

The Threshold Method
An Interactive Introduction

With Clare Wilds



“The Path That Knows The Way”

A Woman’s Radical Return To Her Soul

Process | Purpose | Path

Welcome, Welcome, Welcome!

I am so excited to walk with you on this beautiful journey we call life. My name is Clare Wilds and my soul's work in this lifetime is to serve as your spiritual counsel and therapeutic guide. I am incredibly blessed to have had divine assistance in creating this Method of sacred enquiry for your Process, Purpose & Path.

**Your Purpose: You are here to Awaken
the World**

**Your Process: Through Re-Awakening
Yourself**

**Your Path: By Walking the Awakened
Way.**

Action is the language of the Awakened Soul

Here you will have the safe container and consistent support to master your own energy so that you may feel sustained in holding your message and your mission within the intense and complex group energy in which we are being called to serve within.

I will guide in this process by providing a mix of spiritual direction, counselling and coaching in order that your path feels fully held.

Truly the creation of this method was prompted by my desire to create what I couldn't find.

As a therapist I could see first-hand the scale of our collective need and knew within my own life that I needed exponentially greater holding than standard therapy or coaching could provide.

As you probably know by now, once you fully commit to walking your spiritual path all your shadow "stuff" suddenly reappears. You discover that the real work from here will be to walk in compassionate surrender and merge your will with divine will.

You have probably realised the bigger themes of your life and the belief systems that go with still have the capacity to bring you to your knees.

And it is to your knees that you have realised you must come, every minute of every day, in devotion and service.

That somehow the only way through this life is in your surrender of the hard way, your refusal to go the easy way and the determination required to walk the simple path.

We need to be held in deep reveries of counsel to know that we are safe to continue with our soul work within depletion. We need something that can both contain us and connect us and this is The Threshold Method.

Before we continue I want you stop and consider the paradox in this statement and the question that follows by using the box below to explore its meanings for you...

There are two types of people in this
world...

Those who are alive and those who aren't
dead.

Which one are you?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the preceding text.

Asking this question first is incredibly important for starting to notice if/where you are feeling energetically alive or dead and coming to terms with whether you feel you are truly thriving in your life or if aspects of your inner world still operate on survival mode.

Why can The Labyrinth help you?

In short, it houses and holds the paradox of our time:

The Global & The Individual

The physical act of walking a Labyrinth involves walking an embodied solitary journey encountering other people along the path who are doing the same.

It brings you into contact with others in the most beautiful expression of social solitude and allows you to reimagine a new kind of social solitude in this digital age so that you can connect within the new paradigm of awareness and information available to you.

The Labyrinth however is ambiguous and convoluted and this is reflected within your life too.

Despite a full and satisfying life being technically available to you many of us are coming to the painful realisation that we aren't particularly available to ourselves in the way required to feel the freedoms we crave.

Our availability is contentious and increasingly hard to manage on the outside and inside we feel the same rising tide.

Anything that is not real is crumbling now. For many of us that means we have experienced seismic shifts in our closest relationships and can see from the world at large that what is build on sand is being reclaimed by the vast cosmic sea.

The veil of your illusions has been lifted and within this your call to atone your life in order to move beyond suffering has come.

For most we are "virtually" starved of the connection we are wired for so learning how to master our inner workings in order to get back on path and in full service to our greater purpose in the world requires a lot from us and we are fully awake to what is being asked of us.

The labyrinth invites you to deepen your spiritual life both physically and metaphorically - on the ground - in communion and connection not only with your own consciousness but with and through the consciousness of the collective.

To carry out this level of conscious living you are being summoned to radically upgrade your mindset and nervous system to be able to keep to the path.

Women of every walk of life are affected, in this no one is immune.

In truth you must take responsibility for your own energy within the group's energy - and this is what I seek to provide support with so that you can serve your highest and fullest potential.

This work allows you to re-wire your process and re-connect to your inner world.

We will work to create an internalised version of the Labyrinth within your psyche, cultivating the seat of your true power and resting on the safe structure of the labyrinth to provide a framework to guide you through your life, regardless of what appears along the way.

Here we practice steadfastness and sure-footedness.

Cultivating the capacity to connect to yourself first and have the committed devotion to getting to the centre of your inner world and receiving what is needed there, in order that you can return to the outside world, connected and ready for connection is the new world order.

