

Lauren Artress

Speaker | Author | Spiritual Director



The Reverend Dr. Lauren Artress

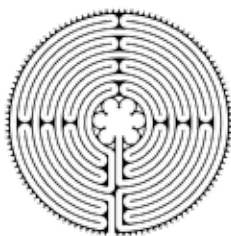
Speaker ~ Author ~ Spiritual Director

Founder of Veriditas: The Worldwide Labyrinth Project



~ The leading force in the use of the labyrinth as a spiritual practice ~

“Lauren Artress, an Episcopal priest and psychotherapist largely considered responsible for sparking the labyrinth movement. . .”
~ O Magazine



“We live in such a left brain world... and here’s this whole other world that we must integrate in order to meet the challenges of the next century,” Artress has said. When people walk into a labyrinth, they “shift consciousness from the linear to the non-linear” and bring to the surface “the deep, intuitive, pattern part of ourselves.”

~ Daniel H. Pink

The New York Times

“The modern-day bloom of labyrinths in this country can be traced to a restless Episcopal priest in California, the Reverend Lauren Artress, a psychotherapist with a divinity degree, who had already been pushing the envelope of traditional practice as a canon at Grace Cathedral in San Francisco.”

~ Panel member on the Washington Post/Newsweek blog on spiritual and religious issues active in the world ~



TIME

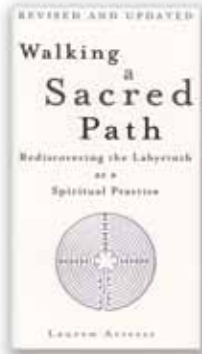
“Lauren Artress founded the modern US [now international] labyrinth movement after discovering this quiet pleasure.”

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Biography



The Reverend Dr. Lauren Artress is the author of *Walking a Sacred Path*, *Sacred Path Companion*, and the *Sand Labyrinth Kit*, and has been cited in over fifty books. She is currently an Honorary Canon at Grace Cathedral, San Francisco, California since 2004 in acknowledgement for her innovative, worldwide work with the labyrinth as a spiritually integrative tool.

In 1996 Lauren created Veriditas, a non-profit dedicated to introducing people to the healing, meditative powers of the labyrinth. She travels worldwide offering workshops and lectures on the labyrinth, on the spiritual hunger of our times, on psycho-spiritual topics such as forgiveness, self-acceptance, finding your life's purpose, and reconciliation. She is also inspired by and an expert on Hildegard of Bingen.



Veriditas offers a yearly program in Chartres, France called Walking a Sacred Path that nurtures spiritual maturity. In addition to Lauren's ordination as an Episcopal priest, she is a spiritual mentor and is a licensed MFT psychotherapist in the State of California. She has been in practice for over 36 years focusing on the creative process, psycho-spiritual issues, and helping others find their soul assignments.

*“Lauren understands the most profound ties **uniting** (human) kind and the **sacred**. By this new and yet ancient path, she has developed bridges among men, women, religions and the entire spiritual world. The church can only rejoice in this ministry that she has fulfilled with such depth, humanity and faith.”*

*~Chanoine Francois Legaux
Rector emeritus of Chartres Cathedral*

Lauren holds a Bachelor's Degree in Special Education from Ohio State University and a Master's of Education from Princeton Theological Seminary. She received her analytic training in Object Relations and Systems Theory at The Blanton-Peale Graduate Institute at The Institute of Religion and Health in New York City. Her Doctor of Ministry degree was granted in 1986 from Andover Newton Theological School in Boston, Massachusetts in Pastoral Psychology. She served as Canon Pastor at Grace Cathedral from 1986 until 1992 and then served as a Canon for Special Ministries until August 2004. She is the creator of a radio show on VoiceAmerica.com called “The Wisdom of the Labyrinth” and is Co-Director of The Art of Spiritual Direction at Wisdom University. Lauren is a Diplomate in the American Association for Pastoral Counselors and a Clinical Member in the American Association for Marriage and Family Therapists and licensed in the State of California. She sits on the Editorial Board of Presence Magazine, published by Spiritual Directors International in addition to being Creative Director and Founder of Veriditas.

*“Thank you for your **courage**
to follow your vision and open the
teaching path of the **labyrinth**
for so many of us.”*

~ Peggy

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The Labyrinth Experience

What is a labyrinth?

The labyrinth is a sacred pattern, an ancient mystical tool that can help us quiet the mind and create a space for self-reflection and prayer. Labyrinths are usually in the form of a circle with a meandering but purposeful path, from the edge to the center, large enough to be walked. The labyrinth is an archetype, a divine imprint, found in most religious traditions in various forms around the world. While there are many forms of the labyrinth, the Chartres style is Lauren's heartsong. By walking a replica of the Chartres style labyrinth, laid in the floor of Chartres Cathedral around 1201, and replicated at Grace Cathedral, a long-forgotten mystical tradition is insisting to be reborn. It is a spiritual practice meant to awaken us to the deep rhythms that unite us to ourselves, our communities and to the Wisdom that beckons.

