

"Hamba Endleleni Engcwele"



Creating the future, by healing the past, all in the present now moment!



"When I visit the Sacred Goddess Labyrinth of Nemetona, whether I walk its spiral paths or sit quietly within the intimacy of "the sacred grove", I am consistently able to find my personal Nemeton.

It is here, within my inner temple, where I can feel my true connection to the earth and nature, experience balance and feel touched by the reassuring energies of Nemetona."
Helen Schuck www.labyrinththerapies.co.za

Dear Friends

I'm sure you'll agree that the current energies present us with an assortment of new and interesting gifts, and are generally accompanied by a substantial amount of challenges. (That's for sure!)

We are in the throes of huge transformation and daily we are tested to remain composed and in harmony with the rhythms of life (not easy). As we set the course for our new day, there are many different scenarios.....and if your knee jerk reaction is often to slip back under the duvet - you are not alone!

Perhaps upon awakening the overall feeling is one of disgruntlement, we feel a large chip digging painfully in to our collective shoulder and it appears that we have become entrenched in the land of the gloomy!

For me this has been occurring with alarming regularity and I have experienced a greater need to connect with nature and a desire to walk more frequently in my garden labyrinth. (For those of you who know me well you will be aware that I am a passionate “labyrinth-ite” and have spent many years building labyrinths and working within its Sacred Geometry).

Upon my daily walks I always connect with the energies of **Goddess Nemetona**, the namesake of the labyrinth in my garden, and her loving guidance never fails to put matters into perspective and bring me back in to the “now”. So it came as no surprise when I sensed her prevailing energies and her card popped out of the pack and landed gracefully at my feet.

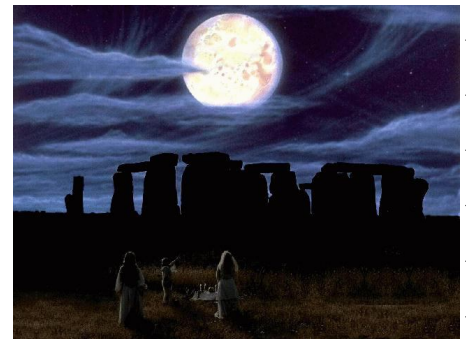
Goddess Nemetona is the Celtic goddess of power places, sacred grounds and circles, labyrinths and medicine wheels, and I work with her daily.



For more information on Nemetona [click here](#)

Her name is derived from ancient times, when our ancestors held most of their sacred ceremonies outdoors, favoring small woods with well-formed trees and circular formations out of primeval rocks and stones. These sacred spaces that we now call “groves” were known by the ancient Celts as “**Nemeton**” and were nurtured by the Celtic Goddess “**Nemetona**”, who silently watched over the ceremonies, infusing them with wisdom and guidance.

This “Divine Mother of the Nemeton” still oversees our sacred sites, especially those connected with nature, and she will help us build our own “sacred space” just like she did me, with my labyrinth.



“She was dressed in silken, corn-coloured robes that flowed around her bare feet, milky white and edged with delicate pink nails. She was of medium height with a slender frame and held a graceful pose. Upon her finely sculpted head was a garland of pale white flowers and her raven black hair that fell softly around her shoulders, was in deep contrast.

Her eyes were sea green and penetrating and her refined, rose-coloured lips, edged by a gentle and pensive smile. There was an aura of solemnity around her and,

although this vision was fleeting, it was as detailed as if I had seen her in a painting.

For a moment I was a little mystified by my lack of surprise because Nemetona's appearance seemed to me to be completely in order and perfectly natural. What's more, her gentle presence confirmed what I had secretly hoped - that this labyrinth, whose foundations lay within a magical grove, would be protected and blessed by Nemetona's energies and offer a complimentary sanctuary for all to share."

Helen Schuck June 2007 www.labyrinththerapies.co.za

She is also available to assist with medicine wheels and labyrinth ceremonies and I always call upon her to cleanse and purify our "sacred space" during meditation.

