





THE HEALTHY SPIRIT

A cosmic background image featuring a dark space filled with stars and several prominent galaxies. In the upper left, there is a colorful, nebula-like structure with green, blue, and orange filaments. In the upper right, a dark, edge-on spiral galaxy is visible. In the lower center, a bright, face-on spiral galaxy with a glowing yellow core is shown. The word "SPIRIT?" is overlaid in the center in a large, bold, red font.

SPIRIT?







**The glory of God
is the
human person
fully alive**



TO BE FULLY ALIVE

Body

Mind

Spirit

IN HARMONY

The quality of being honest and morally upright

..... in tact or whole

INTEGRITY

..... soundness of construction

..... the state of being whole
or unified



**Act justly
Love tenderly
Walk humbly with..... your
God**

ACT

MIND

LOVE

SPIRIT

WALKING

BODY

GIVING LIFE

CREATIVITY

A WONDER LIKE OURSELVES

We are all extraordinary when we are ourselves

Our woundings teach us this truth

**when we become alienated from ourselves and lost
in the masquerade of creeping sameness**

**There is not has never been will never ever be
any wonder like ourselves –**

**each of us called to bear the pain of difference
celebrate its communion
and dance before its covenant of joy.**

From *Campfire of the Heart* – Noel Davis



soundness of your construction

WORKSHOP SESSION



LABYRINTH

Happiness
Living in my heart
Helping me walk
through my days
Calling to new life

POETRY



MANDALA



THE LABRYNTH

- ❖ It is often difficult to quieten the “noise” in our mind long enough to hear what our spirit is trying to tell us and learning to be present in the moment.
- ❖ Meditation is the art of paying attention, of listening to your heart

❖ **Meditation can help us live more fully, more effectively, and more peacefully.**

❖ **The labyrinth, in its varied forms, can help us with meditation practices and self healing.**



WALKING THE LABYRINTH

ENVIRONMENT

- ❖ Lighting, music, fragrances, air conditioners.....
- ❖ Put aside your physical baggage
just clear the space near you

THE WALK

- ❖ No “required way
- ❖ Can approach this walk on your own terms
- ❖ Guidelines for walk

GUIDELINES

❖ Entering

You walk the path *toward the centre*, and try to acquire a relaxed peaceful state, temporarily release concerns and quiet the mind.

❖ Illumination

The time at the centre. A time of openness and peacefulness; you experience, learn or receive what this unique moment offers. **TAKE YOUR TIME....REMAIN HERE AS LONG AS YOU NEED.**

❖ Union

The journey outward. You choose when to leave the centre, following the same path. This is the time to review and consider what occurred in the centre and how it may be applied in your life.

❖ Implementation

This stage represents your life outside the labyrinth; the world where your experience, illumination is carried into and affects your everyday life.

Other approaches

Intentional walks

Intercessory walks

Meditative walks

LET US NOW SET OUT ON OUR OWN WALK



YOUR LABYRINTH WALK

- ❖ Pause and take a few moments to quiet and calm yourself...
- ❖ take a couple of deep focusing breaths...
- ❖ becoming aware of what is inside, possibly reflect on where you are in your life...

YOUR LABYRINTH WALK

- ❖ or bringing anything that may be burdensome to you or something you wish to receive an answer for into your conscious mind before beginning your walk... Requesting spiritual guidance
- ❖ or just be open to whatever comes, having faith that your Higher Self, God Universe will provide what is needed.

WHEN YOU ARE READY STEP ACROSS THE THRESHOLD
AND BEING YOUR WALK





POETR

**Y
HAIKU**

NOUN + ADJECTIVE

NOUN + VERB + ADJECTIVE

HAIKU

❖ TITLE

- ❖ **Line 1** tells 'where it is' and the words add up to 5 syllables
- ❖ **Line 2** tells 'what it is' or 'what it is doing' and words add up to 7 syllables
- ❖ **Line 3** tells "when" or 'what is being felt' or 'what is happening' and words add up to 5 syllables

