

Transformational Labyrinth
ROUGH DRAFT
Posted at the Star Gate portal ~
Brief explanation/intro to TL

This portal here is the entrance, the Star Gate to the Transformational Labyrinth that contains 8 sit spots. At each sit spot there is a task/creative project/an awareness of your programming so that one can break free (of our fear based society) and of the matrix - both the external i.e. the patriarchal, consumeristic competitive jungle and the internal matrix/ negative programming. DO NOT enter unless you truly wish to let go of your fear based programming/concepts. If so then proceed to the bench behind you. Open the box, read the instructions. This journey could take several hours.....or days (you can do it in stages). You may even treat yourself to sleeping outside; under a blanket of stars, on the roof of the meditation room or at the Eagles nest! This journey will enable you, empower you, to liberate the "metta" within your being.



The Star Gate...to be yet completed in Spring 2015

SIT SPOT 0

Before passing through the portal before you, it is imperative that you comprehend the impact this journey will have on you. Call in any scattered energies. Be focused. You may wish to call in your guides, your higher self, your angels, the four directions etc. Within the box here you will find a drum for beating, a rattle, and some smudge for your cleansing. Also a Journal/Pen for you to take to record your journey today.

Everything is part of the mystery. Feel the aliveness of nature and your gratitude for the beautiful Earth that supports and loves us in every way unconditionally. Beyond this portal is your potential to become "the next grandest version of the greatest vision ever you held about Who You Are." NDW The beautiful being that you truly are. Your journey will go deep into the psyche. Noticing the potential for the enchantment of what Joseph Campbell would call "the hero's journey". Beyond this Star gate portal a Vision Quest awaits you. Within the Flower of Life are the creative aspects of your magical way of being in the world.

On this side of the Star Gate is the life you have been living/programmed for. Out beyond the Star Gate, beyond the programming/concepts of wrongdoing and right doing there are several Sit Spots - Spirit will meet you there. When you SOUL truly sits down upon the Earth, the world becomes too full to talk about it! Ideas, language, even the phrase YOU, ME, HE, SHE, doesn't make any sense. So LET GO of your analytical mind (analysis/paralysis) and listen to your SOUL - Singular Outflow of Universal Love.

You must truthfully ask yourself. Am I ready for this? Am I truly willing to let go of my programming/concepts/my FEARS???? FALSE EVIDENCE APPEARING REAL

What makes me worthy?

What makes me ready to let go of my armoring? My weapons. And jump NAKED into the VOID - if you are not ready, do not enter this portal....

If this Adventure has the ring of truth to it; if it is your leading edge; the thing that you most need to do....to live a life of total fulfillment, total creativity, total spirituality, a life that is of joyful service of embracing your divine oneness for all

that is. If you are not 100% sure then spend some time in the Medicine Wheel asking for Divine guidance.

When it feels right proceed In Joy and know that your life will never be the same again. In that moment when we are about to step into the unknown, the veil is thinnest. If we do not step beyond our own trepidations, beyond all those voices that are trying to keep us small and safe, then we sever ourselves from our essential connection...from our connection with the wonder, mystery, and magical moments. If we are unwilling to take that step, not only do we lose touch with parts of ourselves, the world loses our unique flavor, and both Soul and wild nature will mourn our loss!

SIT SPOT 1

Theme: PROGRAMMING

Intention: To begin you're de-programming. To begin to de-tox /de-text.!

Consider all the ways that we have been programmed? Hypnotized? Told what to do, what to think.....that you have to OBEY their laws; and stay within the "boundaries", the Box of acceptable behavior.

Journal on ALL the ways that you have been programmed.....

Be it BY:

- Parents
- Schools/education systems
- Religion
- Society

Examples of programming....???

How has this affected your life?

What has it cost you?

Are your days and nights filled with passion....creatively doing what YOU love to do?

BENCH:

Notice this box you are sitting on / leaning against contains the making of a Medicine Pouch for you to wear. Also there is a container with some crystals in it. Take the one that calls to you, that you resonate with .Put your intention into it at each sit spot.