*"Labyrinths prompt **thoughtful mini-journeys**, stimulating the mind as one moves **step by step** through their swirling designs."
~ Creative Living*

Lauren Artress through Veriditas, the organization she founded, is the leading force in the use of the labyrinth as a spiritual practice. "We have a vast spiritual hunger in the West and labyrinths offer a symbol that nourishes the soul"

*"I found your labyrinth ...one of the **greatest gifts** of my life."
~ Marcus*

Labyrinths have many uses and can be found in churches, cathedrals, gardens, hospitals, schools, community centers, prisons and spas. The rediscovery of the labyrinth as a powerful tool with a variety of applications has sprung from the work of Lauren Artress.

*"The extent to which labyrinths are considered effective is directly connected with the **experience** they engender; the emotions and insights they ignite, the sense of **calm** or **presence** they evoke, the depth of **solace** they bring and the activation of our interior symbolic realms that they stir."
~Lauren Artress, Walking a Sacred Path*



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Veriditas

Experience the Wisdom of the Labyrinth

Lauren Artress founded Veriditas, a non-profit whose mission is to *activate and facilitate the transformation of the human spirit through the wisdom of the labyrinth*. Veriditas is a unique organization known for offering in-depth psycho-spiritual experiences in the labyrinth. The labyrinth becomes a metaphor for walking a spiritual path together with others.

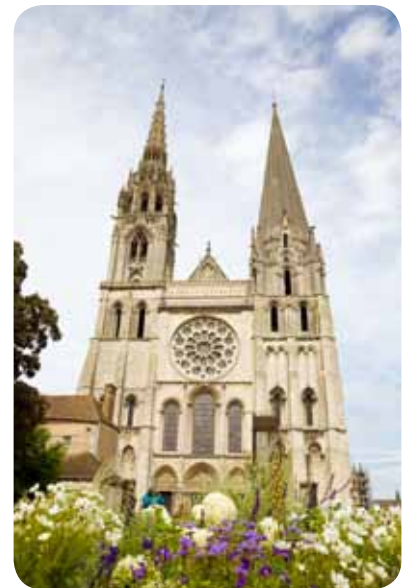
Veriditas offers quality experiences of the labyrinth in sacred spaces by way of workshops and retreats throughout the United States, Canada, Europe, Africa and Australia. Veriditas signature programs are:

- Semi-annual Pilgrimages to **Chartres Cathedral**, Chartres, France
- Semi-annual Urban Pilgrimages to **Grace Cathedral**
- **Sponsored Workshops** by request offered by Lauren Artress and Master Teachers trained by Lauren
- **Labyrinth Facilitator Training**, a unique professional training for those interested in facilitating the labyrinth experience for others

For more information about Veriditas programs, please visit www.veriditas.org

Veriditas program participants say the labyrinth experience:

- "Opens my heart"
- "Centers and grounds me"
- "Helps me know that there is a pattern of organization at work in the chaos of the current world"
- "Receives my grief and pain and allows for its release"
- "Connects me to that which is greater than me"
- "Gives me creative insight to solve the problem I'm working on"
- "Balances my energy"
- "Revitalizes me to take on the rest of my life"
- "Connects me to others walking"
- "Is my path of prayer"
- "Provides me with inner guidance"
- "Gives me hope"



And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."
"A very moving and powerful experience!"



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Keynote & Workshop Topics

Keynote Speeches Offered by Lauren Artress

The Wisdom of the Labyrinth: It's History, Mystery and Modern Uses

Lauren Artress presents the fascinating history of the labyrinth and the story of how she came to work with the labyrinth. The labyrinth, a spiral pathway, can be symbolic of our path in life. It is a way to nourish our inner world. It is not a maze, designed to confuse us, but a flowing path inviting a mystical experience.

Addressing The Spiritual Hunger Of Our Times

We hunger to live a symbolic life. We need symbols that hold meaning for us in the present day. A deterrent is that we live in a symbol-phobic culture. Spiritual hunger that goes awry can turn into addictions. Many spiritual practices no longer hold meaning. The labyrinth is an important tool, because embedded in the pattern are three symbols: the circle, an archetype of unity and wholeness, the complex spiral, an archetype of integration and the double helix, the invisible flower of life. Walking the labyrinth can become a sustaining practice that feeds our spiritual hunger.

The Labyrinth as an Organizing Principle

Walking the Labyrinth as a Spiritual Practice gains momentum over time. Frequently the unique pattern—the single path, the turns and the center—holds a spiritual pattern that helps us understand the experiences that “meet” us on the path.

