

## **World Labyrinth Day 2020**

*This year WLD provided the Australian Labyrinth Community with new opportunities to be connected.*

*Today's walk, facilitated by Mark Healy of Tasmania, emphasised our focus on the gift of time at a personal level, the gift of time for relationships and the gift of time to the planet.*

*These verses speak to me about our WLD 2020 experiences and may, to you too.*

### **My First Visit**

*"The journey to the labyrinth commences on a narrow path through the beautiful forest remnant on the Therapeutic Community property.*

*A few metres into the forest a familiar tranquillity descends - walking into the forest is like stepping into another world, a serene moment suspended in time.*

*Gravel crunches softly under my feet as I walk the stone lined path leading to an opening at the edge of the clearing. And, there like a many petalled flower, the labyrinth ripples gently out across the forest floor.*

*Serenely beautiful, the labyrinth is a living, breathing organism - newly created, yet somehow an ancient, eternal presence at the heart of the forest.*

*Sometime, soon,  
I'll return to walk its path."*

### **Unknown Author**

### **Imagine Walking a Path**

*Imagine walking a simple circular path that meets each person where they are in their life regardless of age, intellect, health, personal*

*Imagine walking a smooth circular path that leads from the "outside in" where body, mind and spirit come together.*

*Imagine the path with children blowing bubbles, skipping, dancing, laughing and singing.*

*Imagine a culturally diverse local community walking this same circular path for peace.*

*Imagine this path in a park, in green space, in a forest, near a lake, on a hill or on reclaimed wasteland. Imagine a labyrinth.*

### **Author Paula McLeod**

*Thank you, Mark, for facilitating the ALN National 'Walk as One at 1 pm" Your skills not only holding space in the labyrinth you engaged the participants in a simple and effective process of connection by breathing as one. Appreciation too for the Joyful facilitation of the IT and participant sharing of walk experiences – a very moving conclusion to the walk, Thank you, Joy.*

*Lorraine Rodda  
ALN & TLS Regional Representative  
South West Gippsland, Victoria.*