ALSO there is a bag for you to put your Shoes and Socks into to do the rest of the journey walking barefoot on the earth. EARTHING/Grounding yourself and aligning yourself/your energy with the energy resonance of the Earth.

Suggestion: Let go of aspects of yourself that no longer serve you, that are self-defeating/ego based. Also let go of your Shoes and Socks. Walk in a mindful and meditative manner, hugging the Mother Earth.....= M.E. Feeling, sensing, HER vibration.....consciously receiving her vibe, into your being, your body.

Being aware that your body has its own unique vibration. Notice the interplay of these two vibrations. Let each step bring you back to this moment. Walk as if you KISS the earth with your feet, as if you massage M.E. with your feet. Also be aware of the trees, big or small. Knowing that if there were no trees there would be no humans; for many reasons not the least of which is that they are creating the oxygen we breathe. While going for this walk in the woods, feel, see, each tree and their individuality. Each tree has its own unique shape, and way of standing and dancing in the wind. I invite you to think like a tree. Allow that which is hidden and concealed to be revealed to you, by those of the other than human world.

There is a lot of LOVE in this practice of walking meditation. Let go of everything and see what remains.

Let go, let God = trust in Spirit.

SIT SPOT 2

Theme: FEAR

Intention:

Wouldn't it be nice to live a life that was not fear based? Granted a lot of fears are quite subtle...taken for granted. Yet so often subtle/subliminal things are so very powerful in our lives. Fear is BIG business. WE are like the proverbial frog that is being cooked so slowly; whose climate has been so severely changed /compromised ...that we are no longer aware & have become sheep or cogs in the industrial machines. The massive corporations, the pharmaceutical industry, the military industrial complex etc. are all fear based (False Evidence Appearing Real), and profiting from our fears. Wars are resource wars with huge profits. Do they really want wars to stop? But of course not! Cancer is a 50 billion \$/ year industry....do they really want to find a cure? But of course not! Fast food, GMO's from Monsanto Monsters, foods full of sugar and other addictive chemicals that are clearly poison! The masses have been seduced into the service of the 1% er's, into debtor's prison. Are you willing to wake up and open your eyes and know this? Most people don't want to. It is too overwhelming to see how polluted M. E. has become.

We are so disconnected from Nature. We have been walking on the Earth for at least 100,000 years and mostly in bare feet or soft leather moccasins that allow us to feel her vibration. There is a vibration to the Earth (7.8 HTZ) and there is a similar vibe to us humans. And all animals. Just ask any Cranial Sacral therapist. There is a beautiful joyful exchange of vibrations of energy when we feel the Earth.

But we are seldom truly in Nature and even then we wear hard soled plastic or rubber shoes. My Mother would say, our SOUL has become hardened. Marion Woodman's books would say we are so disconnected from nature that "Our SOUL is all but gone". Now a days from the time you were born (even before you were born), we have been tuned into a different vibration then M E. We are overwhelmed with EMF's (electronic magnetic frequencies). We spend many hours /day everyday literally plugged into some sort of EMF device. Scientist have proven this to be so very harmful. Yet we are so programmed by the corporate system that most folks cannot go a week without a cell phone We are addicted!

And like all addictions it is suicidal. Be it sugar, cigarettes, drugs (pharmaceutical etc), oil, GMO foods etc...killing us.

All of us, are all connected, including the animals, all flora and fauna. One does not exist without the other. The Bee does not exist without the flower nor would we without the Bee.

Crisis proceeds transformation - causes us to emerge, to evolve; Proceeds a Quantum Leap.

We are not alone, we are a miracle, begging to discover what it means to be fully alive, fully human, and fully awake.

FEAR is born from our ignorance, from our concepts re: life, death, being and non being.

Now in your Journal answer the following questions...

What are your FEARS? FALSE EVIDENCE/EMOTIONS APPEARING REAL

Do I really DIE? Or is it simply that my body wears out?