Workshops Offered by Lauren Artress

Stoking the Fires of Creativity

Walking the labyrinth is a meditative practice that is being embraced in many countries around the world. This practice can have many applications. In hospitals it offers a quiet place for prayer, in spas it is used to integrate the mind, body and spirit. In prisons it provides solace and self-reflection. In churches and cathedral it quiets the mind and opens the heart. Though there are many labyrinth styles, the Chartres-style labyrinth is known for its whole-brain integration that opens the channels to creativity and innovation. In this workshop, “Stoking the Fires of Creativity”, Lauren Artress will introduce the use of the labyrinth as a practice that encourages an encounter with our creative process.

Labyrinth Walking: An Ancient Tool for a Whole New Mind

We live much of our lives in a left-brain oriented world that values knowledge as power. But there's another way to experience the world—from the reflective, emotionally embodied, intuitive, synchronistic, nonlinear, and integrative right brain. As we learn the ancient practice of walking the labyrinth with Rev. Lauren Artress, we shift consciousness from our left brain to our right brain, and bring to the surface the deeply intuitive part of ourselves that offers wisdom rather than simply knowledge.

Through labyrinth walks, group discussions, individual reflection, and journaling, we deepen into the ancient practice of the labyrinth and bring balance between our left and right brain. As we create a whole new mind, we ask and answer the questions, “What do I seek? What in my life is calling me?” We also gain a greater awareness of how to quiet our mind, a deeper understanding of what might be blocking our potential, and insight to make the changes necessary to live our life more fully.

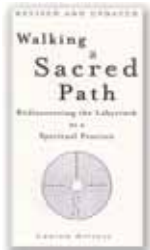
Reflections on the Path: Journal Writing and the Labyrinth

Writing our thoughts and experiences is healing and empowering. When writing is coupled with walking the labyrinth, insights and self-knowledge become easily accessible. Whether we seek the center, a stronger sense that we are “on the Path”, or are on a turn in life, the metaphors and symbols that emerge are nourishing to the soul.

This workshop will utilize journaling, prompted by questions that will encourage each participant to draw on his or her inner wisdom.

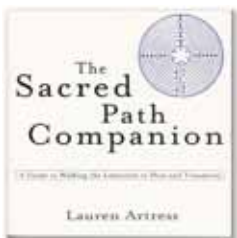
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Books



Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice,
Riverhead / Penguin Publishing 1995, Second Edition 2006

"One of the best things about this marvelously written book is that it salutes and honors the spiritual yearnings and journeys of seekers outside the institutional church." ~ Spirituality and Practice



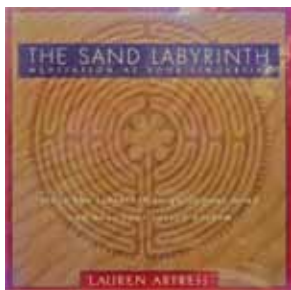
The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform,
Riverhead / Penguin Publishing, 2006

"What a great experience! It reminds me of *The Artist's Way*, which I love, for the labyrinth."

"It is perfect for my friends who ask, "What's a labyrinth?" Best book on spirituality I've read lately."

"This book has opened up a whole new world and realm of possibility."

"I was very excited when I first read this book because it is an outstanding comprehensive guide for people at all levels of the labyrinth experience to maximize their benefits of labyrinth walking!"

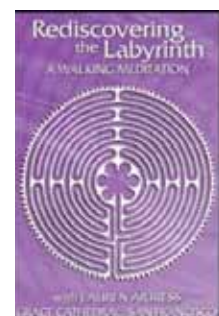


Sand Labyrinth: Meditation at your Fingertips: Tuttle Publications, 2000

Included in *The Sand Labyrinth* is a 10" square sandbox and a double-sided labyrinth (flip over to change the pattern and create a different meditative effect), which is covered by a layer of fine white sand for finger tracing. The accompanying book contains five sections devoted to using the labyrinth for healing, creativity, discovering your soul assignment, awakening self-knowledge, and honoring your experience. You'll also find words of wisdom from sages of all traditions and ages, plus testimonials from ordinary people who have found extraordinary results from the soothing, mesmerizing power of the labyrinth to help deepen your meditation experience.

Other works featuring Lauren Artress...

1. *The Spirit of a Woman: Stories to Empower and Inspire:* Santa Monica Press, 2010: Essay
2. *The Power of Collective Wisdom: And the Trap of Collective Folly:* Berrett-Koehler 2009:
3. *The Unending Mystery: A Journey through Labyrinths and Mazes:* David Willis McCullough, Anchor, 2005: Expert
4. *White Fire: A Portrait of Women Spiritual Leaders in America* by Malka Drucker, SkyLight Paths, 2003
5. *In Sweet Company: Conversations with Extraordinary Women About Living a Spiritual Life:* Essay: Lotus Press, 2002
6. *The Cultural Creatives: How 50 million people are changing the world:* 2001: 3 Rivers Press
6. *Radiant Life Meditations and Visions of Hildegard of Bingen:* 1998: Video



Rediscovering the Labyrinth:
A Walking Meditation with Lauren Artress
(DVD - Sep 23, 2001)

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