In the starkness of how increasingly polarized our world is, you are being guided to identify where you carry this within our own inner life, in order that you master it there first and step beyond the paradoxical and painful ways in which life is playing out.

The invitation comes as Self- Mastery via Soul-Mystery.

By becoming available to yourself first and prioritising it as a matter of **urgency** you can live with **increasing** peace and certainty. The metaphor of the Labyrinth shows us the way to truly embody this process.

And make no mistake, the urgency you feel, is real. Your time and space have never been more monopolised and the increasing rate at which things can spin out of control is felt all over your life by now.

In therapy we work to internalise the reference point from where you access, assess and accept yourself and your worldly experiences. Creating an inner authority that is not easily

persuaded to betray or condemn itself from things outside of itself is the transformation which aligns your path with your divine purpose.

And so, internalising the Labyrinth and walking an inner process is something that I have been called to offer my clients so that a form of self-therapy and soul-enquiry can be yours to carry you along the way. With it you can:

Step Back. Step in. And Step Back Out.

This lets you begin a process of re-connection and show you The W.A.Y (This is covered on the online self-paced course!) back on to your path and your purpose.

Energy alignment is a huge driving force for my work. When you can shift and create new energy you have the capacity and the calibre to work in the world with a heart that has her guts so firmly intact that your courage and your consistency raise your own and the collective's consciousness.

Do you have a Maze or a Labyrinth Mentality?

To begin you must understand the differences between a Labyrinth and a Maze. They are commonly considered to be variations of the same thing but they hold distinct and important differences. Probably the most important distinction however is that when navigating a maze you become lost, whereas the labyrinth is a journey to the centre of who you are.

Within a maze you feel constantly uncertain of where to turn next. The labyrinth removes this efforting by providing only one path that guides you both deeper into and back out of your experiences.

In the labyrinth the choice is to simply choose to walk in surrender. Whereas the maze asks that you constantly make a

succession of systematic and progressive choices about where to go.

Once you are in the Labyrinth you have an autonomous choice about how long you will stay and when you will leave. Contrast this with the sense you get in a maze that it somehow knows better than you and can effectively hold you captive until you figure out how to outsmart it.

This is in effect the distinction between the Piscean age and Aquarian age - one withholds the power, authority, information and knowing - the other makes it openly available so that you no longer have the task of figuring things out.

Your work in the world now is in the cultivation of a voice whose word is exceptional.

The maze is a structure designed to trick you. Its function is to engage your left brain in using linear, strategic, logical thinking to figure out the correct path. It causes you to feel disorientated, confused, uncertain, doubtful and even anxious or stressed. It creates a considerable challenge and engages you in problem-solving.

It intentionally provides you with wrong-turns and dead-ends and can have several entrances and exit points. It is multicursal - containing many possible paths.

Reflect for a moment on how this may describe the way you are living your own life, incessantly looking for the fix, the find or the formula to figure out our way.

In the box below take the opportunity to depict in colour, shape, form or words the ways in which this has been true for you.

A large, empty rectangular box with a thin black border, intended for a drawing or written response. It occupies the lower half of the page.

The Labyrinth instead has a Threshold which acts as both the entrance and the exit.

