

The
ROCKSPIRIAN

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10TH ANNIVERSARY EDITION!

THE QUARTERLY ROCKSPIRE NEWSLETTER is celebrating its 10th year and 39th edition. When first published in January 2010, *The Rockspirian* announced the opening of the newly expanded Upper Nature Trail, now known as Joan’s Angel Trail. Since then *The Rockspirian’s* distribution has expanded to over 300 recipients located from Alaska to Australia and 26 states.

The Rockspirian is a quarterly showcase of those who have touched **Rockspire** – either as member, neighbor, friend, visitor, or worker. We highlight the events, works, dreams, and novelties that make this area a fantastic melting pot of experiences! We also feature the design concepts of fellow **Rockspirians**.

The mere fact that you are reading *The Rockspirian* makes you an important part of our grand experiment we call **Rockspire**. Your thoughts and comments are always appreciated as we move forward into a new decade toward the creation of our “Living Laboratory for Sustainable Lifestyles”.



Page 1 of the first Rockspirian Newsletter – January 2010

ROCKSPIRE’S ADVISORY BOARDS kick off with a series of open forums this year. There are 10 advisory boards serving Rockspire and the public about issues that affect all of us. These are: **Architecture** / Planning / Engineering, **Arts** / Crafts, **Business** / Finance / Marketing, **Communications** / Technology, **Community** / Outreach / Events, **Education**, **Food** / Agriculture, **Health** / Wellness, **Nature**, and **Water**.

The purpose of these open forums is to discuss and evaluate new and creative ideas about the topic areas. Advisory board members are selected for two-year renewable terms. Each board sets its own agenda and meets periodically. Times will be announced via email notifications and on the Rockspire website events page. If you have an interest in participating in one of these advisory boards or if you would like to write a guest column on something that interests you (see Page 2), please contact us at managers@rockspire.com.



✍️ GUEST COLUMN ✍️

LABYRINTHS – PURPOSEFUL WALKING, by Deborah Myers

Because I'm a quilter I like pattern and repetition, so it's little wonder that I gravitate to ways to incorporate pattern, repetition and reward into other things in my life, including labyrinth walking. While I've never walked in a labyrinth yet, it is something I want to try.

The pattern of a labyrinth can be classical or medieval, most frequently outdoors, crafted out of whatever material is available – wood, brick, stone, grass, garden elements, printed concrete. These photos give you an idea. You may have seen them in the context of cathedrals, where labyrinths are commonly incorporated in flooring design. At Chartres cathedral, for example, the labyrinth represents the pilgrimage the faithful make toward God, the center. It represents the spiritual journey.

For meditation, outdoor labyrinths, are designed for walking with intention or purpose, usually silently, solo, inhaling and exhaling with each measured step. As you walk, you are thinking about each step's components: lift one foot, move forward, front heel first, shift weight, back heel lift, and repeat. As you practice this form of walking, you slowly become aware of your inner self.

Unlike forest bathing, where one walks into woods to take in the full experience of being one with nature, the labyrinth walk is more inward-facing and in that sense, makes it meditational. What labyrinth walking has in common with forest bathing is escape from noise of usual surroundings. Both techniques reduce stress and have been found to have health benefits.

To find existing labyrinths in the local area, go to LabyrinthLocator.com. I searched within 100 miles of Eureka Springs and found 31 existing labyrinths! Some require an appointment to walk; others are available anytime. Boone County Master Gardeners has one made of daffodils! How fun for a Spring walk!