FISH

**DEEP BENEATH THE
SEA**

**LIVE SOME LOVELY COLOURED
FISH**

**SWIMMING
PEACEFULLY**



NOUN + ADJECTIVE

1 Noun

Gum Tree

2 Same noun + is/are + adjective

Gum tree is stately

3 Same noun + is/are + adjective 1 + adjective 2

Gum Tree is stately, tall

4 Is/are + adjective 1 + adjective 2 + adjective 3

Is stately, tall, aged

5 Adjective 1 + adjective 2 + adjective 3 + adjective 4

Stately, tall, aged, wise

6 New related noun

Ghost Gum



ADJECTIVE + ADJECTIVE + NOUN + VERB

Adjective + adjective + noun + verb

Bright, shallow, water runs

Adjective + noun + verb + and

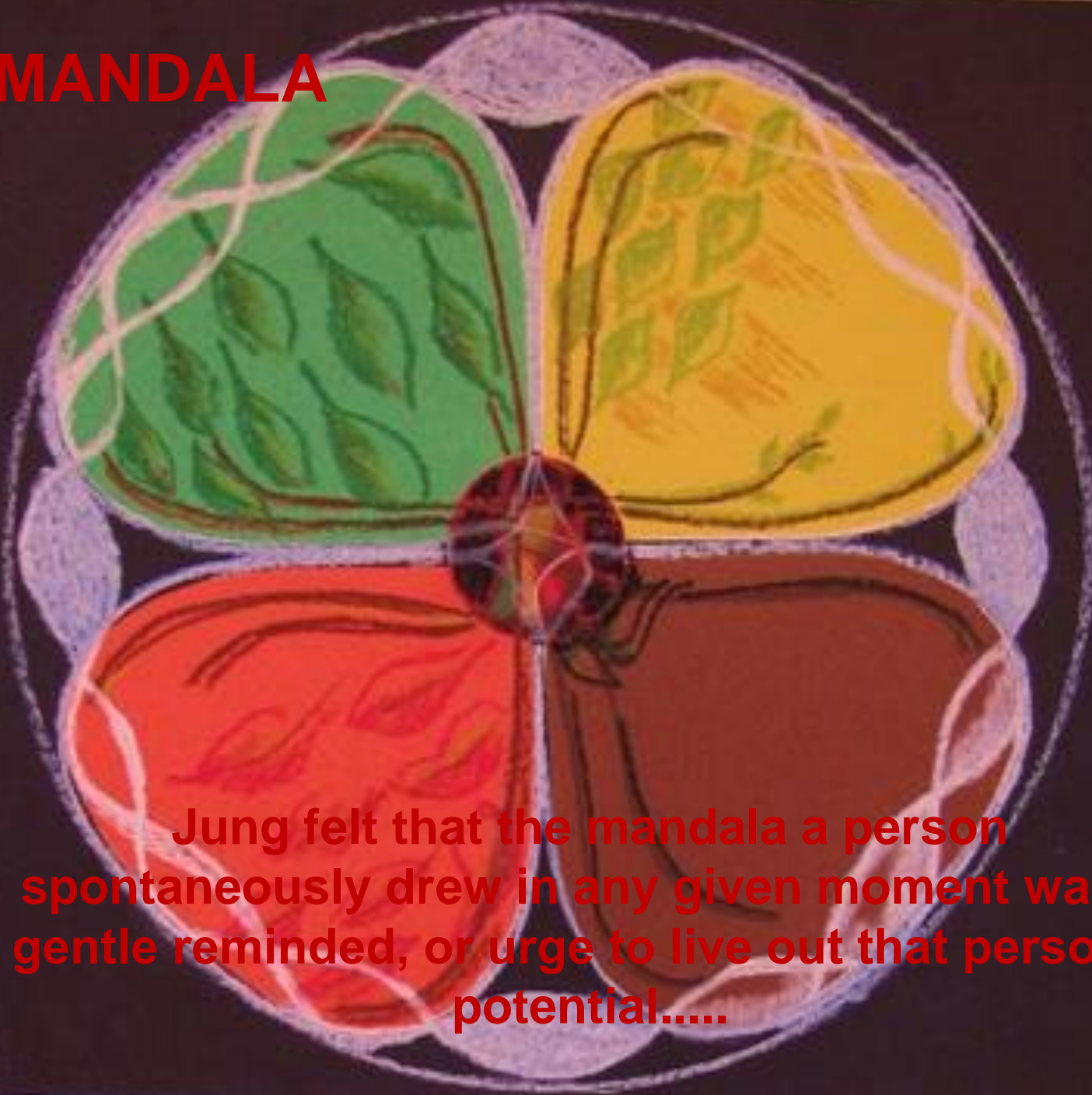
Weeping tree bends and

Verb + the + adjective + adjective + noun

Sways the quite peaceful stream



MANDALA



Jung felt that the mandala a person spontaneously drew in any given moment was a gentle reminder, or urge to live out that person's potential.....

S
A
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C
R
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D

C
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C
L
E



We can create or colour mandalas

We can use them as:


peaceful past time

form of meditation




way of dealing with an issue

**Working with mandalas requires that we
suspend dialogue,
open to the experience
be open to
welcome and receive
what may emerge.**

A paved path winds through a park with trees and a clear blue sky. The path is dark asphalt and curves gently to the right. On the left, there are large, leafy trees with green and yellow foliage. On the right, there are smaller trees and a grassy area. The sky is a clear, bright blue. The text is overlaid in the center of the image.

