



# LAN Circle Wrap-up

January 24, 2023

We were so happy to welcome 30 folks to our LAN circle. We had a few new faces, too. Welcome Cassandra, Kathryn, and Isabel! It was a very powerful meeting.

## Updates

- Patricia Newton reminded us that on **Saturday, January 27<sup>th</sup>** from 9-11 am PT Chris and Ellen will be doing a webinar about Contemplative Labyrinth Activism with the Trinity Episcopal Speakers Bureau in Portland, Oregon. [Click here for registration information.](#)
- 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.
- More information about the 2024 Book Club is coming. 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.
- 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 4<sup>th</sup> Wednesday of each month for about 15 minutes to share our coherent energy with each other and around the world.

## Inspiration

### [Global Healing Response](#)

I talked about the 2024 theme for the Global Healing Response: **Our Planet**. The focus for our first quarter is **WATER** followed by Earth, Fire, and Air for the rest of the year. Please visit the [website](#) for more information, resources, and ideas. Don't forget that you can adapt previous responses to disasters and emergencies to the needs of your community.

### **Water and our World**

Gary Petersen provided abundant information about our global water crisis and offered our intention for this month. See the intention below.

## Intention

Our intention for January and February until we meet again:

- **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 the 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.

- Add your thoughts and feelings as you continue to use this intention (or tweak it to resonate for you) to our [Facebook page](#).

## Next Steps

- Global Coherence Initiative (GCI) reminder- **Wednesday, January 25th** at 6 pm ET
- Please join Ellen, Chris and Patricia **Saturday, January 27th** from 9-11 am PT. for the Contemplative Labyrinth Activism workshop with the Trinity Episcopal Speakers Bureau in Portland, Oregon. [Click here for registration information](#). (when registration links are up).
- Join Ellen for a Pre-World Labyrinth Day event on **February 3rd** 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 **February 20th** at 7 pm ET.
- Stay tuned for more Book Club information.

## 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*

Chat link:

<https://us06web.zoom.us/join/chat/v2/eyJzaWQpOjE0ODhjOTE3M2Y2ODY0NTEyYjdiN2I0M2I4YTlzMmNjM0Bjb25mZXJlbnNlLnhtcHAuem9vbS51cyJ9>

*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.