Am I my body?

Or am I a biped Animal having a spiritual experience Or a Spirit having an experience as a human?

Notice that we are taught, by religion etc. to be afraid of dying?

SIT SPOT 3

Theme: Oneness, Interdependence, Impermanence

The current system, matrix, would have us believe that we are all separate entities. We live in and spend most of our lives paying for our own private box, we drive around in our own bubbles. My house, my car, my wife, my husband, my toys, etc. etc.

We live in such a male dominated materialistic, consumeristic matrix. It is literally mind blowing and heart breaking and M.E. destroying.

We have lived on Planet Earth for 100,000s years. And for most of that time we lived in small tribes and shared resources/lived like one big family. The Elder/the most respected person in the tribe was the one who gave the most (not the one who had the most). People shared their food, their knowledge, and their skills; there was a sense of oneness and interdependence. In former times we deeply cared for each other and for nature with the greatest respect and rituals such as Sweat Lodges, Shamanic drumming and Fire Walking. In former times we embraced impermanence, realizing without it we would not be here. Death is not a foe to fear. To touch the nature of inter-being is to touch the very nature of no death and no birth. We have been brainwashed with the concept that death (growing old) must be avoided at all costs. And when we buy into that one, they sure can sell us a lot of "stuff". It is a control trip by religion, big business etc. We are so much more than just a body. In the ultimate dimension there is no beginning and no end. Or as Einstein said "energy cannot be created or destroyed" only transformed...perhaps via a Labyrinth☺. We think there is something to attain, something outside of ourselves but everything is already here, now. Impermanence and selflessness are the very foundations on which life is built. Impermanence is the constant transformation of things. Without it there can be no life! Selflessness is the interdependent nature of all things. Without Interdependence nothing can exist.

EXERCISE: put your ear to the ground, to a tree and hear it speak to you...what do you hear with your "inner" ear?

EXERCISE: put your LEFT hand palm down and feel the vibration of mama earth, put your RIGHT hand palm up and feel the vibration of Father Sky....and now feel

the vibration moving through YOU! You are the child of the earth and sky! You are needed in order for that vibration to be; without you there would be no vibration! Do you see, sense the truth of this?

Journaling:

What is your experience or intuition about Near Death Experience?

In what ways do you separate yourself from M.E. and from other people?

Journal about whatever else will create the most growth from you....hopefully in an exciting way.

Can you truly "get" what it would be like to embrace Buddhist ideas such as that NIRVANA is the extinction of all concepts such as existence, nonexistence death and birth? You are free from birth and death, free from existence, free from nonexistence. Empty yourself of these illusions. Within this emptiness is a door of liberation. When we penetrate it deeply we will realize interdependent, co-arising and the inter-being nature of everything that is. You are free to write any of these thoughts in your journal.

The only material that the FUTURE is made of is the PRESENT!

Real happiness cannot exist when we are not FREE.

Just by seeing the impermanence of things, of feeling, we suffer a lot less.

We have no need of a separate self or separate existence. In fact nothing can exist by itself.

We must inter - be with all things. Look at a flower. It cannot exist by its self. It can only inter - be with the whole cosmos. And that is true for you too. Getting rid of the concept of SELF is the work of all meditators because suffering is born of this concept of separate self.

Here at Quantum Leaps we are learning the art of transforming compost into flowers, vegetables, apple, and cherry blossoms. We all have to learn the art of transforming compost into flowers. Look at a flower; it is beautiful, it is fragrant, it is pure; but if you look deeply you can already see the compost in the flower. With meditation, you can see that already. If you look deeply at the compost heap with the eye of a meditator you can see lettuce, tomatoes, and flowers. The same is true of your mental formations, which include flowers like faith, hope,

understanding, and love; but there is also waste material like Fear and Pain. The flower is on its way to becoming refuse, but the refuse is also on its way to becoming a flower. This is the non-duality principle; there is nothing to throw away. If a person has never suffered, he or she will never be able to know happiness. Thus pain and suffering are a necessary condition of our understanding/our happiness. Just as grieving (i.e. for the Earth) will give birth to JOY!

