miracle: <https://hoooponoponomiracle.com/ho-oponopono-technique/>
- Insight Timer Meditation App: Christine Althaea, A Ho'oponopono Healing Practice Meditation
- Joe Vitale and Dr. Ihaleakala Hew Len, Zero Limits Book/Audio Book
- Lee Carroll and Monika Muranyi interview of Joe Vitale: [Kryonmasters.com](http://Kryonmasters.com). On the main page, scroll down to the section entitled, "Free Videos" to see this interview.
- YouTube: Sandra Rolus, Ho'oponopono For Self-Love and Radical Forgiveness

## LLP Updates

Chris Katzenmeyer shared a few LLP updates including the videos that we are creating for the Labyrinth Activist Network. One will be about "What is Labyrinth Activism?" and the other will be about "a way to Do Labyrinth Activism".

Carmel Stabley also invited everyone to sign up for the TLS workshop on November 5 that will involve Chris and me talking about Labyrinth Activism. Sign up here: <https://labyrinthociety.org/whats-new/9989-tls-community-workshop-nov-1>.

## Research/News/Updates

Sheila Spremulli shared her fascinating research and theories about the sequence of formation. She relates this to embryogenesis. It's very comforting to know that whenever something (a new idea, organization, relationship) is emerging, there is chaos before there is order. I highly urge you to visit her beautiful website (<https://www.chartres4peacelabyrinth.com/>) to learn more about her work.

Johanna Manasse encouraged us to download the Global Coherence app from your cell phone app store. This app is the work of HeartMath institute and allows anyone in the world to join a group and meditate for peace. Johanne created a group named: Labyrinth Activist Network with the password: OrangeEarth85. She will be setting up times that we can join and meditate as a collective. Please download and join the group. More information can be found here: <https://www.heartmath.org/gci/global-coherence-app/>.

## Sharing

After navigating a little technical difficulty, we broke up into small groups for 15 minutes to get to know each other in a more intimate way. The questions below were proposed as igniters. We came back together to share what had been discussed. There was quite a bit of energy and excitement about what we are creating.

- What kind of LA work are you doing in the world?
- What kind of LA work would you like to start in the world?
- How can the LAN support you and your work?
- What is your vision for this community?

## Closing

*In preparation of October 1<sup>st</sup>, I read from the fourth quarter resources of the Global Healing Response. (www.globalhealingresponse.com)*

*GHR Q4: Heart/Radiate:*

***“Only from the heart can you touch the sky.” — Rumi***

*“There is a place in you...that is the eternal place within you.*

*The more we visit there, the more we are touched and fused with the limitless kindness and affection of the divine...*

*If we can inhabit that reflex of divine presence, then compassion will flow naturally from us.”*

*—John O’Donohue*

As we closed Frank Faine expressed his concern for the impending Hurricane Ian because he is in the Orlando area. Cassandra Partridge suggested we hold a two-minute meditation with the intention of calming the storm. Many of us contributed words of comfort as we felt moved to do. It felt like an exponential expansion of energy. Really powerful. Cassandra, thank you for suggesting that!!

Our circle and network are forming! If you couldn’t join us, not to worry. Please join us next month. We welcome you with open arms and need your Wisdom!

We would like to share emails to make contacting each other easier. **If you do not want your email share, please respond to this email, and let me know.**

Our next circle will be Tuesday, **October 25, 2022, at 7:00 pm EDT.** See you then!

Please don’t hesitate to contact me if you have any questions, ideas, or concerns.

Peace & Healing,  
Ellen Bintz Meuch  
Labyrinth Activist Network Director, Legacy Labyrinth Project

## Chat from meeting:

17:58:14 From Sheila Spemulli to Everyone:

<https://www.chartres4peacelabyrinth.com/resources>

Download Labyrinth Pathways 2019 Article

Scroll to the bottom to see educational videos

17:59:58 From Sandra Wasko-Flood to Everyone:

Sandra Wasko-Flood from Angel Fire, NM. I will be giving a presentation at the TLS Gathering in Scottsdale.

18:00:08 From Dr. Kathleen Whitmire to Everyone:

Greetings, all. This is Kathleen in Greensboro, NC. Yes, please add me to your list.