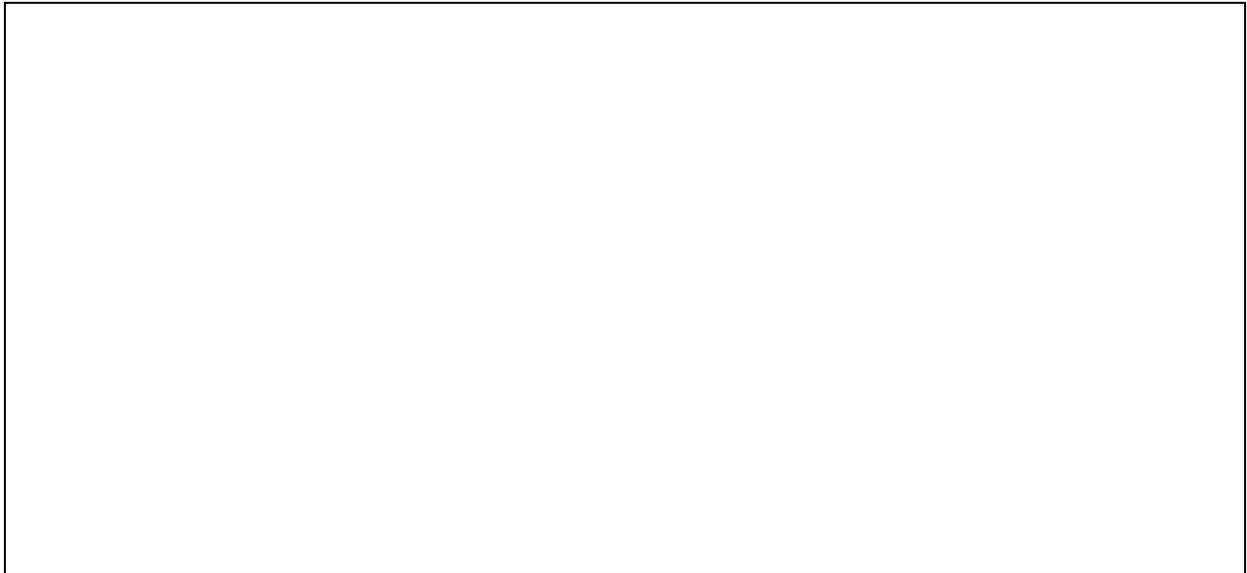
It contains only one path and has no dead-ends or wrong-turns. It is non-linear and convoluted. The way in is also the way back out. It activates right brain processing, creativity, emotion and intuition. It calls us to Surrender and to walk in full faith. It fosters certainty, keeps us on-track and shows us the way - you always have a 360 degree vista upon which to guide and orientate yourself - they are no walls to obscure or obstruct you.

It asked you to trust. It brings you into contemplation, reflection and prayer. It soothes the mind and acts both as a mindfulness practice as well as a living meditation.

It gives you the opportunity to come into balance, to slow to the pace of being and to engage in deeply listening.

Perhaps one of the biggest takeaways from the labyrinth is that you only risk losing your way if you step across the lines/circuits. Suddenly you may not know which way you were facing or which way to turn. This acts as a powerful metaphor for your life and reminds you that when you have become lost or despairing you have an opportunity to explore whether you are cutting corners or crossing some important boundary. More crucially it signifies the opportunity for a turn-a-round.

In the space provided below take some time to think about how these universal laws of the labyrinth may apply in your own process, purpose and path.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the labyrinth laws.

So what is The Threshold Method?

It's a method of on-going soul-enquiry. I have developed this as a way for all women to more fully hold their own process as they navigate their life path and purpose.

It provides spiritual direction, therapeutic holding and physical energy alignment.

We know there is an epidemic of auto-immune and psychological maladies plaguing humanity and yet few of us are adequately equipped to withstand the increased intensity of the times.

The Threshold Method seeks to give profound structure to your soul work so that you may be of service in whatever way you are showing up in the world.

This work is the antidote to fatigue, burnout, stress, anxiety, depression and the many other struggles you face. It is both the foundation and the framework you require to thrive.

It is also a container which ignites ritual and ceremony and provides profound initiation into each moment of your life.

What Significance does The Threshold Have?

I was initially guided to call my work Threshold Therapy because I had worked with so many women from my own home. I felt that welcoming women across the threshold of my own life had been transformative for me and it was something I wanted to keep as the central focus of my work.

So, when I discovered the Labyrinth and realised it too was defined by it's threshold it was the first of many more a-ha's!

A threshold is defined as the magnitude or intensity that must be exceeded for a certain event, reaction, result, phenomenon or condition to occur.

It is the energy it requires to create a shift - and this is in essence the walk of our work together.

Coupled with this a Threshold is also defined as a portal - something you arrive at, step beyond or move through.

Our work revolves around these definitions, holding and honouring your magnitude within the intensity of this world in order to bring about the conditions for your life to be on point, on path and on purpose.

And because the threshold of the Labyrinth is both the entrance and exit or work always comes full circle. We attend to the whole you, moving inwards and moving around until we get to the innermost secret heart of your experience.

ENTER IN

The structure of The Labyrinth is profound, so before we begin to use it as a spiritual tool within your process I wanted to give you a brief description of the power house of symbols it holds and how they can facilitate the immense work of walking your sacred life path with purpose, passion and true power.



THE SEED



4 Cardinal Directions

4 Seasons

4 Cycles of the Moon

4 Corners of the Earth

4 Astrological Ages containing the 4 Elements

Taurus - earth, Aries - fire, Pisces - water &
Aquarius - air

4 feminine aspects - Earth, Mother, Moon,
Goddess

As a woman of the Aquarian Age you are in such an important time in human history to truly embody your power and step fully on to your soul path.