SIT SPOT 4

Theme: Unconditional Love

Love Letter to - yourself, to M.E., to the Milky Way galaxy

One of the things I love about life, here on this Spaceship we call Planet Earth, is to see a couple in LOVE; true unconditional love. As my Mom would say "if she ain't unconditional love, it isn't love at all, but something else." For most of us our love for our partner has conditions! This has a lot to do with how we have been programmed by our media, school, parents, church etc. etc. We are so programmed in so many ways! Do you realize that?

So to see true unconditional love is a JOY! Be it a mother/baby relationship or a dog with their provider. Or perhaps the love the flower has for the hummingbird and the Sun, the rain; even the compost.

Exercise: Let yourself have a sensual experience with the flowers the trees the land..... Have an erotic moment with the land. Be alive with your senses, let go of your head it makes you dead.

???

Journal exercise:

Hang out with M.E.

Find a "new way" of being human on Earth/with M.E. Lay on M.E. hug and hear her!

Thich Nhat Hanh, the world renowned Zen monk, author, poet and peace activist would say that the most important thing that you can do to heal M.E. is to lay on her and feel her suffering and cry.

Happiness is not possible without understanding compassion and love. And love is not possible if we don't understand our suffering and the "others" suffering. Getting in touch with suffering helps us cultivate compassion and love. Do you see the truth of this? `` Out of grief comes joy `` - Carl Jung.

This is echoed by William Blake "the deeper the sorrow the greater the joy".

Hugging Meditation:

You breathe consciously while hugging and you hug with all your body, spirit, and heart. Breathing in, I know my dear one is in my arms alive. Breathing out, you are precious to me.

While you hold him/her breathe in and out 3x's, the person in your arms becomes real and you become very real also.

True love does not just choose one person. When true love is there you shine like a lamp.

You don't just shine on one person. The light you emit is for everyone. If you really have love in you, everyone around you will benefit - not only humans but animals, plants, minerals. Love, true love, is like that - equanimous.

When you know that which we love is impermanent we will cherish our beloved even more. Impermanence teaches us to respect and value every moment and all the precious things around us and inside of us. When we practice mindful impermanence we become fresher and more loving.

LOVE LETTER:

With a Zen/Beginners mind/heart write a love letter to yourself or M.E. or the Milky Way Galaxy.

In doing so you can practice letting go of aspects of self that - are no longer needed - self-defeating/ego based....journal on what creates separation/and disconnects you from everyday life, the land, the earth, the water.

What does it take to give / connect ourselves completely to the earth, the source of our life?

Possible beginnings of a love letter -

Dear one, I am hear for you!

Dear one, I know that you are hear, and it makes me very happy!

In this particular meditation all at once there is love, compassion, joy, and freedom - the four constituents of the true love of which the Buddha speaks.

Dear one, I know that you are suffering, that is why I am hear for you!

Dear one, I am suffering, please help.

Write from your heart, no need to be smart

SIT SPOT 5

Theme: Meditation

Sit spot is in the Meditation House



A Quote from Thich Nhat Hanh, Zen Monk,

"Meditation should be enjoyable and pleasant and full of joy"

"Real silence is the cessation of talking - of both the mouth and the mind. This is not the kind of silence that oppresses us. It is a very elegant kind of silence, a very powerful kind of silence. It is the silence that heals and nourishes us."

"Buddhist Meditation has two aspects. First; stopping then looking deeply within, to see what is left when you let go of all your concepts, all the things you might base your identity on. This compassionate understanding will liberate you from your suffering"

"Awareness brings us back to ourselves, and when we are fully mindful of our body and living in the here and now we are in our true home."

Exercise: So sit for a bit, up on the roof or inside, eyes open or closed with awareness of what is right now, right here. Let go of thinking about IT, just be IT.

