

# Information, Ideas and Activities with Labyrinths



# Contents

	<u>Page</u>		<u>Page</u>
<b>What Are Labyrinths</b> . . . . .	<b>1</b>	<b>Intuipath Double Finger Labyrinths</b> . . . . .	<b>15-18</b>
<b>How Labyrinths Are Used</b> . . . . .	<b>1-2</b>	<b>Ideas For Individuals</b> . . . . .	<b>19-26</b>
<b>The Appeal Of Labyrinths</b> . . . . .	<b>3-4</b>	<b>Activities For Groups</b> . . . . .	<b>27-30</b>
<b>Labyrinths from Pre-History to Today</b> . . . . .	<b>5-7</b>	<b>Dedication Ceremonies</b> . . . . .	<b>31-32</b>
<b>Labyrinth Designs &amp; Symbolism</b> . . . . .	<b>8-14</b>	<b>Kid's Corner</b> . . . . .	<b>33-38</b>
 <b>Chartres Cathedral</b> . . . . .	<b>8</b>	<b>Labyrinth Products</b> . . . . .	<b>39-41</b>
 <b>Simple Chartres/Dromenon</b> . . . . .	<b>9</b>	<b>Labyrinth Training &amp; Certification</b> . . . . .	<b>42</b>
 <b>Amien/Maltese</b> . . . . .	<b>10</b>	<b>Labyrinth Resources</b> . . . . .	<b>43</b>
 <b>Cretan/Classical 7-Circuit</b> . . . . .	<b>11</b>		
 <b>Ely Cathedral</b> . . . . .	<b>12</b>		
 <b>Roman</b> . . . . .	<b>13</b>		
 <b>Man In The Maze</b> . . . . .	<b>14</b>		

## What Are Walking Labyrinths?

At its essence, a labyrinth is a spiral walking path. When you walk into a labyrinth, a single, clear path guides you to its center. Unlike a maze which has numerous paths and is designed to confuse, a labyrinth helps you center yourself and find clarity and peace.



## What Is A Finger Labyrinth?

A finger labyrinth functions in much the same way as a walking labyrinth (to further relaxation, focus, meditation and prayer) however, they are 12" to 18" in diameter and are designed to rest in your lap or on a table. For many, this combination of movement (tracing the path) with introspection (eyes open or closed) offers a different way to use a labyrinth.

## How Are Walking Labyrinths Used?

When you enter, follow the path to the center, which can easily be seen from any part of the labyrinth. At the center, you pause for a time of reflection, turn around and walk out the same way you walked in. This is done at whatever pace is comfortable for you. Since the destination is assured, there are no obstacles to overcome, no puzzles to figure out and no dead ends to retrace. What remains is the deeply meditative action of setting one foot in front of the other, of honoring the journey itself and what it has to teach.



## Simple Suggestions For Using A Walking Labyrinth Or Finger Labyrinth

1. Pause at the entrance and choose to enter the labyrinth; take slow and deep breaths. As you make your way to the center, you may opt for one of the following activities:
  - a. Allow your mind to quiet.
  - b. Pray for yourself or someone else.
  - c. Keep a question in mind and notice how you feel about it.
2. At the center, pause for as long as you choose and release from your mind and heart any prayer, concern or question (that you posed on your inward journey) and give it to your deity of choice to handle. Reflect on any new perceptions, solutions to problems or answers to questions that using the path has revealed to you.
3. When you are ready to leave the center or feel complete with the experience, retrace the path from the center back out.
4. Upon leaving the labyrinth, be grateful for this experience.



## What Is The Appeal Of Labyrinths?

Labyrinths have been used by many cultures and religions throughout history to bring more spiritual, emotional, psychological and physical well being into their lives. The labyrinth is often seen as a metaphor for our spiritual life journey; many twists and turns that always lead to the center and back out again. We always have the opportunity to make another choice in life or “turn” in the labyrinth. Some frequent labyrinth users call the experience a meditation in motion, fusing movement and inner calm. Concentrating on the course before you, your pace slows, your breathing deepens and your mind becomes clearer as you let go of stress.



When walking a labyrinth with others, a “mirror” is often held up before you. The people walking the path with you reflect back the behaviors and personality characteristics that you express in everyday life. We are always meeting people along our “path” through life, and therefore, how we behave and think in these situations is recreated while walking a labyrinth with others. It is therefore, on one level, an opportunity to learn about yourself and then choose to make those personal changes that can lead to having improved relationships, higher creativity and overall happiness.



On another level, the labyrinth is a powerful tool to help your mind and body relax. Research indicates that labyrinths have a positive effect on brainwave activity and neurological response. Many people release both physical and mental tension by walking a labyrinth. Those who find it difficult to do sitting meditation, will experience the perfect outlet in this walking meditation. It is simultaneously kinesthetic and introspective, a complete mind-body integrative activity.

On still another level, a labyrinth is a mind-focusing tool to enhance one’s prayer life. Those who feel closer to their God when walking or pacing, will find a similar type of heightened connection when using a labyrinth.

Finally, some have used labyrinths as oracles; places to receive answers to life’s troubling questions. The Reverend, Doctor Lauren Artress, an Episcopalian Priest and one of the pioneers in bringing the labyrinth back into the mainstream, believes the labyrinth to be “A watering hole for the spirit.” In other words, it is a place to receive proper “nourishment” for the spirit within; a situation not readily available in our normal daily existence. It is also a tool that elegantly bridges the gap between traditional religious ritual and new age spiritual practices.



