

A complex circular maze with a central white area and a path of red and yellow dots leading to it. The maze is composed of many concentric rings of paths and dead ends, with a central white area that is the goal. A path of red and yellow dots starts from the outer edge and leads towards the center.

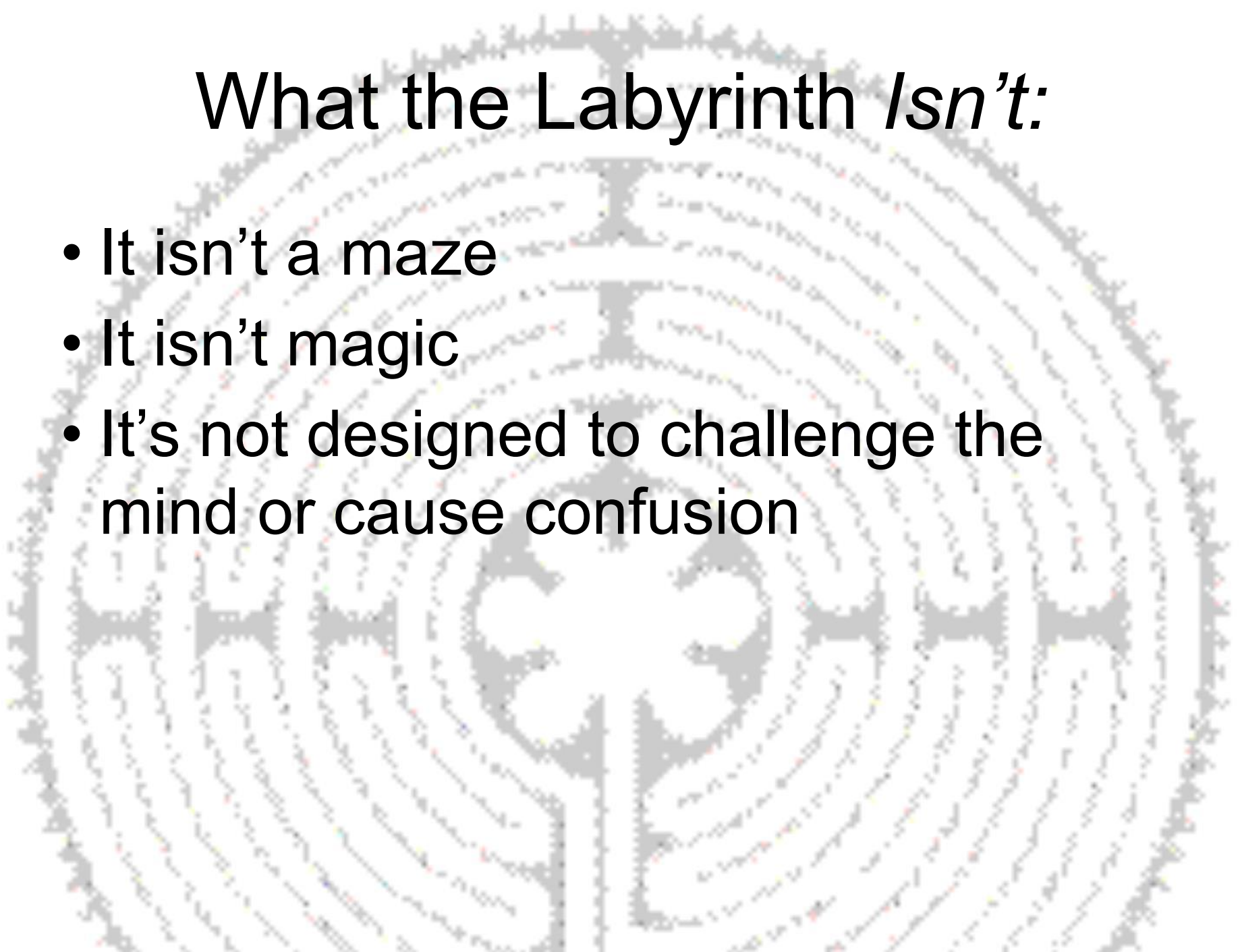
Introduction to the Labyrinth

A complex, circular maze with a central figure. The maze is composed of many concentric, irregular paths that spiral inward towards a central area. The central area contains a stylized, symmetrical figure that resembles a face or a mask with large, dark eyes and a wide, open mouth. The maze is rendered in a light gray color against a white background. The text "What Is the Labyrinth?" is overlaid in the center of the maze in a bold, black, sans-serif font.

What Is the Labyrinth?

What the Labyrinth *Isn't*:

- It isn't a maze
- It isn't magic
- It's not designed to challenge the mind or cause confusion



