



# LunaBella Labyrinth

WALK. BREATHE. PRAY. RECEIVE.

Hello and Welcome to LunaBella Labyrinth!

*Here we are all pilgrims walking our path.*

You were meant to be here. You heard that there was a labyrinth that could be walked and here you are.

- If you know what you are doing, head on in.
- If you are new to labyrinth walking, but consider yourself a quick learner, here are the quickstart directions: 1. Walk. 2. Stick to the walking paths only. 3. Enjoy
- For those who are a little more humble or tentative than that last group, and want a little more background, here goes:



**Warning: Bees.** Those with Bee Allergies are to be warned. Bees are being raised on this land, and not far from the labyrinth. If you are allergic, choose to leave now; or only proceed with caution if you have your medicine with you, as you take personal responsibility for your well-being, etc.



## What is a Labyrinth and How Do I Walk It?

**We walk the labyrinth in silence, respecting one another's private time in prayer.**

Call it a prayer walk, meditation, think time or just a walk on sacred, stewarded land-- you will feel burdens ease and fears quiet as you spiral in, then back out of the labyrinth. At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are. To walk the labyrinth is a metaphor in the physical, of taking an act of power:

1. Stating your intention to, or making your request of, the Universe as you spiral inward. What do you wish to let go of, receive, pray for, become more of, etc.?
2. Listening for, and receiving your wisdom, information, illumination, answer or blessing from within the center. Stay here as long as you wish.
3. Acknowledging that all is now unfolding in divine timing, and offering up heartfelt gratitude as you wind your way back out into the "real world". In other words-- here you may take time to find "that still small voice within". Here all are welcome. Contemplation is a vital part of every tradition on the planet, and we honor the wisdom of all traditions.

There are many ways to walk and many ways to pray. Allow yourself your way. There is no "right" way. If you want to cry, allow yourself the tears; if you want to laugh, allow that as well; each person reacts to the labyrinth differently. It may not be a "feel good" or moving experience for everyone every time, but as you stick with it-- returning over time-- it will change you, and you will come to find your peace.

### **About LunaBella Labyrinth**

LunaBella Labyrinth is of the 11-circuit medieval design-- a la that found in Chartres Cathedral in France and numerous places elsewhere-- and thought to date back to at least 1000 C.E. (~1000 years B.C.). It is said that one purpose of a labyrinth has been to allow those who couldn't make a long pilgrimage to a sacred site meaningful to them... to be able to do so on a smaller scale in a place more convenient.

It was constructed with love and intention by Joan Clark and David Bartholomew here at LunaBella, on Sat/Sun, May 5-6, 2012... and is a fulfillment of a steady push given us by the universe many years back. The total walk from beginning to end is approximately three-quarters of a mile, and it occupies a circle of approximately one hundred feet in diameter. What it weighs on a given day... depends on what you ate the night before.

We look forward to the hearts of many adding their blessings and mojo unto this path, enabling all future walkers to draw from an increasing reservoir of love, support and healing.



### **Benediction (received by Joan Clark):**

*I AM A Labyrinth Keeper  
My Temple is the earth.  
I have come to remember the power within my soul.  
How to unwind myself from the earthly chains that bind me.  
I have come to resurrect my own sacred truth.*

*I am the connection between heaven and earth and this labyrinth is my remembering tool.*

*I AM a Labyrinth Keeper and I am the Labyrinth – We are One.*

## Frequently Asked Questions

### **Q: *What is the difference between a labyrinth and a maze?***

**A:** Unlike a maze, which is set up to trick and befuddle you, a labyrinth has only one way in and one way out. All one need do is put one foot in front of the other, and with the patience to walk one's path, one will achieve the center. This, we believe, is a metaphor for life: we do our work, we move forward step by step, choice by choice, day by day... and despite appearances sometimes to the contrary... we get where we signed-on to go. There is no "backward"; there is no "wrong turn". We are always just exactly where we are on our path, and everything is in perfect order... whether we have seen through to the silver lining, the payoff, answer to our quandary, or whatever. If you want to impress your friends, tell them that a labyrinth is unicursal (able to be passed over in a single course) and a maze is multicursal (with choices of path and direction).