## Where Do Labyrinths Come From?

Archeological findings date labyrinths to the Bronze Age (about 4000 years ago) when simple 7-circuit designs began showing up in Europe, the Middle East and parts of Asia as carvings and drawings on clay tablets, stone walls and coins. Greek and Roman mythology suggest that labyrinths function as both a place of rebirth and protection. In the Middle Ages, labyrinths began appearing in churches across Europe. They functioned as a symbolic substitute for making a physical pilgrimage to the holy land; a time-honored journey for achieving spiritual and psychological renewal. The most famous of these labyrinths was inlaid into the floor at Chartres Cathedral in France in 1201 A.D.



Ancient Labyrinth  
Goa, India



Neolithic Early Bronze Age Drawing  
Val Camonica, Northern Italy



Prehistory Coin  
Knossos, Greece

Fast forward to the 1970's when a renewed interest in labyrinths began to surface in Europe. In the 1990s, labyrinths began popping up all over the US. This was in



large part due to the efforts and passion of Dr. Lauren Artress as she helped people rediscover this ancient contemplative and transformational tool to relax and clear the mind.

She is a Canon of Grace Cathedral in San Francisco and author of three books on the labyrinth. For over 25 years, she has been a spiritual pioneer and leading force in popularizing labyrinths around the world. In 1996, Lauren founded *Veriditas, The Worldwide Labyrinth Project* to help millions of people experience this ancient spiritual practice and the wonderful benefits of labyrinths.

Today labyrinths are very much in the mainstream, having received widespread media coverage. They have been featured on Oprah, the Today Show, Good Morning America, Touched By An Angel, Law & Order and PBS specials as well as written about in *Better Homes & Gardens*, *The Wall Street Journal*, *The New York Times* and thousands of other publications worldwide.

## Where Can Labyrinths Be Found?

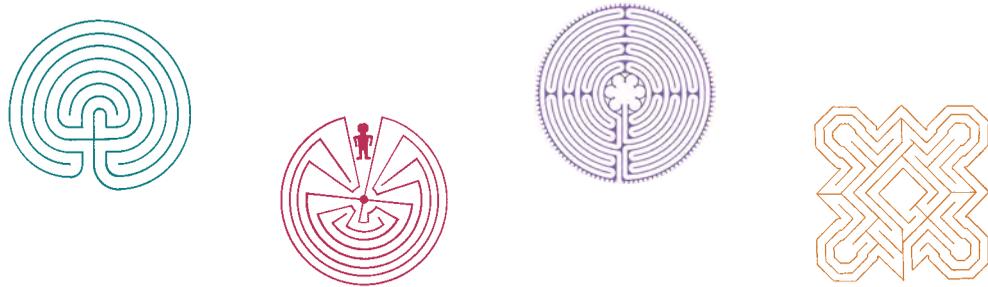
Across the globe, over half a million labyrinths (walking and finger varieties) have been created and used at churches, temples, hospitals, rehabilitation centers, prisons, therapist offices, schools and universities, private residences, corporations, nature centers and parks. Visit [www.relax4life.com](http://www.relax4life.com) to find a walking labyrinth in your area, rent or purchase a canvas labyrinth or purchase a finger labyrinth.



Labyrinth at Chartres  
Cathedral, France

### What Types Of People Or Groups Use Labyrinths?

In a nutshell; everyone. Labyrinths have been used by almost all cultures and religions throughout history. They are seen as both a religious and secular relaxation tool. Recently, more and more people are being drawn to the power and magnetism of labyrinths. They have become a sought after healing tool for today's hectic times, especially since their usage by people from all belief systems, bridges the gap between traditional religious ritual and New Age spiritual practices.



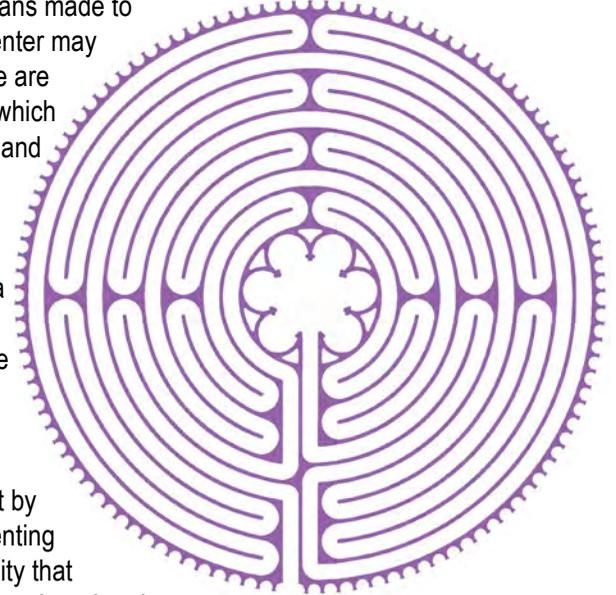
### What Do The Different Labyrinth Designs Mean?

The following pages have descriptions and larger images of some of the most popular labyrinth designs. The history and symbolism of each design is also included.

