

# Magic Pathfinding with author Rose Stauffer



Welcome,  
magic lovers!

**This magazine is a place for sharing with you some of my ideas, inspirations, experiences, musings, and an array of creative endeavors that will inspire and enhance your own journey with finding the magic and joy in your everyday life.**

**In this issue, I want to explore the LABYRINTH, an ancient meditative walking path popping up more and more in parks, places of worship, campuses, spas and in people's back yards. What is a labyrinth and how is it different from a maze? Who uses it, and for what purpose? Let's explore!!!!**

Labyrinths have a rich history, spanning thousands of years and cultures. They were and are primarily used for contemplation, spiritual growth, and reflection. Unlike mazes, that require left brain thinking and problem solving, a labyrinth is a right brain experience, since there is only one path in and the same path out. In modern times, walking a labyrinth is used as a metaphor for life's journey. It has only one path which leads you to the center and and back out again. The angel below waits at the center of the largest labyrinth I've ever walked, located in CO at the Joyful Journey (real name) hot springs. The green grassy labyrinth on the right is located in my hometown of Harrisonburg VA.





**We enjoyed walking this labyrinth at Joyful Journey flanked to one side by the Sangre Cristo Mountain Range and on another side by a row of tee pees for meditation and/or overnight stays.**

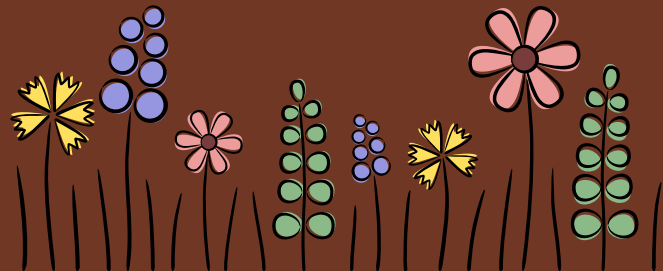


**My first regular labyrinth visits took me to the JMU arboretum in my hometown where I learned to appreciate the subtle nuances of the walk. Whether you experience the walk with a meditative intent or just to feel the peace of being in nature, a labyrinth is a perfect way to Sloooowww Doowwnnnn**

**This private rose quartz labyrinth is set below a friend's home on the side of a mountain in Bailey CO.**



**I enjoyed visiting during the COVID lockdown to bask in the mountain air and sunshine, and pull little weeds from the path. The rose quartz stones were happy here. I recently found an amethyst stone labyrinth in at a catholic church, open to the public.**



**If you want to find a labyrinth near you, just put it in your maps app on your smart phone as "labyrinths nearby." It could surprise you what you find!**



**As a spiritual practice, you can quietly walk a labyrinth and just notice what goes on inside you as you walk it. Mindfully observe your thoughts and emotions, and how they change, coming and going. For a more intentional experience you can think of the walk as three stages. As you enter and approach the center, you can RELEASE, shedding or letting go of worries and concerns. At the center you can RECEIVE any insights, clarity or focus. The path out of the labyrinth is for INTEGRATION, taking ownership and grounding the insight, as you take it out into the world.**



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**See you next month!!!**