### **Q: *Is there a right or wrong way to walk the labyrinth?***

**A:** Other than staying on the walk paths 100% of the time and not stepping on the grass in-between, there is no right way. Coming with a purpose or intent for that day's walk is usually not a bad idea. Ask a question, look for guidance-- state that as clearly as you can within yourself. And the labyrinth will do the rest. Whether you consider any wisdom or answers that come, to come from within you (your higher self) or without (Spirit/Consciousness/Creator) by whatever name... you are right. It's your walk.

Opening up to the possibility that there is "an answer" to whatever is going on with you... is the first step. Walking that possibility, asking for that information, is the journey from beginning to the center.

In the center one may sit, contemplate and receive all which is available and in answer to the initial intention or request.

And the walk back to the outside is usually intended for the giving of gratitude, and acknowledgment that all has been put into motion.

This might be some of the common explanation of the process and symbology of walking the labyrinth. But-- while we can relate what we think might transpire for you while walking, it is really for each person to allow any possible meaning or understanding to unfold here for one's self. The nature of all esoteric wisdom is that it is multi-layered, with deepening levels of understanding and subsequent waves of insight available to any who continue to bring gentle, relaxed, continued and focused attention to the experience. Thus, you may find that any given walk... may present even more gifts over time.



## About Your Labyrinth Builders

David Bartholomew. Self-proclaimed Hyphenate.

hyphenate\ 'hi-fe-nat' \n 1: a person working or excelling in more than on craft or occupation. 2: as in--writer-producer-director--still photographer--stuntman-actor-print model-certified facilitator in numerous healing modalities wannabee designer-originator--innovator--idea man--friend to animals--and baker of pies. 3: with the common denominator of-- creative expressions focusing on personal growth, empowerment, entertainment and fun.

[www.dbhealer.com](http://www.dbhealer.com) [www.oneworldflag.org](http://www.oneworldflag.org) [www.hyphenate.org](http://www.hyphenate.org)

Joan Clark.

- \* **Natural Perfumer/Aromatherapist**, *originator of the Goddess Aromaetica and Pet Alchemist* (all-natural petcare) lines, *Creator of signature custom blends/scents, blank-labeling* and more.
- \* **Teacher**, *Creator of the Goddess Mystery School, the Annual Moon Goddess Retreat* (now in its 9th year), *Empowering classes and retreats for women.*
- \* **Kundalini Yoga Instructor.**
- \* **Founder of Women's Circles**, including *Women of Essence, I am What a Goddess Looks Like* and *Heal the Womb.*
- \* **Joan of Art, Intuitive Spirit Artist**-- paintings, prayer shawls, sacred heart goddess rattles, multimedia, sacred altars and more.
- \* **Intuitive Healing Treatments and Readings for personal growth.** *Certified in numerous healing modalities.* \* **Originator** of the "B the Messenger" line of goddess wear, the *Moon Goddess Oracle Deck* and more.

[www.joanclark.com](http://www.joanclark.com) [www.powerfulpassionatewomen4peace.com](http://www.powerfulpassionatewomen4peace.com)

## Fun Facts

Prestigious, Prodigious, Portenious Signs and Omens Supporting the "Mojo" behind LunaBella Labyrinth:

\* **World Labyrinth Day** -- celebrated on the first Saturday in May. LunaBella Labyrinth, completely coincidentally, began being constructed on Saturday, May 5th, 2012, (the first Saturday in May of this particular year). As it was late in the day and possible about to rain, it was decided to complete it in its entirety early the next morning.

\* The LunaBella Labyrinth was **created "under the light of the "Super Moon"**-- closest moon of the year, or perigee full moon. This one was under the energies of Virgo and Pisces, and was to symbolize a dramatic universal healing breakthrough.