To meditate we have to smile a lot

When I sit on my Meditation cushion, my muscles and mind are relaxed. I do not struggle at all.

SIT SPOT 6

Theme: Rebirthing

Mud bathing -Embracing M.E. - beginners mind; shedding the old skin, letting go, letting god/spirit

We are children/animals of the earth.

Now, if you like, there is a magical opportunity for you to create a rebirthing ritual. Weather permitting, this could be a full on (symbolic) shedding of your armoring/clothes. Becoming one with your M.E. again - immerse yourself in this magical mud. Then bask in the warmth of father sun and let the drying draw out your toxins. Immerse yourself in the awareness of the deep cleansing happening now. This pure, glacial clay (semedite) is a flocculent that means it helps to release toxins from your body. It is here for you....is that not why you are here now?!

This clay is water loving so drinks lots of water. You can get water from the Meditation room.

The hydrophilic nature of the Blaeberry River Mud will improve your complexion, inner and outer, relax your muscles and flocculate your toxins.

This magical cleansing ritual offers health benefits on multiple layers. Otherwise it just plain feels good. So go for it! Be free! Be playful! Giggle and laugh one moment to the next.

As part of your ritual you may create a sculpture/clay figurine to benefit your journey in life now. With a piece of Clay shape out an image of what is going on in your life right now; where are you at? Where are you going? Your pain, , your joy, your restrictions, your beauty. Unedited just follow your inner guidance and shape the clay into what is you right now?

Magic is but an upward shift in consciousness.

Shower off behind the Meditation room or over at the teepee kitchen/shower area.

Journal about your experience.

SIT SPOT 7

Theme: Taking Action

Stop struggling. The insight of non-duality will put a stop to the war in you. Through the practice of deep looking/meditation, you can identify the positive seeds that you can water every day.

* We want to transform our own suffering and be free in order to help many other people to transform their suffering.

*when you know how to generate your own presence you can help make a gift of it to the ones you love

*a smile can bring a miracle. Smile as you meditate; smile as you concentrate, smile as you walk barefoot on the spiritual path that lets you touch the depths of M.E., of your being, so that you can free yourself from fear, worry and despair.

*smile as you detach yourself from the matrix (unplug yourself from the monetary, materialistic, patriarchal system). There is (and was) another way to be, then chasing money, extracting resources and polluting M.E. We are so so programmed and so caught up in the business that we don't even realize how much we are manipulated by the ads and additives. Our addiction to electronic gadgetry, to the GMO food, has disconnecting us from M.E.

Smiling, let go of all that, it is not who we were born to be. We did not come into being so that we can consume the earth. You can establish your own extended families, community, and tribe. Your own self-sufficiency. Growing flowers, friends, vegetables, apple blossoms, strawberries, loving relationships, creating home!

Journal about loving wonderful ways to recreate your life to one of true joy, compassion, deep connection, to M.E. etc. Perhaps you wish to take your relationship with yourself, your community of loved ones to a whole new level! What would that look like? The Empire is imploding. So you may wish to create your tribe sooner than later. You may wish to reconnect with the land, providing your own food, and fuel/energy.

Given the overwhelming scientific evidence that we are entering the 6th great mass extinction then surely it is time for us to enter into hospice for each other, for planet Earth & all her inhabitants.

Although this is the last sit spot I would suggest that you walk over to the original Labyrinth, walk it, if you like. Thank look up and walk up to the Eagle's nest platform and look under the bed for an overview.



SIT SPOT 8

Theme: looking out!

Welcome to the place we call the Eagles View, a place where you may choose to review. You are welcome to spend the night. Pay attention to your dreams, they may give you greater insight and inspiration. The roof of the Meditation House is another place you may wish to spend the night upon. Simply follow your bliss, give M.E. a kiss.

Breathe in the magic of the night, the stars, the Grandmother Moon. Listen to the night sounds as you fall asleep. Align your energies deeper with the vibration of M.E.

Thank you so much for taking this journey. We hope and pray your life will never be the same again! YES PLEASE!

