

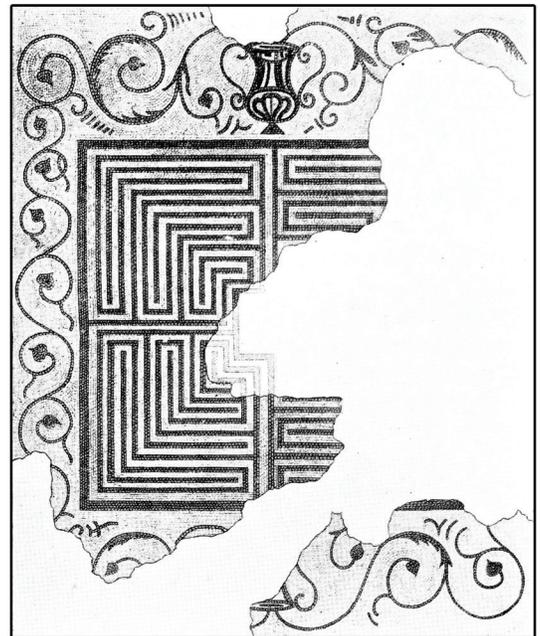
# EXPLORERS GUILD

Volume II

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Number 10

## LABYRINTH KEEPER



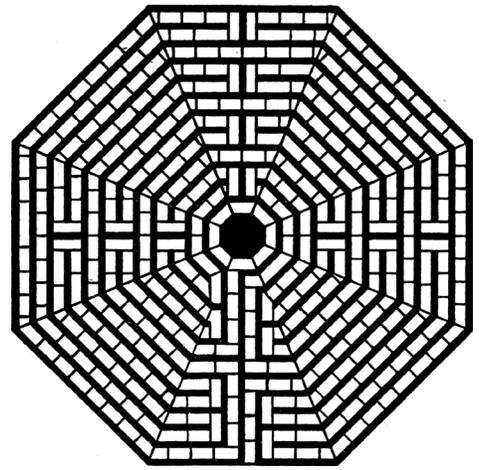
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## Along the Path

As you walk, let your intention guide you. Your walk may be fast or slow. Let your mind open, maybe even drift a bit. Let ambulation be a tool to focus your mind away from its normal chatter.

As your mind focuses on the question, breathe slowly and surely. Consider all that is entailed with your question. If you come to a dead end in your thought process, think about what it doesn't mean. You should be in an internal monologue with yourself, and your mind is your guide. Know that in the labyrinth others have gone before you, with their own thoughts and questions.

Now if you're ready to start walking, put the question on the tip of your tongue and the forefront of your mind. Remove distractions from your hands. Breathe in, and on the exhale take a step forward and walk the path.



## The Minotaur

You've made it to the center. Consider what you have discovered on the walk in. Has your question been answered? Is there more exploration needed? The center is where you may also find yourself spending the most amount of time. It is here that you find yourself confronted with things that you might not like. Do you harbor an unfulfilled desire or perhaps an unaddressed problem? Do you need to let go or perhaps embrace a part of you?



Your time in the center is a moment to identify what you want to do about it. How do you want to change when you walk out? If there is a group of Explorers with you this might be a good time to share the discoveries you have made. Perhaps it will help you, or them.

Depending on the location of the labyrinth there may be small items to explore and consider, items that other walkers have left for you and the others after you. When you're ready to head back out, feel free to move onto *The Path Home*.

When approaching the labyrinth, it's best to only bring one question into the labyrinth. If you are with a group, you may share your intention aloud, but silence is also acceptable. Focus on that question, then approach the labyrinth.

**Five Questions for Explorers:**

- ▼ Who am I to my community?
- ▼ What skill have I always wanted to learn, and why haven't I started?
- ▼ What was my favorite story as a child? Why?
- ▼ Job aside, what purpose do I serve the world?
- ▼ Do we need heroes? Why?

The act of walking a labyrinth is in itself an encapsulation of narrative discovery. Some consider it to symbolize the path of life. Others see it as a parallel of the hero's journey. At its core it is a place of quiet rumination and examination.

There are many questions one can consider when entering a labyrinth. If there are personal hurdles in an Explorer's life, Explorer is looking to further comprehend the contemplations of what Explorer core values are, these five questions are presented for that purpose.