The labyrinth holds the seed of your intentions for this time of immense change.

You are invited, by the labyrinth, to remember your origins and your potential. It asked you to embody it's seed within yourself and commence a radical walk of remembrance.

From the seed pattern the labyrinth is born.

The circuits which connect the seed together and create the path are what facilitate us in working with the metaphor of the labyrinth to function as a unified whole.

The labyrinth contains only 1 Path and in the case of the classical Labyrinth it has 7 circuits - this represents the number of times we walk around the centre before we arrive at it.

The Sacred Geometry of the Labyrinth makes it profound medicine for your earthy journey as a being seeking deeper connection to what roots you more intimately to your life. Its single pathway paves the way to greater surrender, ease and simplicity as you journey towards the centre of what makes you uniquely you. In this process you are also connecting directly with source energy which, in turn, allows you to make contact with the purpose of your life. It holds within it 4 sacred aspects and creates a numerological formula which reflects deeper mystical laws.

$$4+3=7$$

4 - is a number of "being", it is the number that connects mind-body-spirit with the physical world of structure and organization. Four symbolizes the safety and security of home, the need for stability and strength on a solid foundation of values and beliefs.

3 - is a number that reminds us we are born of both human and divine spark. It represents the holy trinity. G.O.D Generator / Organizer / Deliverier.

7 - highly spiritual number that is associated with intuition, mysticism, inner wisdom, and a deep inward knowing.

$$3 \times 4 = 12$$

12 - Combines the numbers 1+2 or signifies 12 in its own right which reflects the work of leaving old habits behind to make way for new things and opportunities to arrive.

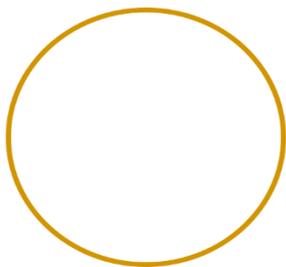
So where can we find the number 3 within the labyrinth to complete the sacred geometry of your life path?

We Circle, We Spiral, We Meander

(The feminine aspect + the labyrinth is truly revolutionary!)

The Labyrinth contains 3 very beautiful and sacred symbols all within its structure, which when brought together create completion, harmony and balance..

The Circle



The circular perimeter of the labyrinth is the container which holds us and all of our experiences. It also symbolizes completion, totality, the infinite and God/Source. In fact, source is described as being a circle whose centre is everywhere and circumference is nowhere!

The Spiral



The labyrinth winds in a continuous curve towards the centre point and is one of the oldest geometric shapes in human history.

Because of its connection with mother goddesses, the spiral is a very feminine symbol, representing not only women but also a variety of things traditionally associated with women. Besides lifecycles, fertility, and childbirth, the spiral can reference intuition and other more internal concepts associated with women.

It represents an additional element, Ether, to the 4 elements of the seed pattern. Ether is said to represent Spirit and the connection this creates between worlds.

The spiral also represents change - the old dying away so that there may be room for the new.

It is reflected in the cosmos and natural world where we can see a profusion of spiral patterns. From galaxies full of stars to the humble seashell.

The Meander



So, named after the Greek River Meander, it represents one convoluted path which twists, turns and loops in one fluid motion. The meander represents the flow of all things.

In fact, when the Greek meander pattern is brought together end to end it creates the classical 7-circuit Labyrinth we are working with!

All together then the message of the Labyrinth is to Release, Receive and Return (3) It invites us to do

this through a process of emptying, opening, resting and reflecting (4). Below I invite you to list 7 aspects of your life that you most want to work with or bring resolution to. Allow the number 7 to intuitively guide this process - perhaps names, words, places, feelings, or colours feel easier to connect with than a list!

A large, empty rectangular box with a thin black border, intended for the user to list 7 aspects of their life as instructed in the text above.

As you can see The Labyrinth is an extremely rich, all-encompassing archetypal pattern for women and offers you the opportunity to begin integrating its deep connections to the feminine psyche so that you can more effectively hold your own life.

Beginning to work with The Labyrinth as a spiritual portal into your Process, Purpose & Path is in-depth and devotional work, unleashing you to your highest potential.

It becomes a spiritual practice in and of itself.

