



The labyrinth is an ancient meditative art form whose design can serve as a metaphor of one's life journey. Its path helps walkers circle inward to the centre of their soul. The labyrinth's centre represents moving toward a goal and allowing one to release emotions that they carried inside - in order to create or envision a solution as one turns around in order to work one's way back. This liberating exercise lifts us out of our linear, left-brain thought processes by joyfully invoking our intuitive, creative right brain.

During various time periods of its 4,000-year existence, religions throughout the world have embraced its mysterious healing abilities. Labyrinths are typically found in cathedrals, hospitals, parks and residences.

The Benefits of a Labyrinth

Labyrinths are truly sacred places. The design itself is inherently powerful. The space and the experience of walking it are also very sacred and powerful and help us feel a greater sense of Oneness. It is a tool for people of all beliefs to come together for a common spiritual experience.

The design of this labyrinth is based on the Chartres labyrinth. It is named after the inlaid stone labyrinth in the floor of the Chartres Cathedral in France. It carries the walker through eleven paths that wind through four quadrants of a circle. It also has a cross in the layout with a rosette in the centre, which is said to represent the Virgin Mary.

Walking a labyrinth usually gives people a release from the everyday world. Unlike a maze, which has many paths and dead-ends, a labyrinth has only one winding path. The walk can be from 10 to 30 minutes, varying according to the individual pace of the walker.

One enters at a specific point of the labyrinth and proceeds on the path. As all attention is focused on the winding path, often people release thoughts of the past and the future in order to concentrate on the path. Being in the present moment is a stress reducer for many.

The path to forgiveness follows a similar pattern with the first steps being willingness and release. Nothing happens until you are willing to release whatever you are holding onto. Before you enter the labyrinth, the only choice needed is whether to begin the journey or not. Once you choose to begin, the journey unfolds one step at a time - a wonderful metaphor for our life's journey!

May joy and peace fill your journey!

"The labyrinth is truly a tool for transformation. It is a crucible for change, a blueprint for the sacred meeting of psyche and soul, a field of light, a cosmic dance. It is a centre for empowering ritual."

- Dr. Rev'd Lauren Artress

Experiencing the Labyrinth

A common interpretation of the labyrinth journey is expressed in three phases:

Release - Walking Into the Labyrinth

This is a time to release your troubles, clear and quiet your mind. Open your heart to whatever it might feel. Become aware of your breathing. Take slow breaths. Relax and move at your own pace.

Receive - Reaching the Centre: Home

This can be a place of meditation and prayer. Pause. Open yourself to the Spirit. Receive the guidance and light that God has for you. Listen to that small inner voice. Feel the safety and have a heart-to-heart talk with yourself.

Return - Re-Connect with the Outside World

When you are ready, begin walking again out the same path you came in. As you follow the path out, experience the sense of well-being, healing, excitement, empowerment, calm or peace. You are now bringing your light and talents out into the world to do the service you are called to do -to take action, to make a difference!

Walking the Labyrinth

- There is not a right or wrong way to walk the Labyrinth.

- As you begin your walk, take a few deep breaths at the start of the path, find your centre, and focus your intentions.
- Find your own natural pace as your walk. You can walk slow, fast, crawl, dance, skip or pause at any point as you walk to or from the centre.
- If you are walking faster than somebody, you can pass them. It is easiest at a turn.
- In the centre you can stay as long as you want. You can lie down, kneel, meditate, prostrate, dance, stand or just leave. Again, follow your own natural pace.
- Since the Labyrinth has only one path, you may encounter others and can simply allow them to pass.
- Each experience with the Labyrinth will be different. Sometimes it may feel as though nothing has happened and others you may have a strong experience. Remember everything on the Labyrinth is metaphor.
- Enjoy your experience. Listen to your own heart and take all the time you need.

"Walking a Labyrinth is a body prayer. It is non-threatening; all we are asked to do is walk "

-Dr. Rev'd Lauren Artress

The Labyrinth is very user friendly. You cannot get lost nor can you fail - - there is no right or wrong way to walk the path.

This labyrinth is intended for use by everyone. It is always available for anyone who desires to use it.

This Labyrinth exists because of the generous gifts of others and, in that spirit, it is made available to the whole of our community.

It is our hope that it will bring you comfort and peace and that walking it will aid in your healing process.

Solvitur ambulando ... It is solved by walking ...

- Saint Augustine



If you have any questions about the labyrinth or any spiritual or faith concerns please feel free to contact Resurrection Lutheran Church at 242-4042