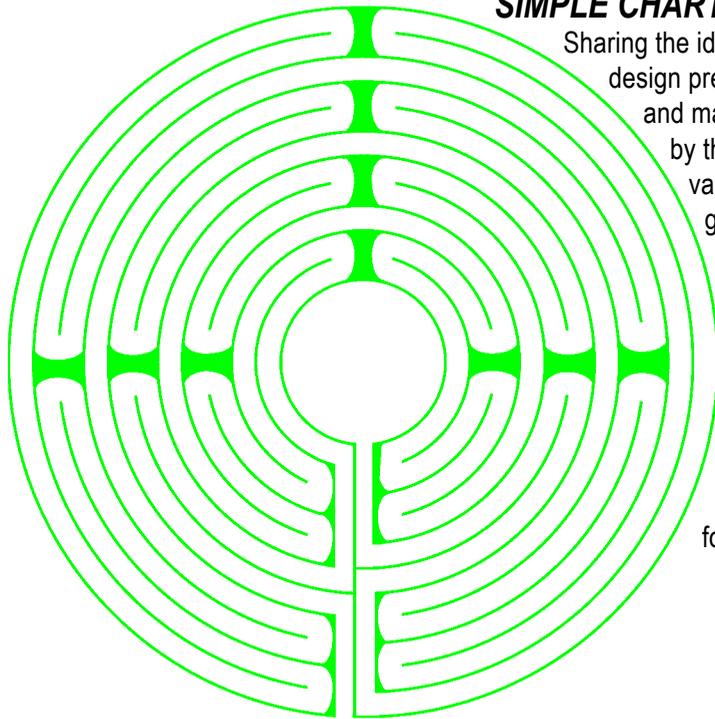
Full page PDF's with each of these designs can be downloaded free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html). Download for your own use or to use with a group. With both adults and children, coloring in and using any of the labyrinth designs is a wonderful and therapeutic experience.

### CHARTRES

During the 13th century, this design was inlaid into the floor of Chartres Cathedral in France. It was adopted by the church during the Middle Ages as a substitute for the physical pilgrimage early Christians made to Jerusalem. The 11 circuits & center may represent the 12 apostles. There are 113 teeth known as "lunations" which adorn the outside of the pattern and many believe the ancients used these lunations as a sundial in order to determine the lunar feast of Easter. The center area (rosette) is a six-petaled rose that some believe represents the Virgin Mary or cosmologically, the six kingdoms of existence; mineral, plant, animal, human, angelic, divine. It is thought that by spending time in a petal representing a kingdom that embodies a quality that you are trying to emulate (i.e. the mineral and plant kingdoms teach us patience), you will come to better understand that quality. This labyrinth frequently takes you close to the center and then back towards the outside of the design. This pattern can represent coming close to and moving away from your personal, transformative center, a place of intense knowing and change.



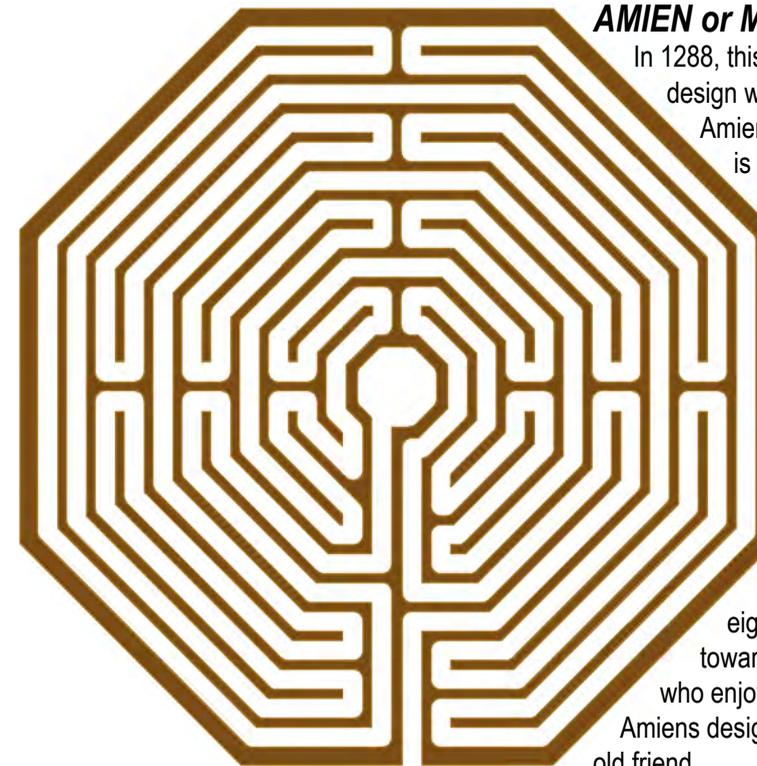
Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)



### ***SIMPLE CHARTRES or DROMENON***

Sharing the identical walking path, this design predates the Chartres pattern and may have been developed by the Druids who used it in various healing and spiritual growth ceremonies. With its freedom from both the design complexities and religious symbolism of the Chartres pattern, this design is a popular choice among labyrinth enthusiasts when creating a walking labyrinth intended for a secular audience.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)

