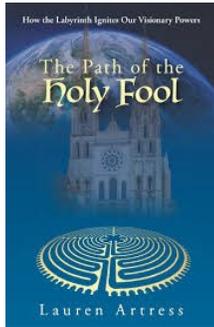




Discussion Guide



About the Book

Title: The Path of the Holy Fool: How the Labyrinth Ignites our Visionary Powers

Author: Lauren Artress

Published: Rose Petal Press, 2021

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Labyrinth Organization she founded: Veriditas.org

Questions for Discussion

1. What were your general impressions of this book?
2. Early in the book, Artress refers to a quote by Soren Kierkegaard “Every human being comes to earth with sealed orders.” What does she explain as her sealed orders? Have you discovered your own sealed orders? If so, what are they? If not, are there ways you could listen to discover your purpose?
3. The author believes that the labyrinth connects you to your imagination. What role does imagination play in your life? Have you ever tried using the labyrinth as a tool to connect with your imagination? If so, how did it go? What other tools do you use?
4. Artress begins Chapter 3 with a quote by Gabriel Cohen: “A growing body of research supports what spiritual contemplatives have known for millennia — that the human capacity for imagination not only shapes our minds but also weaves the fabric of reality itself.” What does mean to you? What does it mean in the context of this book?
5. What is the story of the Holy Fool/Parsifal and how does she connect his journey with the labyrinth? With which aspects of his story do you identify?
6. Artress speaks of the importance of reason, sensation and imagination held together and says they come together in the architecture of Chartes Cathedral and also in the labyrinth. Explain and discuss what this means.
7. What is Earthwise and the vision the author seeks for the future? How does the author suggest that labyrinth can help ignite our visionary powers for the future?
8. Read the quote at the beginning of Chapter 6. What is a Holy Grail and how can it help you in your life?
9. Read over the MAMs comments on the book. Which of them do you most agree with and why?
10. In what ways, if any, will this book change your life or perspective?

Watch the author’s book launch and discussion of the book on YouTube at:

Book Release & Reading: The Path of the Holy Fool by Lauren Artress (53:11)



NANCY: This book is a breath of fresh air as it encourages us to take time to awaken our imaginations to meet the challenges of these times. I appreciate the depth and creativity of this work which weaves the author’s story with the labyrinth and the story of the holy grail into a fabric calling for a just and compassionate “Earthwise” vision for future. I love the challenge to continue to listen to our unique call and purpose in this world.



KATHARINE: Lauren Artress is a well-read writer, with an extensive background as an Episcopal priest, a psychotherapist and a labyrinth enthusiast. I love her interpretation of the Chartes Cathedral and how it reflects the combination of reason, spirit and imagination.



PRISCILLA: This book is a little too much for me. Why do you need to worry about reason uniting with imagination? All I need is Jesus. He’s my Savior. I wonder if those Middle Age Christians really understood all that she talks about the Chartes Cathedral. They probably just went to church to pray, like me.



JANE: Whoda thought a labyrinth could do all that? I have to admit I’m still scratching my head about this one. I mean I watched Monty Python and the Holy Grail, but this here is a whole different kind of animal. Or maybe we just need to pay a visit to France. Ladies? Next destination, Chartes Cathedral?



MOLLY: I started going to Veriditas’ weekly online finger labyrinth walks while reading this book. I’m using my finger labyrinth more these days and listening for direction. So cool. I love her vision for a better world that includes justice for all. Check it out at veriditas.org, free every Friday during the pandemic.



ABIGAIL: I love her focus on developing a vision for the future that is Earthwise. Also, isn’t it cool that she talks about how the labyrinth walk connects us to the Earth and helps us dream of better ways to care for the Earth? Remember when we walked the Living Vine Labyrinth after reading environmental books? Look at the vision that came to Molly and that led to our FARM!



SALLIE: Well, I love her idea that we all come with sealed orders. I believe that. When I used to teach, I could see each child is so unique. My job was to help them to develop into who they were. And that goes for all of us, too, even in retirement. What are your sealed orders?