



Labyrinth



The Labyrinth is a tool, resource, and method; allowing the participant to experience. “Experience what”, you may ask? The answer depends on what the participant is actually seeking.

If the participant is seeking relaxation, then the Labyrinth is a tool to help quiet the mind and promote balance. If the participant is looking to clear their mind to resolve a problem or listen to their inner-wisdom, then the Labyrinth is a resource. The Labyrinth is also a method, which takes active participation to find the answers that one seeks.

Unlike a maze, which is intended to confuse the participant, by having many false paths and dead ends, the Labyrinth has only a single path; one way in and one way out. You cannot get lost!

The Labyrinth has both left and right turns along the path creating balance. By walking the path, one takes slow movements, focusing or bringing the attention to the act of walking. It is through this deliberate act of walking that your breathing will come into alignment with your steps. Chatter or other distractions will try to interfere with the walk. Acknowledge their existence and return your focus to the act of walking and breathing.

As you walk the Labyrinth and your mind begins to quiet, it allows the remainder of your body to relax. This has a calming effect on your entire being.

The Labyrinth can also be used to release stress, tension, anger, frustration, pain, and hurt. It is a safe place to “be”, as it facilitates going within yourself.

Some find the deliberate act of walking; moving your body and mind in harmony, the calming effect of walking the Labyrinth can be invigorating - refreshing and renewing your mind.

Labyrinths can be experienced with the whole or partial body. Walking any Labyrinth would be a whole body experience. The 11-Circuit Chartres-style Labyrinth that is 36’ in diameter, when walked is 1/3 mile long. Tracing a Labyrinth pattern with a stylus or on a computer mouse pad, coaster, or following the path of a virtual Labyrinth are all examples of a partial body Labyrinth experience.

Labyrinths have existed in every civilization for nearly 4,000 years on every continent. No one knows how they came to exist, or how they were created. One thing is known; they benefit the participant. Be part of an ancient tradition as you enjoy your experience.