

## Labyrinth Introduction:

It is an ancient, spiraling pattern that has one path that leads into the centre and out again. ( about four thousand years old)

Its origins are from sacred geometry in nature: the spiral and the circle.

It is not a maze. A maze offers a choice of paths and dead ends that presents a puzzle to be solved. A labyrinth path does not pose a puzzle. You cannot get lost on a labyrinth. Follow the path, stay on the path and you will find the way to the centre and out again.

It has been walked by people of all cultures and traditions.

There are several labyrinth designs, usually in the form of a circle: classical, medieval (Chartres), contemporary...The Christ Church labyrinth has features of all three.

Walking a labyrinth is meant to calm and quiet the mind.

It is a walking prayer. A walking meditation.

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## How to Walk a Labyrinth:

Walk with an open heart and mind.

Have no expectations...experience your experience. That is, be present to your walk.

Walk at your own natural pace.

Before you enter, pause to take a few deep breaths and to centre yourself, quiet your mind.

It is OK to pass someone or to step aside to allow someone to pass.

Enter: release, let go.

Centre: receive, meditate, pray.

Return: same path back out, reflect, take learning into the world.

