



## **THE CLASSICAL SEVEN CIRCUIT LABYRINTH**

The seven-circuit pattern has been called one of the most profound spiritual mandalas in existence as an archetypal paradigm of spiritual development for mankind by Michael Green in his book "Crop Circles – Harbingers of World Change". Traced back more than 3200 years to an inscribed clay tablet from the Mycenaean palace at Pylos, Greece, it has also been found in Peru, Arizona, Iceland, Egypt, India, Scandinavia and Sumatra. Cultures like the Hopi Indians still use labyrinths today.

In Sweden, land of numerous prehistoric labyrinths, many of the oldest ones seem to have an orientation towards the Summer Solstice Sunset. Fisherman built them to ensure good wind and a good catch before going to sea.

Unlike mazes, which have dead ends, multiple paths and tricks that challenge your mind to figure out the puzzle or "mind game", labyrinths have one path – to and from the center – allowing your mind to relax so the others parts of yourself can access other realms. They are magic in that through consciously using the labyrinth, questions can be answered, spiritual awareness can be enhanced, clarity can come out of confusion.

The seven circuit classical design is the most widely found and used pattern in the world. It helps connect us to the earth and to those ancient ones who have walked before us. The entrance is called the mouth, you walk on the path that is delineated and contained by the walls or lines. The path leads to the goal. The paths, which correspond to the chakras or energy centers in the body, are numbered starting with the outside path as number one and continuing inward towards the goal.

The labyrinth journey is symbolic of one's spiritual journey occurring in three phases: walking to the center is a time of shedding, surrendering, opening; in the center – a time of illumination; receiving Spirit's light or touching the light within; walking out from the center is a time of integration and of actively bringing one's light/gifts into the world. A reminder that our journey isn't complete until we have used our gifts and talents to serve others.

Walking the labyrinth is a moving meditation engaging body, mind and spirit. Physiologically, the right and left sides of the brain and the fluidic system of the body are balanced. Many people remark they feel at peace or peaceful after a walk making it a wonderful practice for stress reduction