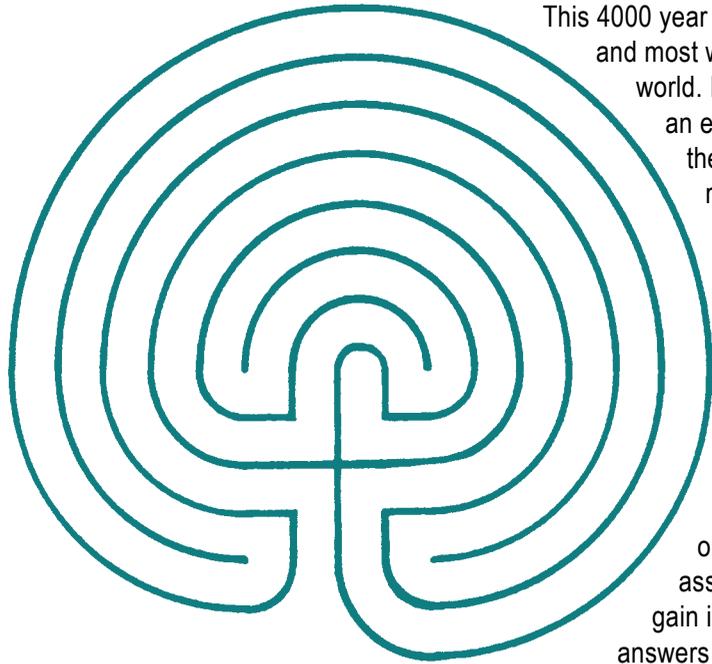


### ***AMIEN or MALTESE***

In 1288, this octagonal labyrinth design was inlaid into the floor at Amiens Cathedral in France. It is similar in makeup to the Chartres pattern except the paths are angular, there are no lunations and the center is circular rather than containing six petals. Another name for this design is the Maltese because the octagon creates a visual illusion of a Maltese cross, with lines from the eight corners reaching toward the center. For those who enjoy the Chartres pattern, the Amiens design offers a new twist to an old friend.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)

### **CRETAN or CLASSICAL 7-CIRCUIT**



This 4000 year old design is the oldest and most widely used pattern in the world. It's name was derived from an early representation on the Isle of Crete. It is also referred to as the Classical 7-Circuit design and can be used as a template for the seven major energy centers of the physical body known as Chakras. Understanding the quality of each of these energy centers as it relates to a specific path or circuit on the design, assists you to consciously gain insight into and ferret out answers to the complexities of life.

The Cretan looks like the cross section of a human brain and has therefore been used effectively to assist those with Dyslexia, ADHD, neurological disorders etc.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)

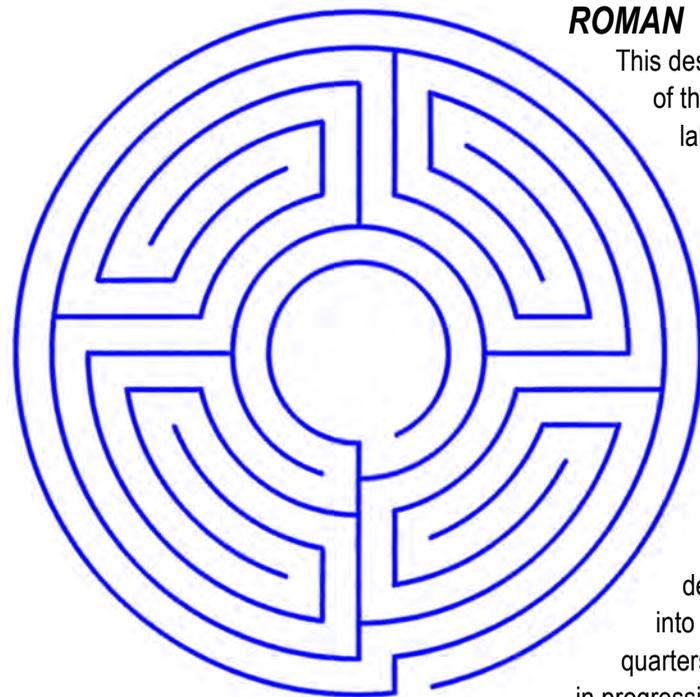


### **ELY**

This unique labyrinth pattern was created at Ely Cathedral in England during a restoration in 1870. The cathedral's west tower is 215 feet tall. Interestingly, the labyrinth that is inlaid in the floor beneath this tower, has a path that is 215 feet long from the entrance to the center and back out again. This symmetry between the height of the tower and the length of the labyrinth path is a wonderful example of sacred geometry in architecture. Also, this design has nearly as long a path as the Chartres pattern, but the design itself is more compact with the user meandering through various

geometric shapes. This benefits both designer and user by having a long, introspective path in a smaller, overall space.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)

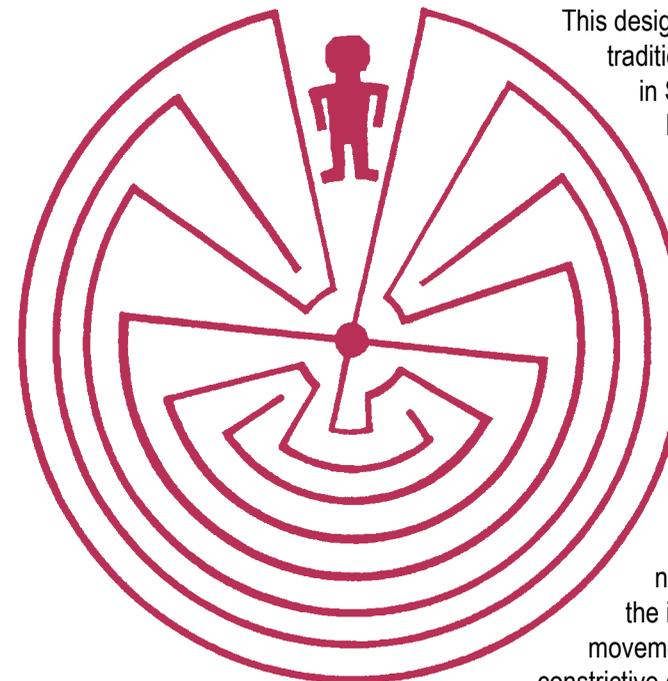


## ROMAN

This design is an angular version of the Cretan, revived by labyrinth enthusiasts from the face of ancient Roman coins. It connects with the masculine energies found in both males and females. While the Cretan design takes you on a free-flowing journey throughout its' pattern, the Roman design has you finish a particular quarter of the design before it takes you into the next quarter (all four quarters are journeyed through in progression before reaching the center.) This is often referred to as linear or