\* The full moon of May is also dubbed the **Wesak moon**, which is also considered by astrologists to be the most powerful spiritual moon of the year-- one in which a door is flung open and it is possible to contact energies otherwise not easily available. "The Wesak Festival is known to all Buddhists and Hindus and to many hundreds of millions of people of the Muslim faith, and is one of the most celebrated days of the year in those cultures. It is a day which honors Buddha's birth, life and enlightenment. Awareness of this day and the healing energy, which radiates throtheugh the planet, is growing in western cultures and people honor this time by gathering together in prayer and meditation. According to metaphysical tradition, the Buddha was born, attained enlightenment, and left Earthly incarnation under the Full Moon of May. And the Buddha returns at this time each year to bring new light to the world."

\* **Celebrity Birthdays.** Also sharing the birthdate of May 6th with LunaBella Labyrinth (a Taurus): Sigmund Freud, George Clooney, Willie Mays, Rudolph Valentino, Orson Welles, Bob Seger, Fmr. English Prime Minister Tony Blair, Rabindrath Tagore, Nehru, high jumper Dick Fosbury, Rubin "Hurricane" Carter, miscellaneous other kings, popes, archdukes, composers, artists, inventors and LuLu Roman of Hee Haw. Good company, no?

\* **The "Labyrinth Effect".** Summarizing the "labyrinth effect" in his "Commonly Reported Effects of Labyrinth Walking", John W. Rhodes, Ph.D., says, "It appears that walking or otherwise interacting with the labyrinth might enable a set of physical responses (increased calm, quiet, and relaxation; decreased agitation, anxiety and stress) that allows for the emergence of a set of "state of mind" responses (increased levels of centeredness, clarity, openness, peace and reflection). In turn, these "state of mind" responses might increase one's receptivity to flashes of intuition, hunches, nudges from one's "inner voice," and other types of insight regarding one's problems, issues or concerns."

In other words--

- a. It's nice to know that science is catching up with what average Joe's have known for thousands of years, having figured this out somewhere during or after their first labyrinth walk.
- b. Wouldn't it be nice to have the cash that was spent on all the studies contributing to this ed-u-ma-cated conclusion?

\* **The average labyrinth walker is:** Of above-average looks and intelligence (obviously), peaceful (don't hear of many mass murders occurring in labyrinth walks), out standing in their field (or in this case-- our field), and prone to smile when they've just read something sorta clever. Okay-- you pass. Now get walking.

### A Final Prayer before you Walk

*The homeland I have been yearning for lies in these prayer steps that I take.  
As I enter this labyrinth with conscious intention I walk all the lands that have  
fed my body, mind, soul and spirit in this and other incarnations.*

*It is a magic carpet ride that takes me home and allows me to go beneath the veil.*

*A portal to re-fuel me and to ignite the light of my soul essence.  
It shuttles me back to the Oneness of all that is real and allows me to drop the robe of illusion.*

*I am home in this holy place and each step is an invitation to unite with the power and presence of All that I  
AM.*

*I am home in a thousand different places and I am present in the NOW of this sacred spiral that I dreamed of  
long ago.*

*This labyrinth is my portal to all the God moments that I yearn for in those other places of time and space.*

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May You Find Here What You Came For. -- Joan and David

## Disclaimers

**LunaBella Labyrinth will be available to the public so long as Good and Kind People act accordingly.** Your visit is a gift, not a privilege or right. We hope all will honor the vision and the intention of this place as one where each may avail themselves of peace, access the sacred, and give back into the world some of what you gain here. We appreciate your assistance in the Stewardship of this installation.

You are in raw nature and the following are to be noted for your safety and well-being:

### **Liability Release (Self-Responsibility):**

1. By your presence on this property you agree and hereby release from liability, and to indemnify and hold harmless, the property owners for any and all personal injuries and property losses or damages to your person or property occasioned by or in connection with the labyrinth.
2. The owners reserve the right to withdraw such permission to be present on this land to any person, at any time, for any reason.
3. All visitors are to obey any rules or guidelines, posted or voiced by the owners. This includes confining one's visit to the labyrinth and adjacent areas, and to honor the privacy of owners and off-limits areas of the property.
4. Visitors shall be responsible for any damage to property that they might inflict.