## A Line in the Sand

### Using this Guide

Labyrinths have been used throughout history as a centerpiece for contemplation and consideration of the self. This field guide invites the Explorer to investigate several labyrinths that have been created around the world. The labyrinth builders have selected locations for their own reasons, but in these creations they offer a focal point for Guild members to explore both the landscape that surrounds us, as well as our own inner landscape.

This field guide is to be used in conjunction with any existing labyrinth either as a group of Explorers, or as a personal meditative process. Each section is to be read by the participant in their own head. Be sure to read each word as this journey shouldn't be rushed. Within Explorer traditions, it is suggested to find seven labyrinths and go through them contemplating one of seven different personal questions. Each section of the labyrinth encourages you to deepen your understanding of these questions and should help you understand it further. It is, of course, also acceptable to approach a labyrinth with your own questions or thoughts to work through.

**Sections should be read as follows:**

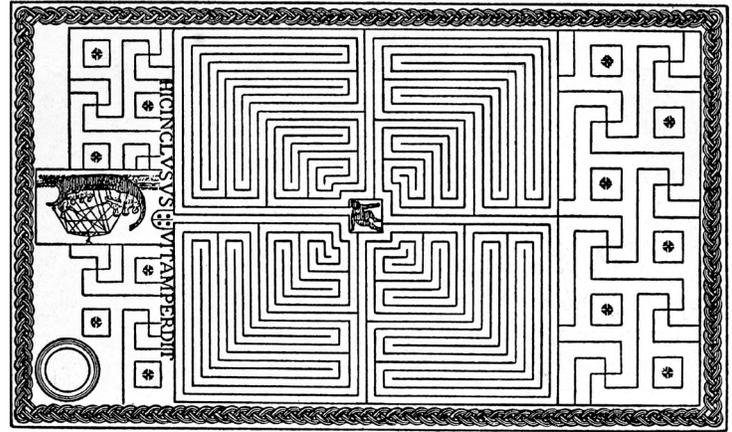
*A Line in the Sand:* Upon first sight of the labyrinth

*Along the Path:* The moment before heading into the labyrinth

*The Minotaur:* In the center, immediately upon arrival

*The Path Home:* When you are ready to make your way out from the center

*Semper Explorandum:* Upon departing the labyrinth



You've walked this path before, but something might be different. How is it different? Has your view of the path changed as a result of your discoveries? It's time to head home having reckoned with yourself.

Similar to how you came in, you will similarly walk back with purpose. This time, instead of focusing on the question, you should focus on how you've changed. Will you now do something different? Is there someone you need to talk to?

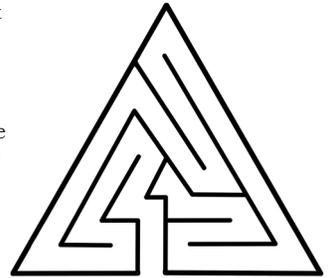
Your goal is to come to peace with this newfound knowledge. Now if you're ready, remove distractions from your hands. Breathe in, and on the exhale take a step forward and walk the path home.

## The Path Home

### Semper Explorandum

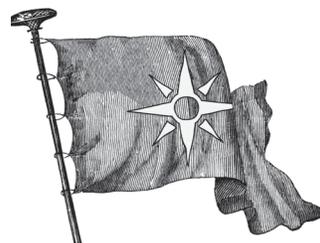
As a member of the Explorers Guild, this motto is our bond.

Labyrinths contain a lot of meaning but especially to Explorers. You'll find them littered throughout the world, some built out of stone and embedded in the architecture, others made of rocks and available debris. On whatever end of the spectrum this labyrinth is on, take care of these sacred spaces and be sure it's ready for whoever comes next.



As you leave this place, encapsulate your final thoughts on the journey you have taken. If you need to write it down in your stellar cartography journal, you should feel free to do so. If you are with other explorers and are compelled to share, let yourself if this is something that would be meaningful for you.

Lastly, in the Explorers Guild we honor those who take care of these spaces and appreciate them. If you are looking to be a Labyrinth Keeper, a high honor within the guild, find a way to record your trip this day. If you partake in five labyrinths, you can become a part of the Labyrinth Keepers.



Wherever you are, find a place where curiosity drives you. Interpret the world in pictures, seek out stories, and always keep a love for these wonders in your heart. It is our hope that the Labyrinth Keepers guide have offered a unique context wherein you can better shape your understanding of these ideas.

Semper explorandum!