

Reflections on a Retreat at Hidden Springs

“The nighttime labyrinth walk with the moon, the bonfire, the torches, and little candles was one of mystery, intrigue, and being aware of underlying fears.

The morning walk in the sun and warmth was refreshing, renewing and with reflection on entering back to our home environments.

The walks stir things up so that change can happen – stimulation for the mind and soul. Thank you.” Deb 10/20/2002

“Walking the labyrinth was an enlightening, essential, and spiritual adventure. I began to have renewed confidence and became ‘charged’ to stop whirling and leave my excess baggage in the fire ceremony. I had some career revelations and suddenly became more focused. Everything I had been most stuck on/with became connected and clear.

Thank for this marvelous experience. I am not the same person that arrived her only yesterday.” Belinda 10/20/2002

“I just feel I have to share with you the changes I feel in myself since I have returned from the retreat weekend.

I am so energized. Though I’m not doing anything yet with the energy, there is a different feeling about me. Today was the third morning since my return home, and for the third day in a row I woke up on my own, well before six o’clock. Usually, with the same bedtime, I am dragging out of bed after seven, with many promptings from my husband before I ever make it up.

There is a different feeling about me as I go through my daily work, an aliveness, mindfulness maybe, a sense of purpose, and I think some sense of future. I am not right now ready to die. As I sit with my favorite TV shows, I am with energy, not feeling exhausted from the day’s work. I do have the energy to do something, rather than being there because I’ve no other choice due to lack of energy. I am not compelled to binge on sweets as I sit.

My stated goal for the retreat was a reenergizing, and although the work is no different, the energy and aliveness are.

I also want my own Labyrinth. I am almost enraptured with the picture of the empty Labyrinth we brought home... The long heavy shadows in such high contrast with the stones exude a lot of energy.

Since coming home I have toyed with how I can make one – the boards just won’t do, I need the real thing. I have considered an herb garden in labyrinth pattern, lawn paths with a different grass for the borders and path – too high maintenance I think. Maybe rocks pressed into the lawn so it could be mowed over, and this morning the idea of a painted labyrinth on my cellar floor. The texture is important and the movement... The movement of the whole body through the

labyrinth with changes in direction and tempo, etc. is important a big part of why it 'works.'

I wanted to share this with you...I truly feel that there is this change from the labyrinth and/or the retreat as a whole. I feel that it was more than worth my time to have come to. I do fear I will have to come back again and again so be prepared to see me... Thank you so much for the revival of my spirit and my self!" Karen 10-20-2002