



Four Flies Flash

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The seven circuit
Labyrinth pattern



Four Flies Labyrinth

What is this life, if full of
care,
We have no time to stand
and stare.

No time to stand beneath
the boughs
And stare as long as sheep
or cows.

- Henry Davies

The Labyrinth: Silencing the Soul

Labyrinths have been around for more than 4000 years. Like the pyramids and Stonehenge they are geometric forms that define sacred spaces. They have been a part of almost every religious tradition in the world and have symbolically represented the pilgrimage to Jerusalem, the center of the world. Today, labyrinths are used for reflection, prayer, meditation and comfort.

Although there are different patterns for labyrinths, the three designs mostly used are seven circuits, eleven circuits and twelve circuits. The most common pattern is the classic seven circuit labyrinth. A labyrinth has only one way leading to the center and back again. Unlike a maze, that has trick turns and dead ends, it is not designed to be difficult to navigate.

Labyrinths are truly sacred spaces. The design itself is inherently powerful. When walking a labyrinth, you meander back and forth, turning 180° each time you enter a different circuit. As you shift your direction, you also shift your awareness from the right brain to the left brain. This induces a receptive state of consciousness. One loses track of direction and of the outside world and thus quiets the mind.

Walking a labyrinth is a highly personal experience as it is a universal symbol of our journey through life. Each walk differs from any other. It could be a healing and a profound experience or just a pleasant walk. The time in the center could be used for reflection, mediation, prayer or inner silence and tranquility. The experience is then integrated on the way out.

Is it surprising that the wisdom from ancient times can be so beneficial to modern man? The question however, remains: Will we truly realize its value?

"I will make time in this day to go into the garden of my heart and listen to him speaking to me as he speaks to no other."

-Anonymous

Information from: <http://en.wikipedia.org> and www.angelfire.com

Editorial

I am used to silence on the farm. However, after a week or two in Pretoria and having had quite a number of friends and family visiting, I realized just how demanding modern life is. Not only do we frantically scurry around from point A-Z, but also we are flooded with images, smells, tastes, and noise, noise, noise... Then there are our scampering minds, dashing and darting around like a horrified hare being chased by a frenzied fox. No wonder we no longer know who we are.



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Springtime at Four
Flies!

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When I think of the beginning of time it becomes clear that man was created to move at a walking, or at the very worst, a running pace. Time was nothing more than an awareness of morning, noon and night. Man was to live in nature and enjoy the good and healthy fruits of the earth. But gradually that changed and now we must make deliberate choices to ensure physical and emotional health. The crucial question is: How can we reclaim the forgotten art of the good life? How do we put the madness aside and enter into a space of serenity and inner stillness?

Perhaps the answer lies in the recognition of what life really is and who we really are. And, if we do not know, we can at least walk slower... talk slower... eat slower... We can watch the sunset... smell a rose... listen to a bird... We can stroll... or sit... or lie down...

After all, what is this life, if full of care, we have no time to stand and stare...

Four Flies News

1. **Four Flies Nature Farm** now also offers retreats for spiritual refreshment. We will only accommodate four people at a time. Visit our website at www.4flies.co.za for dates. Please send an enquiry for fees and programmes.
2. We built a classical labyrinth in a silent spot between the blue gum trees. Labyrinths are really sacred places and you are invited to enjoy the experience of walking it.
3. Visit us at www.4flies.co.za to check availability online. You can also conveniently book online.
4. Register for one of our art classes before you arrive at **Four Flies Nature Farm**. Attend your class between 10:00 and 13:00 on Saturday mornings. All materials are provided and you do not need any skills. R100 per person.

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