

# Women of Enlightenment Support Group

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## September 2018: Book Club

Walking  
a  
Sacred  
Path

Rediscovering the Labyrinth  
as a  
Spiritual Practice



Lauren Artress

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## Review

### Cathedral Book Store

*Walking a Sacred Path reintroduces the ancient Labyrinth, a walking meditation that transcends the limits of still meditation. Walking the Labyrinth has emerged today as a metaphor for the spiritual journey and a powerful tool for transformation. This walking meditation is an archetype, a mystical ritual found in many religious traditions. It quiets the mind and opens the soul, evoking a feeling of wholeness. Lauren Artress has re-created the Labyrinth on canvas, modeling it after the sacred design laid in the floor of Chartres cathedral in the twelfth century. Over the past several years she has introduced the Labyrinth to thousands of men and women, and observed their experiences with its power. They have emerged from their walks with a tremendous sense of peace and possibility. Artress's book explores the historical origins of this divine imprint and shares the discoveries of modern-day seekers.*

**<http://www.cathedralbookstore.org/p-1364-walking-a-sacred-path-rediscovering-the-labyrinth-as-a-spiritual-practice-revised-and-updated.aspx>**

This book is about the sacred pattern of the labyrinth, an ancient mystical tool that can help us prepare ourselves for the “transformation of human personality in progress” and accomplish a “shift in consciousness” as we seek spiritual maturity as a species.

Sections of the book that made me think:

Chapter 1:

The Great-grandmother’s Thread, begins on page 12

*By following the invisible thread we connect to the Source, to the Sacred. We can’t see it, and yet some deep part of us knows it is there. This innate awareness gives us solace and peace during stormy times. But it is difficult to find at first, even difficult to believe.*

*To walk a sacred path is to know and trust that there is guidance to help us live our lives on this planet. Guidance can come in many, many ways. It comes through synchronistic meetings, through being fully present in one moment of time, through informal ritual where one spoken word can break open a riddle that has stumped us for months. Guidance also comes through forms, patterns, and symbols that impart sacred meaning. “That is precisely the great dignity of the symbols, that it... leads from the truths of the physical life to those of a higher spiritual order.”*

*To discover the thread is to realize that a loving presence or force behind all the world urges us to risk our comfort and reach for meaning in our lives.*

*The great-grandmother’s thread is the God within who has long been ignored and forgotten, who awaits discovery...*

## Book Discussion Questions

1. For the person who chose this book: What made you want to read it? What made you suggest it to the group for discussion? Did it live up to your expectations? Why or why not?
2. How does the author portray religion and spirituality in this book? Can you relate to the characters and their motivations? Has the author adequately presented and supported his or her premise? In what ways?
3. Has reading this book made you think about religion or spirituality in your own life in a new or different way? How so? Do you think the author has painted a realistic picture of the presence of spirituality in everyday life?
4. How much did you know about the author and his or her spirituality before you started reading the book? Were you familiar with the author's platform, and did this influence your decision to choose the work? Did the book live up to your expectations of the author? Did it exceed your expectations? Why or why not?
5. Have group members reached a common consensus about the spiritual value of this work? If opinions differ, what are the major points of contention?
6. Compare this book to others your group has read. Is it similar to any of them? Did you like it more or less than other books you've read? What do you think will be your lasting impression of the book?
7. Compare this book to others your group has read. Is it similar to any of them? Did you like it more or less than other books you've read? What do you think will be your lasting impression of the book?
8. What did you like or dislike about the book that hasn't been discussed already? Were you glad you read this book? Would you recommend it to a friend? Do you want to read more works by this author?

# Gratitude

Weam Namou and The Path of Consciousness Retreat

**Walking a sacred path** : rediscovering the labyrinth as a spiritual tool by Rev. Lauren Artress

<https://www.readinggroupguides.com/religion-and-spirituality-discussion-questions>

# **The Book: Walking a Sacred Path by Rev. Lauren Artress**

## Chapter 1: To Walk a Sacred Path

- Seeking a Sacred Path
- The Great-grandmothers Thread
- Lights-On Experiences

## Chapter 2: New Pilgrims, New Paths

- The Path through Silence
- The Path through Images
- The Inner Way: The Three-fold Mystical Plan
- The Outer Way: Pilgrimage
- Rediscovering the Act of Pilgrimage
- Healing
- Co-Creation
- Self-Knowledge
- A Wide and Gracious Path

## Chapter 3: The Labyrinth: Sacred Pattern, Sacred Path

- Earliest-Known Labyrinths
- The Difference between a Labyrinth and a Maze
- Church Labyrinths
- The Chartres Labyrinth
- The Part That Make the Whole
- An Ancient Map of the Cosmos
- The Spiral Circle
- With an Open Heart and Mind

## Chapter 4: Walking the Labyrinth: The Process

- The First Walk
- A Process Mediation
- Basic Approaches to the Walk
- Honoring a Benchmark in Time
- A Body Prayer
- Allowing the Ego to Let Go
- Working with Dreams
- Angels and Other Avenues of Inspiration
- The Labyrinth as a Metaphor

Experiencing Our Experience  
Receptivity  
Finding Your Pace  
Getting Lost in the Labyrinth

Chapter 5: The Seeds of Spiritual Hunger

The Cosmos and The Soul  
Exploring the Potential of the Labyrinth  
The Imagination in Exile  
The Demise of the Feminine

Chapter 6: Rediscovering the Divine Within

The How of Faith  
The Need to Learn Languages of Process and Symbols  
Rediscovering the Mystical Traditions  
Meeting the Immanent God  
Reclaiming the Body  
Transforming the Shadow  
Connecting the Inner World with the Outer

Chapter 7: The Labyrinth: Blueprint for Transformation

The Labyrinth Is an Archetype  
The Labyrinth as a Container  
The Concept of Sacred Space  
The Feminine Principle  
Discernment  
Ritual and the Labyrinth

Chapter 8: The Birth of Vision

Gifts from the Labyrinth  
A Vision of Spiritual Maturity  
A Vision of the Labyrinth Project