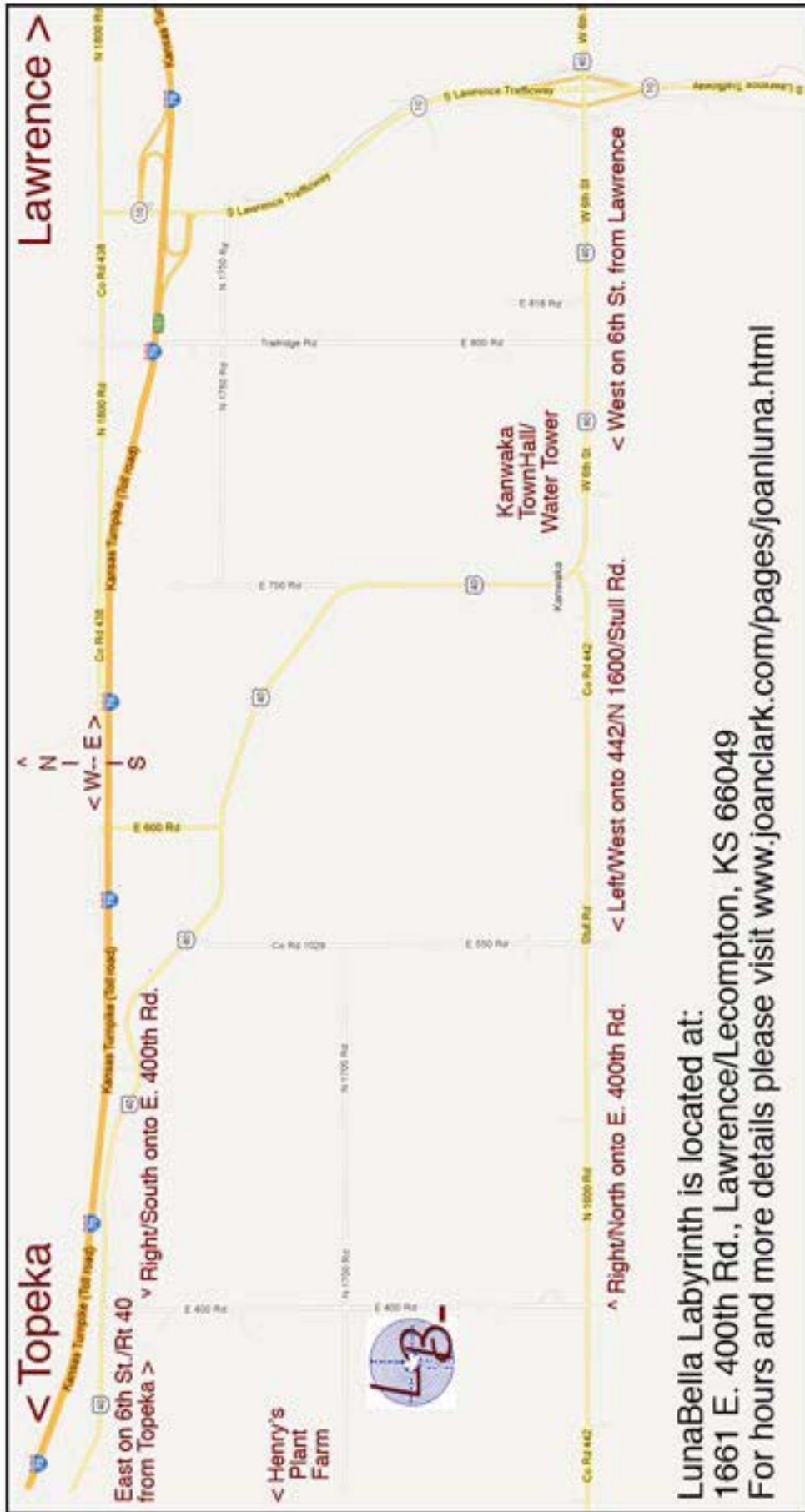
### **Warnings/Recommendations (Common Sense):**

