



Beverly Russell Enterprises
100 South Doheny Drive
Los Angeles, CA 90048
310.247.1633
www.beverlyrussell.com

The Labyrinth: A Tool for Personal Transformation

by Dr. Beverly Russell

The journey of 10,000 miles begins with the first step.

— Lao Tzu

Trying to find peace of mind does not require passivity or inaction. Genuine, lasting tranquility ought to be steady and unwavering, and should continue even during the most turbulent of activities. Walking meditation is a practice that allows us to develop such calmness in a very simple activity. There is a Latin saying that stresses its importance - *solvitur ambulando* - which translates as “you can sort it out by walking.”

The rhythm of walking naturally stills the mind, and the practice of walking meditation has been an essential part of many contemplative traditions. The cloisters of cathedrals were used for a form of walking meditation: circumambulating holy mountains has been a common feature of worship among followers of the Hindu and Buddhist religions: and walking the medicine wheel has been an important ritual for Native American tribes, such as the Hopi. Some church labyrinths were designed as pilgrimages for people who were unable to undertake journeys to distant holy places. Chartres cathedral, in France, features a complex labyrinth known as the Pilgrim’s Labyrinth, carved on the floor of the nave in black stone. The flower in the center is echoed above in the magnificent Rose Window.

The path up the mountain always begins with the next step. Often, challenging enterprises are frightening, and it’s hard to imagine accomplishing them - climbing to the top of the mountain seems just too difficult. The walking meditation teaches how to relate to the steps themselves. When you focus on the next step rather than wholly on the goal, life becomes simpler. Huge goals seem insurmountable: small steps are easy to accomplish.

Reference: *The Meditation Year* by Jane Hope

About the Workshop Facilitator:



Beverly Russell was born and educated in London. She trained as a journalist, and is the recipient of over 20 awards for creative excellence. She has been recognized with honorary Doctorate degrees in Fine Arts from Kendall College of Art & Design and Parsons School of Design, who described her as a “master educator.” Beverly Russell Enterprises is a well-known industry consulting firm with a reputation for creative thinking and extraordinary event coordination.