

LAN Circle

October 25, 2022



We had a lovely meeting where we remembered that

Powerful Change Can Happen Peacefully.

As we talked about last month, Collective change 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

Johanna Manasse led us in a beautiful guided meditation and “took us to the well” as we also listened to the beautiful song by MaMuse called “We Shall Be Known. The video can be found here: <https://youtu.be/WLUQmJsu0Jk>.

Johanna also talked about the Global Coherence app by Heartmath where she has created a Labyrinth Activist Network group: search Global Coherence Heartmath: Labyrinth Activist Network, OrangeEarth85.

Tutorial to get started: <https://www.heartmath.org/app/global-coherence/tutorials/>

Beginning in January, we will meet at a set time, probably the day after our circles on the fourth Wednesday at 7 pm ET. Stay tuned for more information. Johanna felt it would be wise if we all download the app and “play around” with it until the time that we meet on the app together. Thanks, Johanna!

LLP Updates

Chris Katzenmeyer, the Legacy Labyrinth Executive Director reported that the board met outside of Denver last week to plan many events for 2023. It's going to be a great year! Look for the official launch of The Labyrinth Activist Network early next year. There will be opportunities for us to gather in person next year, too. Stay tuned for more details!

Research/News/Updates

This month, Ellen shared a PowerPoint with a simple but profound explanation of how we think Labyrinth Action can happen. We have boiled the process down to three words.

- Coherence
- Intention
- Action

As Johanna Manasse has said, the new CIA!

The PowerPoint can be found here:

<https://www.dropbox.com/s/qnwjjgbanbd2cn9/221025LANCirclePresentation.pptx?dl=0>

Sharing

Our breakout sessions proved to be very productive. Many groups discussed what kind of LA they would like to do in the world? What LA work would you like to start in the world? What is your vision for this LAN community?

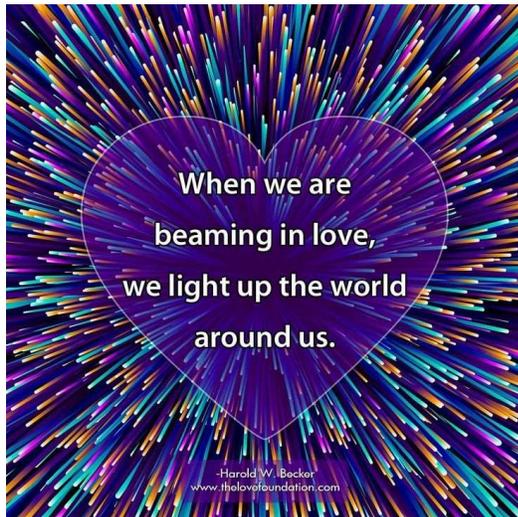
As we came back together, we heard Elizabeth talk about the possibility, as a nurse, of working with the World Council for Health. One group talked about how important pets are to experiencing love, how rich this network is of information and experience. Some talked about entrainment (collective coherence). A proposed idea was to create a “buddy system” to bounce ideas and developments around.

It seems these small groups are the heart of our meetings. We are realizing that more time might be needed for them. I would welcome your feedback about that.

Closing

The theme for the GHR Q4 is Heart/Radiate. We closed with this quote from Rumi...

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



As I mentioned, it would be lovely to have participation from all of us in the circle. If you would like to do the opening meditation (about 10 minutes) or share what you are doing in the world (about 15 minutes) let me know. Sharing the responsibilities and learning about each other will make our circle stronger and richer.

Our next circle is scheduled for Tuesday, November 22, and we agreed we WILL meet on Tuesday, December 27. See you then!

Please don't hesitate to contact me with any questions, ideas, or concerns. It is a privilege to be with you in this circle.

Gratefully,
Ellen Bintz Meuch
Director, Labyrinth Activist Network, Legacy Labyrinth Project