**Working with mandalas
is NOT
about the final product
It IS
about the journey.**

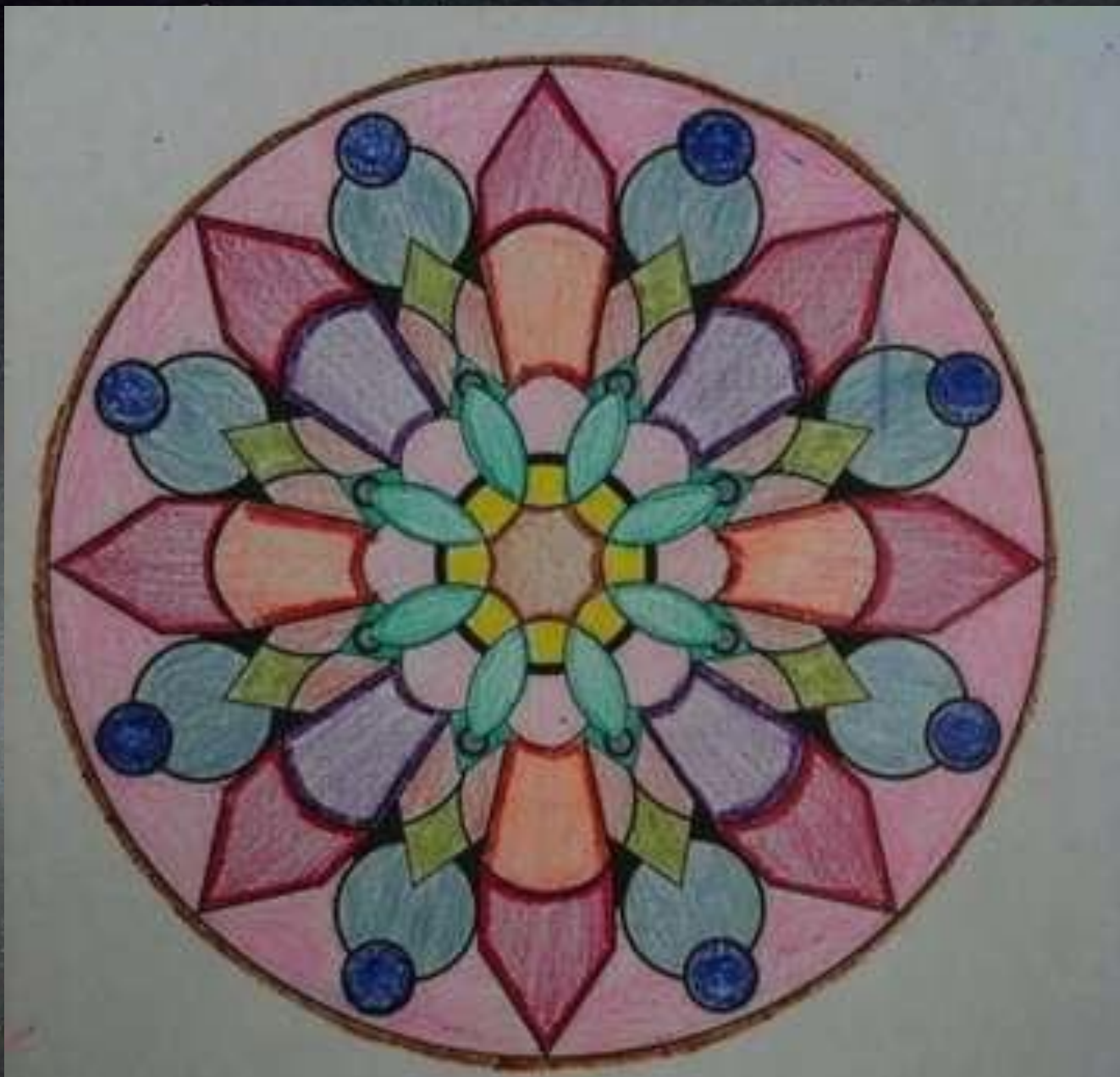
A paved path winds through a park with trees and a clear blue sky. The path is dark asphalt and curves gently to the right. On the left, there are large, leafy trees with green and some yellowing leaves. On the right, there are smaller trees and a grassy area. The sky is a clear, bright blue. The text is overlaid in the center of the image.