- **Bees.** Those with Bee Allergies are to be warned. Bees are being raised on this land, and not far from the labyrinth. If you are allergic, choose to leave now; or only proceed with caution if you have your medicine with you, as you take personal responsibility for your well-being, etc.
- **Ticks.** Ticks are common on this land. Same disclaimer as per Bees above. Check yourself and each other for ticks.
- **Sun.** The average walk of the labyrinth can take 20 minutes at minimum, to much longer. Sunscreen, hat, sunglasses, umbrella, any and all, are recommended. Don't get burned.
- **Physical Exertion.** The labyrinth walk, from beginning to center and back out again, is approximately 3/4th's (three-quarters) of a mile. This length, combined with sun, heat, cold or other weather factors, requires a level of physical fitness. Do not go beyond your limit. Take proper precautions.
  - o **Wear proper footwear.** Prairie grass is not manicured lawn grass. It can be sharp or hard on bare feet and casual footwear not made for this purpose.
  - o **No Bare Feet.** (see above).
  - o **Carry and Drink sufficient water.**
- **Quiet.** A labyrinth is generally intended to be walked in a silent, contemplative manner. Although absolute silence is not mandatory, we do hope you will respect-- the lives of the occupants, neighbors, and fellow walkers. Should you arrive as someone is already walking in silence, please honor their experience, as you would in any other place of retreat.
- **Children.** Children are allowed-- so long as a parent, teacher or guardian takes 100% responsibility for their quiet, walking the walking paths only (not smooshing the in-between paths), and the intention of this place. It is generally recommended that the parent/teacher/guardian gives any child an orientation prior to beginning this process.

### **LunaBella Labyrinth Rules/Guidelines:**

- **Park only in designated areas.** Please **do not drive up driveway** and/or disturb occupants.
- Please **walk only on mown paths** and never on in-between paths. As you pass others, coming or going, please squeeze by each other on walking paths, without stepping on and squashing in-between paths.
- **"Take only memories; leave nothing but footprints."** Please be responsible for all trash. If someone less conscious has walked prior to you, we appreciate your picking up what they inconsiderately left.
- **Prayer Requests.** A box or book for Prayer Requests can be found here, into which one may insert any concern they might wish for us, and possibly any other walker, to support. Should the term "prayer request" not work for you, please substitute any term with which you feel comfortable under the same premise.
- **Feedback.** Please offer up any feedback you wish, by way of an entry in the Guestbook, by email to David Bartholomew ([david@oneworldflag.org](mailto:david@oneworldflag.org)) or Joan Clark ([joan@joanclark.com](mailto:joan@joanclark.com)), or mail to: 1661 E. 400th Rd., Lawrence, KS 66049.

# Directions to LunaBella Labyrinth



LunaBella Labyrinth is located at:  
1661 E. 400th Rd., Lawrence/Lecompton, KS 66049  
For hours and more details please visit [www.joanclark.com/pages/joanluna.html](http://www.joanclark.com/pages/joanluna.html)

# Welcome to Lunabella Labyrinth!



## Site Map

1. Please Park in Mown spaces at left-bottom of driveway.
2. Please do not drive up driveway, or disturb residents.
3. Walk along fence line, take path just before telephone pole, and follow to labyrinth.
4. Please exit as you came and do not take path toward house.
5. For hours and more information please visit:

[www.joanclark.com/pages/joanluna.html](http://www.joanclark.com/pages/joanluna.html)

**Warning: Bees/Ticks on Premise. Use Sunscreen. Drink Water.  
Not responsible or liable for injuries.**