straight-line thinking. Interestingly, this is also the way Romans laid out their cities.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)



## MAN IN THE MAZE

This design comes out of the spiritual tradition of the Tohono/O'odham tribe in Southwest Arizona and New Mexico. The figure waiting at the top/entrance to the design, may represent the concept of a child (all of Creation) being birthed by its' mother (Mother Earth). It may also represent the process of moving inside yourself to get in touch with the creative process and thereby give birth to new ideas. Several non-uniform path widths (wide to narrow from the outermost to the innermost areas) may indicate movement from a heavier, denser, constrictive energetic pattern (our everyday lives), to a lighter, finer, more expansive energetic

pattern (the spiritual realm). The design looks somewhat like a dreamcatcher and therefore, may help trap unwanted or negative thoughts and feelings you walked in with. You are then able to leave those thoughts and feelings behind and follow the path back out, feeling more uplifted, lighter and freer in both mind and body.

Download and print free of charge at [www.relax4life.com/pdf-labs.html](http://www.relax4life.com/pdf-labs.html)

## **INTUIPATH® DOUBLE FINGER LABYRINTHS**

The double finger labyrinth design, known as the Intuipath®, was developed and patented in 1999 by Neal Harris, one of the world's leading labyrinth experts and a pioneer in the field of using labyrinths in counseling.

As a psychotherapist, specializing in relaxation and meditation methods, Neal became interested in labyrinths in 1995. He began by creating single finger labyrinth designs to assist his counseling and support group clients with greater relaxation, intuition and problem solving.

Seeing the benefits of single labyrinths, Neal went on to connect two labyrinths so that together, both client and therapist could use this design to relax. He found that relaxation was the key to enhancing the intuitive communication, connection and trust between them.

This design can also be used by one person using a two-handed process. Using both hands helps to balance the brain, enhance relaxation and build intuition. Neal found this individual use by his clients between sessions to be an invaluable catalyst for speedier and more complete issue resolution during their sessions.

Thus, the versatile  
2-Person, 2-Handed  
Intuipath® was born.



It quickly became clear that this design would also bring greater ease in communication between two people in non-therapeutic, everyday situations such as with spouses, siblings, parents and children, teachers and students, co-workers and any other people working in a collaborative setting. Many have successfully used the Intuipath® in corporate brainstorming sessions as well as mindfulness training.

As a two-person design, two people can sit across from each other and connect energetically through the co-joined labyrinths. Moving through the labyrinths together helps the two become more in tune with each other and more relaxed. A state of harmony leads to better communication between them. Many leave this experience better able to communicate with all those they interact with throughout the rest of their day.

## How To Use An Intuipath® With Two People

Two people sit across from each other at a table, on the floor or in chairs. They should be seated close enough to one another to allow for easy and total arms-length access to their half of the Intuipath® without any strain.

The pair can use this design to quiet themselves and relax, meditate or pray together. They can also ask a question prior to starting the activity and then during the finger walking journey, let a discussion ensue where an answer or meeting of the minds may occur. In a corporate brainstorming session, for example, many will simply follow the path in silence and afterwards, have a discussion on what thoughts or ideas came up.



As with any labyrinth design, there is no right or wrong way to do it. Simply do whatever comes naturally and feels right at the time.

NOTE: Many research projects have been done on the emotional and physical benefits of using labyrinths with a variety of groups and conditions. In one such project, Relax4Life conducted a national study to determine the behavioral benefits of using this design with children diagnosed with ADHD. To view the results, visit our website.

## How To Use An Intuipath® With An Individual

Just as with a single finger labyrinth design, the finger walk takes an individual from the outside of the design to its center. Getting to the center is not the object; rather it is the journey. One person uses a finger from each hand to simultaneously finger walk through both sides of the Intuipath®. The left and right side of the brain begin to work as one. This often results in enhanced relaxation, focus, creativity, intuition, problem solving and better adaptive responses to everyday stressors. Many have also found the Intuipath® to be a wonderful tool in their daily meditation and mindfulness practice.