Few archetypes or universal truths are things we can actually have a physical relationship to, but the Labyrinth is unique in this respect. We can physically work with it and walk with it to create momentum and shifts in our life.

We can begin to grow in acceptance of the meandering continuum that life constantly returns us to.

Despite its 4000+ year old history its message feels more current than ever.

Its resurgence within group consciousness speaks to our need for deeper connection to spirit without the negative associations we have with religious and societal dogma.

Consider the magnitude of this! Consider what you have the opportunity to connect with every single time you work with the labyrinthine archetype of human consciousness...

In the Path That Knows The Way The Labyrinth will be the safe container to facilitate your spiritual growth in order to enhance your emotional and psychological wellness. In just some of the following ways...

- Creating Sacred Space and Ritual within your everyday life
- Providing the threshold to fully enter your life work
- Clearing Space to move to the centre of your experiences
- Mindfulness and Meditation
- Safety and boundaries
- Connection to your soul and your source
- Facilitates specific healing
- Allowing for pilgrimages, initiations and celebrations
- Working with specific tasks, projects & goals
- Reducing stress, tension, depression and anxiety

- Enhancing creativity, intuition
- Accessing emotion
- Enter into a flow state
- Calm and relax nervous system



Dunure Castle Labyrinth was the first I walked!

The Labyrinth & Me

I worked with the labyrinth on paper with art materials before I actually walked one. I encourage you to explore any way in to your labyrinthine process that calls to you and to simply listen deeply.

Above is the first Labyrinth I walked - my only option was to walk it with my 1-month old baby strapped to my chest, my toddler on my heels and my 6 year old charging ahead.

It still moves me to think back on that first walk. How grateful I still am to have had my children there with

me and how much it reflects my desire to truly be with them (and myself) every step of the way.

You will always experience something within it's boundaries and the beauty is that you never know what's waiting for you there until you step in.

My first experience in The Labyrinth brought up so much stuff. I noticed how impatient I began to feel as the path kept winding on. I noticed how physically tiring it felt to me. I noticed how much I craved a short cut. I noticed how desperate I was to speed things up and get to the centre. I noticed how frustrated I became at the centre when I was unable to pause or reflect with my children gathered around me. I noticed the sinking feeling in my heart when I remembered that I STILL needed to walk all the way back.

My in-the-moment experience was uncomfortable, rushed, noisy, frustrating and left me feeling like I didn't get what I thought I should.

I didn't know how to feel about it.

This is often the experience of a therapy session with clients too. It can often feel like hard work yet in-between the sessions there is often a lot of internal movement. They notice or make new meanings within their lives given the time and space to reflect.

And this was my experience of the labyrinth, lightbulb moments started illuminating my long drive home that beautiful sun-kissed day.

I suddenly realised that it had been my mirror. It had shown me where I was. It had captured the very heart of my experience as a tired and overworked mama.

Each reflection stopped me dead in my tracks.

I hadn't noticed the heaviness sinking back into my life after my son was born - how could I have missed the fact that sleepless nights and endless breastfeeds while attending to the needs of my other children and finishing my academic writing was in fact a considerable load to be carrying!!

My eyes began to fill with tears as I drove. My heart felt like it was bursting open. I felt like I had been seen, that I had been heard and that quite by my own surprise I had just had a therapy session!!

This was my ureka moment, I suddenly realised that teamed with the labyrinth my work as a therapist, coach and spiritual teacher was fully ready to be born.

Oh, to walk the simple way
Not the way that makes it easy to distort my pain
Nor so hard that I must deny it
But the simple way
The way that knows me by heart
That doesn't leave her guts in the grind
That nurses my nerves back into serenity
My advancing mind into surrender
Oh, to finally know I have no choice but to walk this
path
To leave all the other decisions to themselves
And to choose the path that already knows the way

If you would like to fully experience The Threshold Method you can learn more at www.clarewilds.com via #thepaththatknowstheway to experience the self-paced course or in private counsel with me.

In the mean-time if you are feeling called to experience your own labyrinth walk, you can find your nearest one right here <https://labyrinthlocator.com/>

I hope this heralds the beginning of a long and winding love affair with the path that you are on, within the process of reaching your fullest potential and living your highest purpose.

You are always and forever at The Greatest Threshold
of your life.

Enter In. You are Known here. It is Safe to Continue.

Love From The Threshold, Clare