18:02:12 From Rosemary Welch to Everyone:

Rosemary Welch, retired UM pastor in Reston, VA. We have a permanent labyrinth outside on church property created by a Scout as his Eagle Scout project. It's on the “labyrinth registry.”

18:02:57 From Herbert Baum, Ph.D. to Everyone:  
Herb Baum, Greensboro NC.

18:03:13 From Tisha Strauch Colorado to Everyone:  
Tisha Strauch, LLP staff, located in Morrison Colorado

18:03:19 From CHRISTINE KATZENMEYER to Everyone:  
Chris Katzenmeyer from LLP/Denver, Colorado.

18:03:20 From Christiana Brinton to Everyone:  
I'm in Asheville NC now. Glad to be here today and see familiar faces.

18:03:31 From Karen Knight to Everyone:  
Karen Knight Port Austin MI

18:03:33 From Rev. Steve Kindsfather to Everyone:  
Golden CO, I am in Cris' fan club.

18:03:33 From Gary Petersen to Everyone:  
Nevada City California

18:03:35 From CHRISTINE KATZENMEYER to Everyone:  
Great to see everyone

18:03:46 From Johanna Manasse in NC to Everyone:  
I'm in Weaverville, NC and delighted to see many people I know. We are labyrinth lovers all.

18:03:59 From Cassandra to Everyone:  
Hi everyone! I'm in northern Virginia. Happy to connect with other like minded souls who love the labyrinth.

18:04:03 From Gil Lopez to Everyone:  
gil lopez (he/him) I live in Queens, NYC. But I'm calling in from Copenhagen, Denmark (it's 1am here).

18:04:10 From Cathy she/her to Everyone:  
Cathy Tinker Nehalem Oregon (land of the Nehalem and Clatsop people)

18:04:31 From Cathy Gurnee -Farmington Hills, MI to Everyone:  
Cathy Gurnee, CHTP/I from Farmington Hills, MI

18:04:38 From Frank Faine-he/him/his to Everyone:  
Frank from Orlando, FL-waiting for Hurricane Ivan to arrive tomorrow and Thursday, Please pray for safety all of us in Florida who will impacted by it!

18:04:43 From Jean Ando. NYC to Everyone:  
I'm currently in New York City, but will be moving to Cupertino CA in mid-October.

18:05:18 From CHRISTINE KATZENMEYER to Everyone:  
Thank you for coming from Copenhagen

18:05:44 From Rev. Steve Kindsfather to Everyone:  
Please mute everyone

18:06:44 From Frank Faine-he/him/his to Everyone:  
Thank you Steve!

18:18:30 From Karen Wenzel to Everyone:  
Quickly centered and settled

18:19:29 From Tisha Strauch Colorado to Everyone:  
Thank you Maribeth ❤️

18:24:36 From Carmel Stabley to Everyone:  
<https://labyrinthociety.org/whats-new/9989-tls-community-workshop-nov-12> TLS workshop with Chris and Ellen

18:34:51 From Tisha Strauch Colorado to Everyone:  
Fascinating Sheila!

18:57:18 From Rev. Steve Kindsfather to Everyone:  
sakgr8@gmail.com

19:01:24 From Rev. Steve Kindsfather to Everyone:  
Mahatma Ghandi : I have so much to do today, I better meditate longer.

19:01:49 From Karen Wenzel to Everyone:  
Love it Steve....

19:02:18 From Johanna Manasse in NC to Everyone:

the GlobalCoherenceInitiative app can be found via [heartmath.org](http://heartmath.org) Our group is LAN and the password is Orange-Earth85.

19:03:18 From Johanna Manasse in NC to Everyone:

Are we willing to have our emails shared?

19:04:47 From Chuck Hunner Cherokee Lands to Everyone:

I am willing

19:07:11 From Annelie Tanner to Everyone:

annelletanner@mbtabt.net. Willing to share

19:08:37 From Tisha Strauch Colorado to Everyone:

tishaus08@yahoo.com

19:08:46 From Carmel Stabley to Everyone:

Good to be with you all .Thank you LA !