## Ideas For Individuals & Groups Using Labyrinths

(additional ideas can be found at [Relax4Life.com](http://Relax4Life.com) in the Labyrinth Resources section)



***A labyrinth can be used by individuals, couples and groups in a variety of ways to enhance relaxation, focus, intuition, communication, cooperation, and celebration.***

***There is no right or wrong when using a labyrinth, but rather what feels right at the time of your labyrinth experience. Feel free to modify any of these ideas or create some of your own. Let your passion and intuition be your guide.***



## Simple Suggestions For Using A Walking Labyrinth Or Finger Labyrinth

1. Pause at the entrance and choose to enter the labyrinth; take slow and deep breaths. As you make your way to the center, you may opt for one of the following activities:
  - a. Allow your mind to quiet.
  - b. Pray for yourself or someone else.
  - c. Keep a question in mind and notice how you feel about it.
2. At the center, pause for as long as you choose and release from your mind and heart any prayer, concern or question (that you posed on your inward journey) and give it to your deity of choice to handle. Reflect on any new perceptions, solutions to problems or answers to questions that using the path has revealed to you.
3. When you are ready to leave the center or feel complete with the experience, retrace the path from the center back out.
4. Upon leaving the labyrinth, be grateful for this experience.

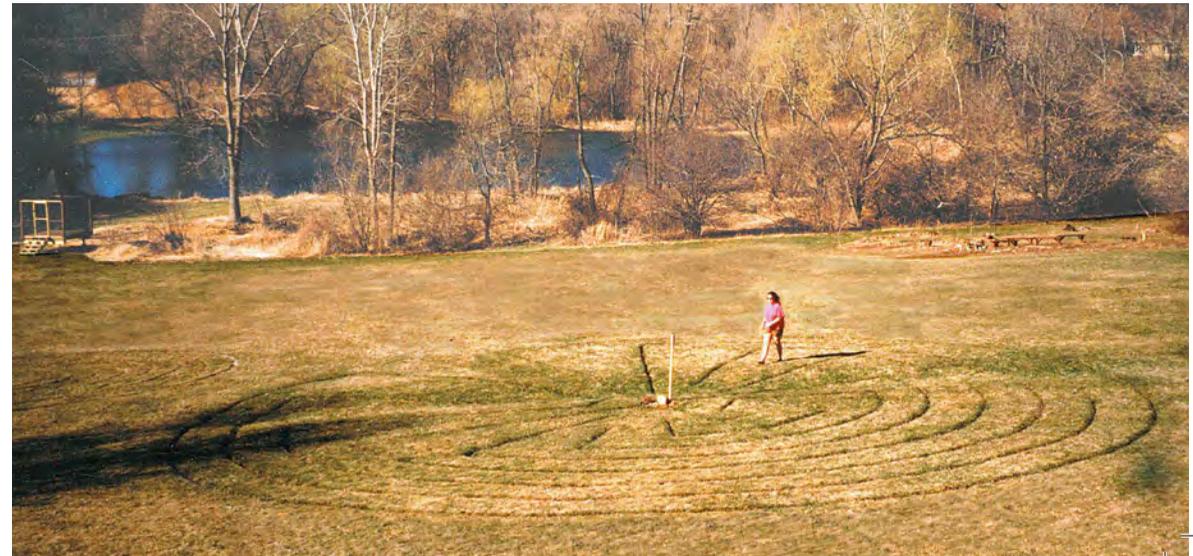
## Labyrinth Activities For An Individual

### Activity #1: Conflict Resolution Journey

Only by changing our perceptions and attitudes towards others will our situations change in the way others act and feel towards us. A labyrinth can help facilitate this change.



1. Think of a person you're in conflict with.
2. Enter the labyrinth and pretend that you are cradling that person to your chest in the form of an innocent newborn.
3. Continue to cradle and let your mind travel into the future, exploring anything about this conflict that could change you for the better in the long run.
4. At the center of the labyrinth, gently place the newborn down in a crib surrounded with divine white light and leave the child there.
5. As you leave the center of the labyrinth and start your journey back to the entrance, allow thoughts and feelings of how this conflicted relationship could resolve itself by asking yourself the following question: "If I thought or acted \_\_\_\_\_ (fill in the blank), I could make this relationship with \_\_\_\_\_ better".
6. Repeat the above question as many times as you need to and be completely honest with yourself.
7. As you exit the labyrinth, be grateful for any new insights and possible steps to take to resolve the conflict.



## Activity #2: *Releasing A Quality Or Habit*

1. Write on a small piece of paper a quality or habit that you would like to release or to better understand.
2. Pause at the entrance to the labyrinth and choose to enter with an open mind and heart. Some choose to call upon a higher power to help them.
3. Walk/finger walk towards the center thinking about all the ways this one quality or habit has affected your life.
4. When you get to the center of a walking labyrinth, tear the paper into tiny pieces and scatter them in the center and let your higher power take care of it for you. When you reach the center of a finger labyrinth, tear the paper into tiny pieces and throw them away. Let your higher power take care of it for you.
5. After releasing the paper, spend as much time in the center as you need to, and when you feel ready, simply walk a straight line out of the labyrinth, crossing over the paths. With a finger labyrinth, simply remove your finger from the center.
6. Now that you've finished the exercise, pause, take a deep breath and be grateful for the experience.

NOTE: This is a unique exercise and a departure from the typical labyrinth journey of following the path to and from the center. By taking the normal path to the center and then walking a straight line out over the paths, this symbolizes a direct, quick and conscious decision to release the unhealthy quality or habit. Many have found this type of exercise to be a helpful step in transforming their lives for the better.



