

## **May Day! May Day! What an Amazing Labyrinth Walk!**

May 1st is May Day. This holiday has different meanings for diverse cultures and countries. Today in the United States, it is a celebration of the season of Spring. is a time of flowers blooming, trees returning to life, birds singing, and animals coming out of hibernation. Nature becomes beautiful again!

People all over the world celebrate May Day through singing, dancing, flowers, baskets and other traditions. Regardless of race and culture, people come together as one in celebration.

May 1st was also World Labyrinth day. People all over the world were “walking as one” to create a rolling wave of peaceful energy across the globe. EricsHouse held its first annual “walking as one” event. Facilitated by our own Dr. Kathleen Benjamin and Reverend April Boyden we had a beautiful experience. Approaching 100 degrees F, our walkers carried umbrellas which will now be donated to people in our community who have no shelter. What a great way to combine a walking meditation with generosity to help those who will struggle in the AZ heat this summer.

For more information on our labyrinth walks, please visit [www.ericshouse.org](http://www.ericshouse.org).

