

# LABYRINTH

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The labyrinth is a single path, winding to the centre, and back out again. Walking it is an inward journey, a walk of intention. Unlike a maze, where there are many incorrect paths, the labyrinth does not seek to confuse or confound. It is a centuries old spiritual rite, a meditative practice within sacred geometry. Some think of it as a body prayer, a way of deepening one's union with nature or with the divine.

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## Walking the Labyrinth

The walk begins with **release** — emptying, shedding, de-cluttering of tired ideas, negative emotions, control. Next is the still point — **illumination**, at the centre, a time to receive insight and perhaps healing. The return involves the **union** of movement, balance, grounding, intuition, emotion, and spirit.

There are many ways to walk the labyrinth and there is no particular correct way. Here are some directions, just the same.

1. Before entering the labyrinth, walk around the periphery to feel the space in which the labyrinth sits.
2. At the entrance, take a moment to focus on your breathing, and your intention for your meditative walk. Is it a walk to celebrate a time of joy? A walk to pray in need of hope? A time to listen for creative insights? Or a way of acknowledging a deep sorrow? Or will you just let go of all thoughts and open yourself up to the experience with gentle attention?
3. During the walk, you may wish to focus on a question that comes from your intention. Let your body find its own pace. Pause during the walk, if you like.
4. If you encounter others during your walk, pass on the left.
5. Take some time in the centre — the core — to meditate or offer up your intention.
6. Leave the centre and begin your return journey when you feel ready.
7. You might want to share what you experienced with others who joined you on a labyrinth walk.

## Facts about the Wintergreen Labyrinth

- Designed by Drew Strickland in April of 2017; constructed in the summer and fall of 2017.
- Features a 7-circuit design, known as the Cretan and Minoan pattern, and dating from the 11<sup>th</sup> century and earlier.
- First labyrinth community event at Wintergreen marked the Fall Equinox in 2017.
- Wintergreen holds labyrinth walks each Equinox and Solstice, but individuals are also free to wander the labyrinth at will.