What the Labyrinth /s:

- A circular design with one path that leads to the center
- A pattern that is designed to quiet the mind rather than challenge it
- A tool that can be used for prayer or meditation



Labyrinth History

Ancient History

- Labyrinth origin is unknown; early images on coins and pottery predate Christianity by at least a millennium
- Labyrinth patterns have been found in cultures all over the world— from Europe to India and to the American Southwest

Most early Labyrinths are of the
“Cretan” or Classical” Style



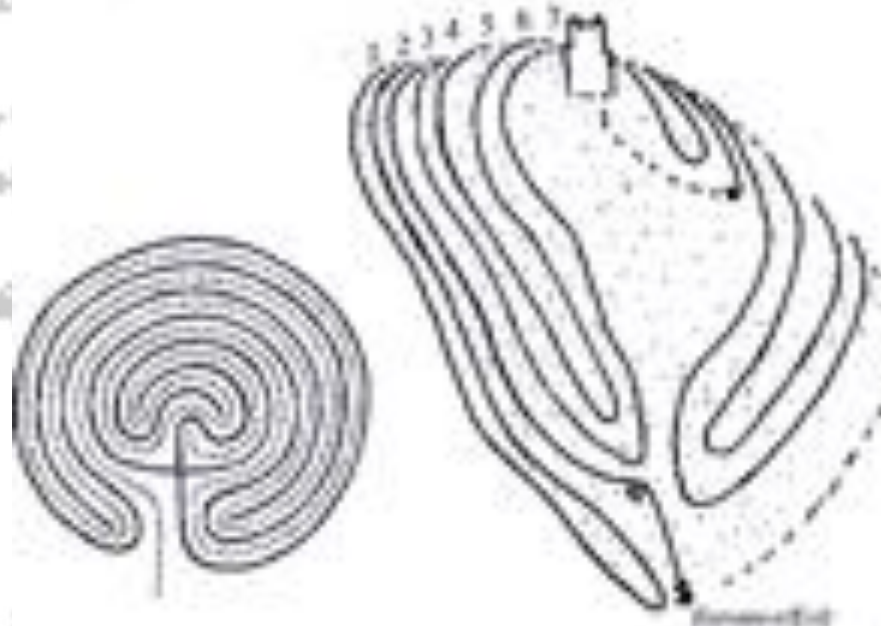
Coin from Knossos, Crete Second Century, BCE



Hopi “Man in the Maze”



Glastonbury Tor, England



Christian History

- The earliest Christian use dates from the Fourth Century
- Many churches in Europe had labyrinth patterns in the wall or floor of the church
- Many believe the labyrinth was used to symbolize a pilgrimage, in lieu of the dangerous trip to Jerusalem