### Activity #3: *The Future You*

1. Pause at the entrance to a walking labyrinth or finger labyrinth and choose to enter Sacred Space.
2. Before you begin the journey to the center with your finger or feet, imagine yourself having all of the qualities that would make you a happier person right now; such as vibrant health, great job, financial security, wonderful relationships with family and friends etc.
3. Now, create in your mind an energetic double of you sometime in the future that has all of these qualities. How would this new you look? How would it walk? How would it feel? How would it feel to talk with others?
4. Visualize your imagined double walking or finger walking a step or two in front of you as you make your way to the center of the labyrinth.
5. When you reach the center, imagine uniting with your double and taking on all of these wonderful new qualities. Bask in the feeling of this new you. Then, when you're ready, leave the center staying perfectly in sync with the image and attributes of this newer, happier you.
6. Walk the path back out and feel these new qualities becoming a part of you.
7. Offer gratefulness for this opportunity for your future, happier you to become a part of you today.



## Labyrinth Activities For Groups

### Group Activity #1: Synchronicity's Path



1. If you have objects with inspirational words on them, you can use those, or simply use index cards and write an inspirational or thought-provoking word on each card. Words like Love, Faith, Compassion, Hope, Renewal, Peace, Forgiveness, Wisdom, Joy, Friendship, Dream, Energy, Patience, Passion, Intuition, Change, Dedication etc. A printable list of these and other words can be downloaded at [Relax4Life.com](http://Relax4Life.com). You can also use various packages of cards found in bookstores that focus on angels, animals, inspirational messages, etc.
2. Each person picks one randomly and enters the labyrinth holding the object and thinking/feeling the word while making their way to the center. Through synchronicity, each will pick the most significant word for their current situation.
3. Instruct participants to relax and let thoughts and feelings bubble up into their consciousness about how the word or phrase has meaning for their lives. For example, do they have too much or too little of the word and how does that effect their daily lives.
4. Upon reaching the center of the labyrinth, have them stop thinking and feeling about the word and take at least three slow deep breaths with eyes closed. Following this, have them walk the path back out.
5. As they make their return journey, have them reflect on any small steps they can begin to take to change their lives for the better. Suggest they be grateful for any new insights.

### Group Activity #2: Seven Directions Ceremony

(Ideal for a solstice, equinox or Earth Day type of event)



Have your group stand or sit around the outside or inside of the labyrinth. Assign seven people the task of each reading one of the directions out loud. Direct the group to say something like “Aho” or “Amen” at the end of each of the 7 directions. Having participants sound drums, rattles or chimes after each direction is read or simply shout “Woo Hoo” is an excellent way to raise the group energy prior to the walk.

#### **EAST** (group faces East)

We welcome in the Grandmothers and Grandfathers and great spirits of the East. The East's medicine animal is the Eagle and the season is Spring. It represents the life stage of Infancy into Childhood whose qualities are creativity, imagination, love for spirit and the ability to soar high above everyday problems so as to see them with a fresh perspective. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)

#### **SOUTH** (group faces South)

We welcome in the Grandmothers and Grandfathers and great spirits of the South. The South's medicine animal is the Mouse and the season is Summer. It represents the life stage of Adolescence whose qualities are innocence, passion, play and the joy of physical body sensations. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)

**WEST** (group faces West)

We welcome in the Grandmothers and Grandfathers and great spirits of the West. The West's medicine animal is the Bear and the season is Autumn. It represents the life stage of Middle Age whose qualities are introspection, insight, reflection; a going within to determine the truth and purpose of life for oneself separate from the one society gives us. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)

**NORTH** (group faces North)

We welcome in the Grandmothers and Grandfathers and great spirits of the North. The North's medicine animal is the Buffalo and the season is Winter. It represents the life stage of Old Age & Wisdom whose qualities are objectivity, wisdom, discipline, strength, endurance and sacrificing self for the good of the group. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)



**BELOW** (group reaches down and touches the ground)

We welcome in the energies of Mother Earth. Thank you mother for providing us with a home and classroom for our spirit and for the glorious bounty from the mineral, plant, animal and angelic realms. We ask for the wisdom to walk softly upon your face in thought, word and deed. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)

**ABOVE** (group reaches to the sky)

We welcome in the energies of Father Sky, Grandfather Sun and Grandmother Moon. Thank you for providing the winged ones with a place to soar and by extension, a place for our spirits to imagine, create and reach higher. Thank you for the synergy of sun and rain which causes growth in all things. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth. Aho (Amen)



**WITHIN** (each person places one hand on the center of their chest)

We welcome in the energies of the Great Mystery, the seat of our soul and the wonder of life; the divine spark which make us all one family. Thank you Great Mystery for providing us intuition and the messages which call us to sacred service. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk this labyrinth.

Aho (Amen)

NOTE: You are welcome to copy this ceremony for your event. You may also download each of these activities from our website at [www.relax4life.com](http://www.relax4life.com) in the Labyrinth Resources section. Feel free to change anything on that document to make it unique to your event.



## DEDICATION #1

(especially good for events taking place on World Labyrinth Day)

### Activating The Energy Of A Walking Labyrinth

1. Have participants enter the labyrinth and gather at or near the center.
2. Lead them in the following visualization:

Everyone close their eyes and imagine a globe that pinpoints the location of every labyrinth in existence all over the world. Acknowledge that each of these labyrinths has an abundance of energy to effect healing and growth on all levels of being. Now imagine that this abundant energy is being freely offered by each of these labyrinths to this labyrinth in the form of beautiful rainbows coming to the center of this labyrinth. See the energy flowing into Mother Earth and expanding out beyond this labyrinth. Intend that this rainbow of energy fully activates the healing and growth potential of this labyrinth for all who walk it from this point forward. Then, imagine that you are sharing some of this rainbow of activated labyrinth energy by sending it back to all of the labyrinths around the world, further enhancing their ability to facilitate healing and growth among their walkers.

