



Pre-Walk Talk



A Labyrinth is a personal journey; it's all about them what they put in they will get out .it's not a competition to get more out of it than someone else.

It's called the Rekalibrator because if a clock/watch is 10 minutes fast or slow it will never tell the right time. If a person is not in the right place they will never make the decision that's best for them.

This labyrinth is based on permaculture so people can start to understand the benefits of learning permaculture.

It has 3 spirals which represent Earth Care, People Care & Fair Share.

The first is Earth Care because if we don't look after that the others can't happen.

People Care is next because they are the most influential species in how we look after the earth.

Fair share is always tricky, because the labyrinth is a self-journey and doing what's best for one's self in permaculture it's about getting rid of what you have too much of. If you think about it, no matter what it is if you have too much of what you have then it's a burden to you but because of the society we live in, it's difficult due to the fact that society puts a higher value on things because they are scarce.

Where if we lived in a permaculture society we would be creating things in an abundance so parting with what you have too much of would be so much easier as everyone would have extra and be wanting and happy to give it away.

So what we ask the walker to do when they understand this is to ground themselves as much as possible and go for a slow walk around the labyrinth.

When walking the first spiral ask them to think about how or what they do to actually care for the earth. Then when they get to the centre of the spiral and start the outward path, to think about what the earth does to care for them?

Moving in to the people spiral ask them to think about the people they actually care for/about, the ones they could name or picture in their minds etc. until they get to the centre then on the outward walk think about the people who care about them.

When walking the fair share spiral what do they have too much of? What do they share out and what gets shared with them etc.

Give them a card and remind them that the slower they walk the better, as it will give them