Ninth Century labyrinth in the wall of the St Lucca Cathedral, Italy



St Lucca Cathedral, Italy

- www.wikipedia.org/wiki/Lucca_Cathedral

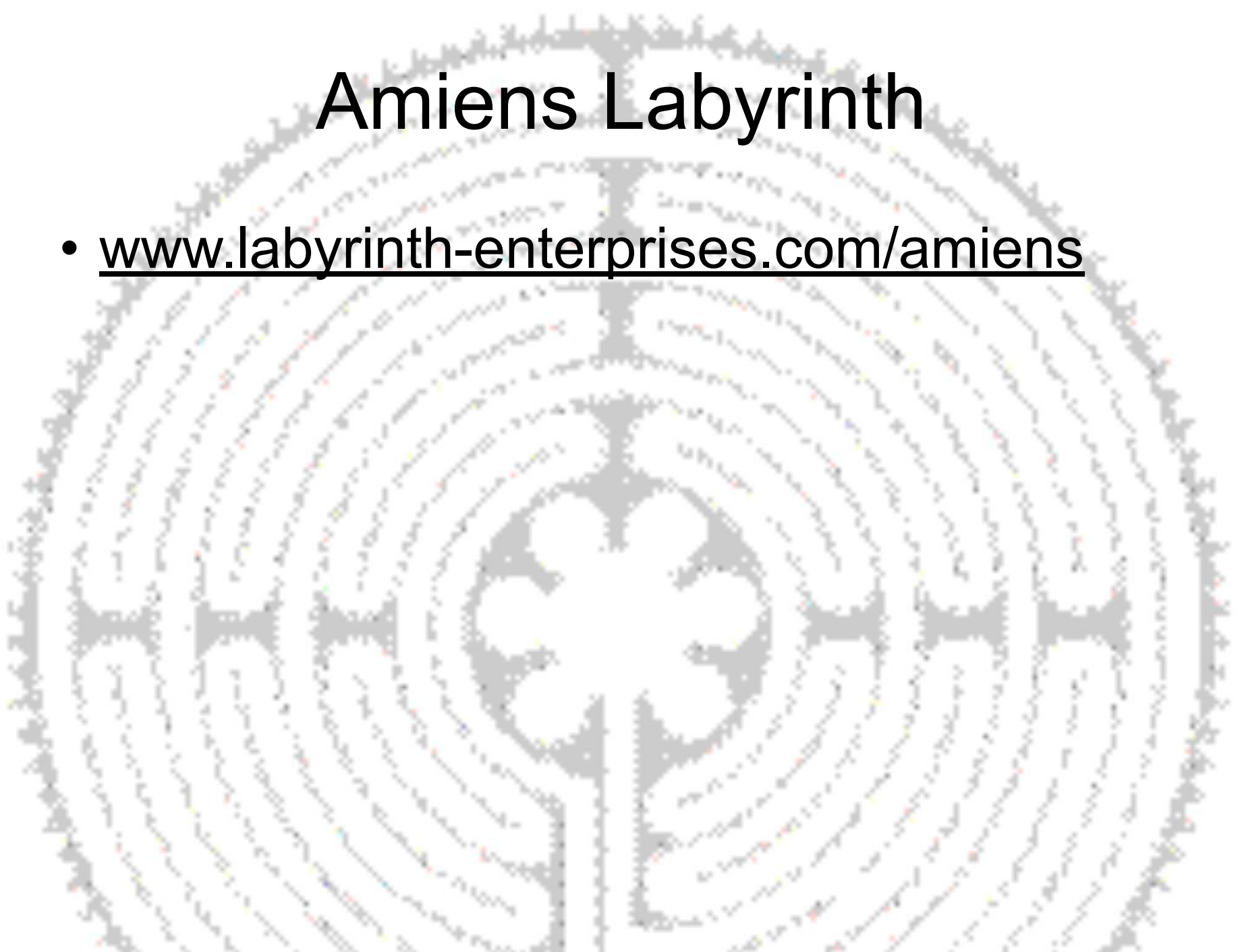


Amiens Labyrinth

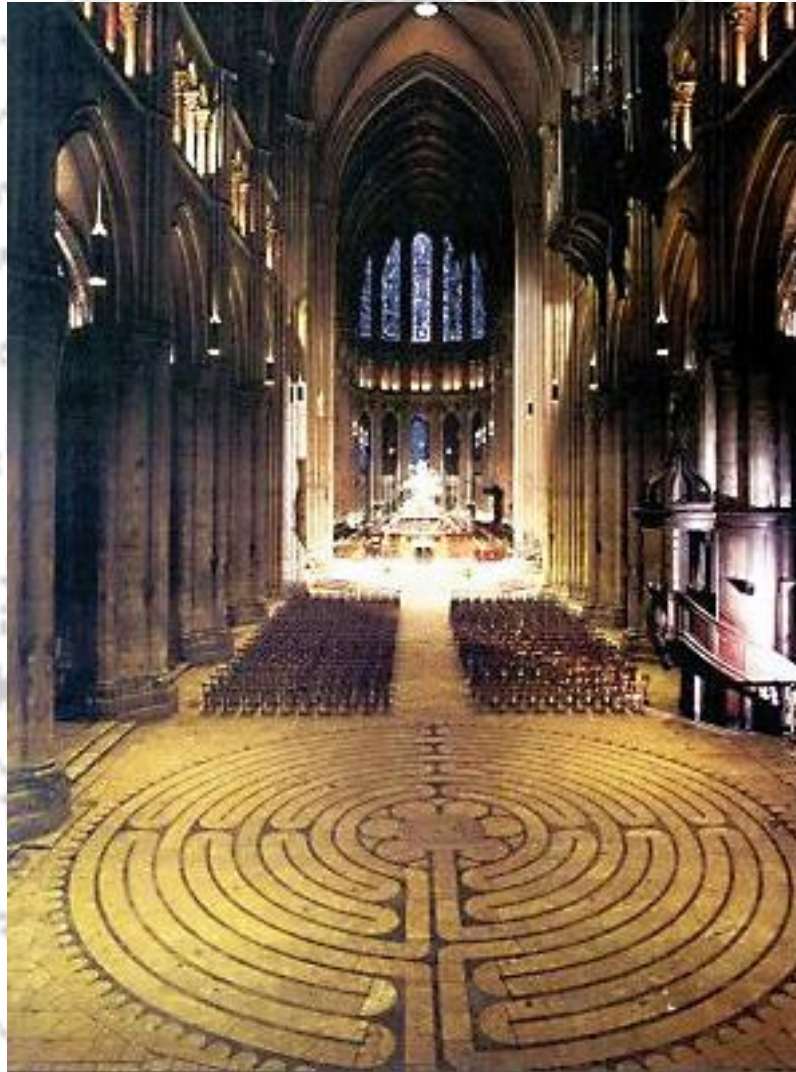


Amiens Labyrinth

- www.labyrinth-enterprises.com/amiens



Chartres Cathedral



Chartres Symbolism

- Cross
- Four Quarters
- Seven 180-degree turns
- 11 Circuits + Center
- Center Rose with Six Petals
- 14 Labrys
- 28 X 4 Lunations
- www.lessons4living.com/chartres_labyrinth

Grace Cathedral

- <http://www.gracecathedral.com/labyrinth/>



A complex circular labyrinth with a central cross-like structure and multiple concentric paths. The paths are intricate and winding, with several dead ends and loops. The central area is a large, open space with a cross-like shape. The labyrinth is drawn in a light gray color on a white background.

Using the Labyrinth

Helpful Hints

- Set your own pace— it's okay to pass
- The Labyrinth is a two-way street
- You might get confused, but you won't get lost

Threefold Mystical Path



- The walk in: **Purgation**, or letting go, release
- Arriving at the center: **Illumination**, or receiving
- The walk out: **Union**, or return

Preparation for Walking

- Pause before beginning to clear your mind; reflect on where you are in your life
- Pose a question or hold an image in mind
- Use everything as a metaphor
- Repeat a question, prayer, phrase, or word
- Spend as much time as you like in the center



After the walk

- Pause to think about your experience
- Journal your thoughts
- Watch others walking