She reminds us that, *"when we connect with sacred symbols, we help our inner sanctity to find a home in the outer world", and, "by exploring through sacred symbols and sites we are able to tap into the ancient wisdom and spiritual grace of the old ways".*



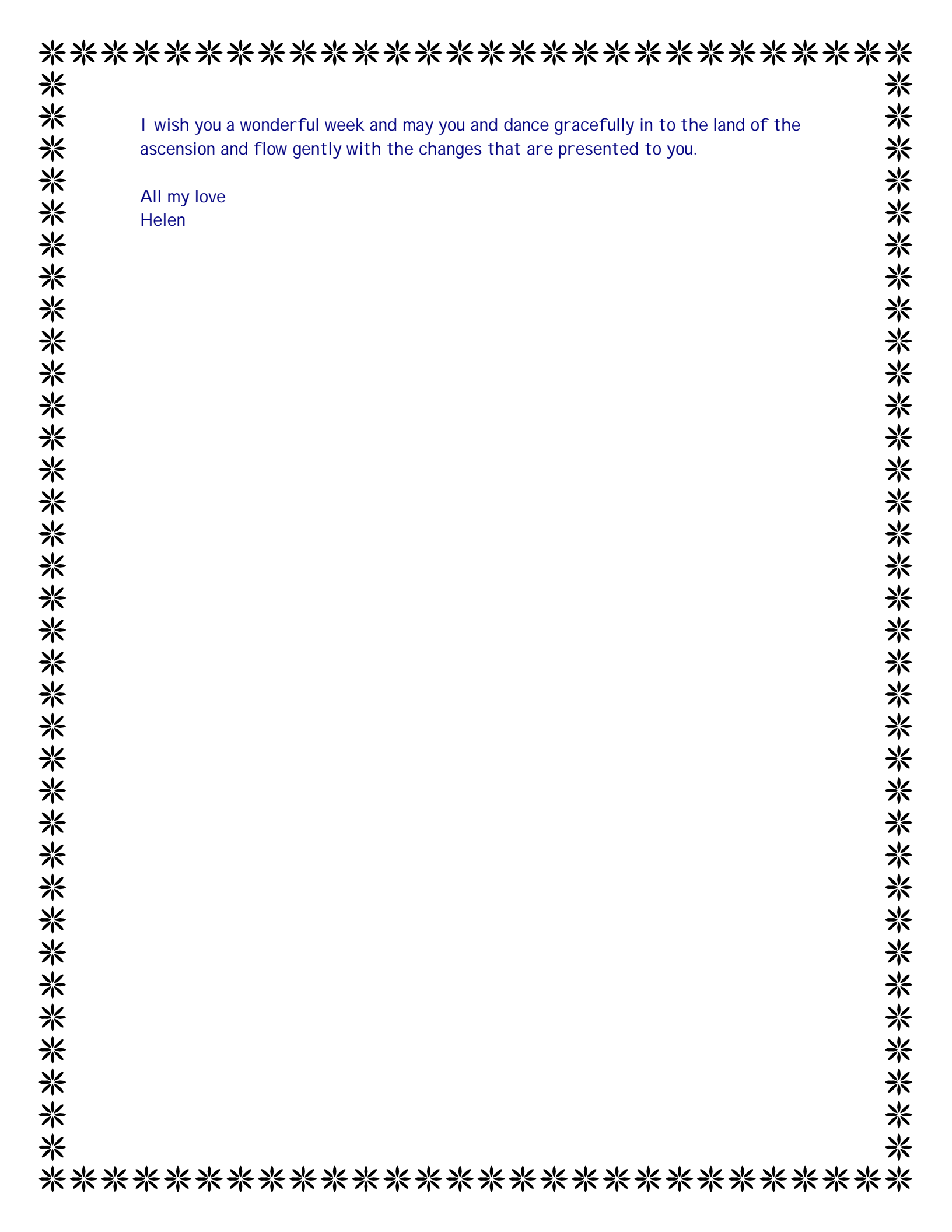
Furthermore *"When we pray in a sacred power place, we join in a simultaneous reality with ancient rituals being currently performed in a parallel dimension. Prayers for increased power, psychic abilities, and manifesting abilities join with ancient tribal dances and sacred-rite prayers."*

Various Meanings of this Card: Build an altar in your home: Take a spiritually orientated trip: You need a quiet place of refuge and retreat for yourself: Create a medicine circle or labyrinth: Walk the labyrinth: Clear the energy in your home with sage, prayer, toning, invoking Archangel Michael, or other space-clearing methods:

And perhaps if we heed her message, not only will we further release our limitations to the past, but create a smoother and more comfortable passage in to the new.

So this week, if you feel the need, call upon **Goddess Nemetona's** assistance to connect with the spiritual grace of the old ways and we may help our inner sanctity discover a sacred home in the outer world!

And for those of us who live in PE and would like to walk the labyrinth, **The Sacred Goddess Labyrinth of Nemetona** is available to you, just phone to make arrangements.



I wish you a wonderful week and may you and dance gracefully in to the land of the ascension and flow gently with the changes that are presented to you.

All my love
Helen