**When you reach your destination
you will have a representation of
something
meaningful and personal..
...a snapshot of you
for a brief moment in time
expressed through your mandala**



*Liliana Rebollar Garcia
18th March, 2003.
Mexico*

My mandala represents my family, my dreams , my friends, my teacher, and my real life. The heart means love for my family , my friends , and for all the beautiful things in the world. The ocean represents my dreams in my life. The butterfly is for all the things that are natural. The book is thanks to my teachers. The sun is the life and the flowers too. The beautiful face reminds me of my friends' faces.



Connie A. 8th April, 2010



DISCERNMENT & DECISION TIME



PEACE AND CLARITY



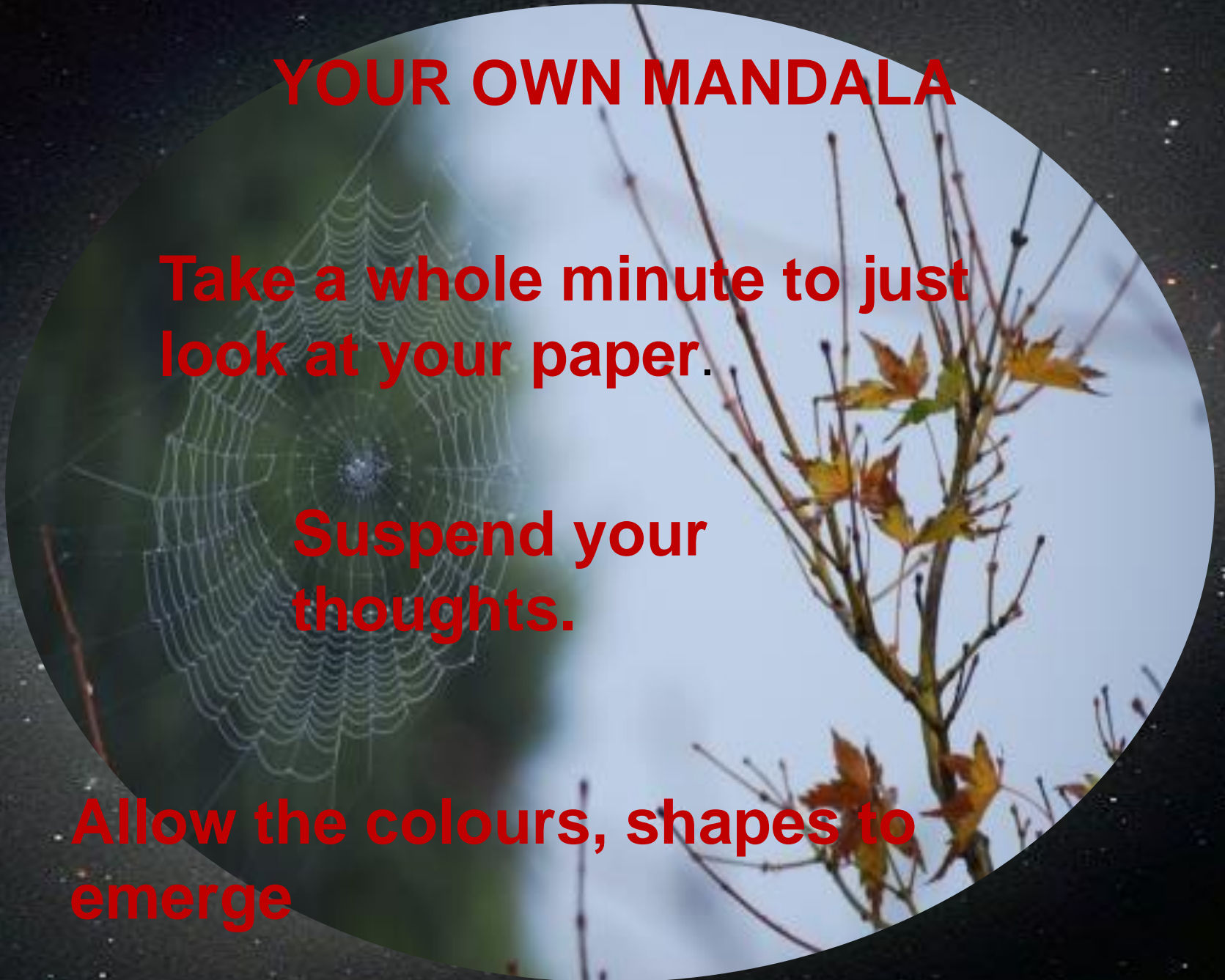
HARMONY, WHOLENESS, INTEGRATION

YOUR OWN MANDALA

**Take a whole minute to just
look at your paper.**

**Suspend your
thoughts.**

**Allow the colours, shapes to
emerge**



YOUR OWN MANDALA

Do not judge what is emerging

**When you are finished you might reflect
on what is being revealed to you at this
moment.....**

A WONDER LIKE OURSELVES

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when we are ourselves**

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