



THE LABYRINTH

What is the Labyrinth?

It is an exciting, ancient sacred tool of transformation and self-discovery. It is over 5,000 years old and has occurred in many traditions and cultures. It is a single path that meanders and turns till it reaches a central point. There are no dead ends. The path that leads into the center/goal, it is the same path that leads out.

Why walk a Labyrinth?

It helps us discover our own path and to keep on it. It gives us space and time as we walk it to reflect, to gain clarity and to listen to our innermost self. It is a universal symbol and tool that gives the opportunity to unite people of all beliefs and understandings, as they walk it.

How do people use the Labyrinth?

People of all ages, beliefs and traditions can *walk* the Labyrinth. It is a simple, yet powerful sacred tool of self-discovery and transformation. People may walk it with a question in mind and discover their answer. Walking the Labyrinth is a uniquely personal experience. It can be used as a prayerful meditation tool or as a joyous ritual in celebration.

Is the Labyrinth religious?

It is spiritual in nature. The design varies from a Classical seven circuit Labyrinth to the more complex eleven-circle labyrinth found in Chartres cathedral. The church placed Labyrinths in cathedrals in the 13th century to assist pilgrims as they decided to make major change in their lives.

Is the Labyrinth permanently fixed or is it temporary pattern?

The path of the Labyrinth can be a pattern marked out permanently: on concrete, planted in grass (Turf Labyrinths), or marked with stones, in a set area. It can also be a temporary fixture: drawn in the sand or on a canvas. (See illustration) They are found throughout the world, in Cathedrals, in caves and in gardens and natural settings.

Websites:

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