3. Acknowledge that this labyrinth is now activated.



31



## DEDICATION #2

1. Have participants gather near the entrance to the labyrinth.
2. The group leader reads aloud the following:

### Who Is A Labyrinth For?

- Anyone seeking the wisdom of the earth, the sky and the human heart.
- People who draw energy from the elements of the earth--may it be an opening to life.
- Those who dance with the Goddess--may Her presence be felt.
- People who love to meditate in natural surroundings--may it provide quiet in this busy world.
- Those who seek to experience Christ more closely--walk in his footsteps.
- Children who anticipate the adventure of a path winding inward--may they rejoice as they explore.
- People who follow Eastern traditions--may it lead to wisdom, compassion and peace.
- Those who would have nothing to do with a labyrinth--may it remind everyone that there are numerous spiritual paths.



Photo and ceremony from the UU Church, Elgin, IL  
1997 dedication by Rev. Dan Brosier.

There are as many reasons for walking the labyrinth as there are people, world views or spiritual traditions. The labyrinth is here to keep the spiritual dialogue open; to be a reminder that there are a number of paths to the sacred.

3. After the reading of this is finished, have the participants enter and walk the labyrinth at their own pace.

[www.Relax4Life.com](http://www.Relax4Life.com)

32

# Just For Kids



**Finger labyrinths (pronounced lab-i-rinths) are fun to play with and explore. Children and teens around the world enjoy them.**





**Double labyrinths are fun to use by yourself or with friends, teachers, parents and others. Here are a few suggestions for using one:**

**1**

**With the labyrinth on your lap or other flat surface, place a finger in the outside opening on both sides. Here are some ideas to try:**



**A Write down on a piece of paper any worries or problems you're having. Fold the paper and place it in your pocket until you get to the centers.**

**OR**



**B Focus on a person, animal or situation anywhere in the world that you want to send love and prayers to.**

**OR**



**C Simply relax and let any thoughts come up.**

**2**

**With your chosen finger from each hand, make your way towards the center circles, staying inside the grooves...**



**3**

**When both fingers get to the center circles:**

**If you focused on your worries or problems as in step A tear up the piece of paper and throw it away. See how much better you feel!**



**If you focused on sending love and prayers to someone as in step B let the energy get bigger and bigger (like inflating a balloon) and then pop the balloon, releasing it to that individual and imagine how nice it makes them feel!**

**If you simply relaxed and moved toward the center as in step C make a wish and smile.**

**4**

**When you're ready to leave the center area, make your way back to the outside of the design using both fingers, following the same path back out. When you're back, think about your experiences and smile. If you want, try**

**moving through the design again, this time with your eyes closed.**



Centennial Elementary School, Plano, IL.

# Take it to school! Kids all over the world love labyrinths.



*Play together with a friend.*



*Try it with mom, dad or a teacher.*

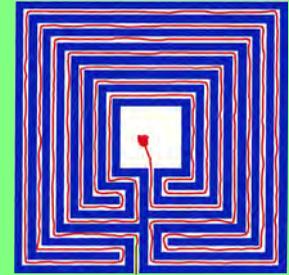
[www.Relax4Life.com](http://www.Relax4Life.com)

## A MAZE VS. A LABYRINTH

A maze is a design that is created with many choices in direction to be made. Mazes are puzzles where your mind has to choose where to go next. If you're lucky, you will only move through a portion of the complete design to reach the center or goal (see drawing to the right where the red line shows the easiest way to get to the center.)



A labyrinth is a single, winding, continuous path from the outside of its design to the center. There are no choices in direction to be made so the path to the center is fun and relaxing. Unlike a maze, you move through the entire pattern before reaching the center or goal (see drawing to the right where the red line shows the way to get to the center.)



**I know what else labyrinths are good for:**

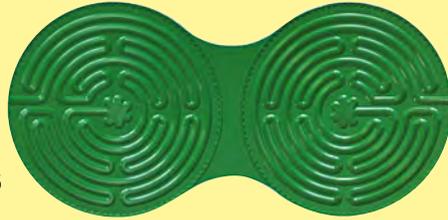
**relaxation  
attention  
learning  
tests**

**coordination  
intuition  
prayer**

[www.Relax4Life.com](http://www.Relax4Life.com)

# Finger Labyrinths & Other Products From Relax4Life

Relax4Life creates a variety of unique and affordable labyrinth products including wood and plastic finger labyrinths, canvas walking labyrinths (for rent or purchase), blankets, books, CDs, jewelry and manuals for creating your own walking labyrinths.



See some samples on the next few pages and visit Relax4Life.com for all our products. These make wonderful gifts for yourself and others.



Free shipping on most products ordered through Relax4Life.com.



[www.Relax4Life.com](http://www.Relax4Life.com)



**Reversible  
Cotton  
Chartres Blanket**

**Canvas walking labyrinths for rent or purchase**



Rent a labyrinth for your organization's holiday event, conference, fundraising drive, weekend retreat, in-service training, religious/spiritual gathering etc.

[www.Relax4Life.com](http://www.Relax4Life.com)

## miniPath® Handheld Labyrinths

Uses a stylus rather than a finger to trace the path.



Handheld labyrinths fit easily into a pocket, purse or briefcase.

Subscribe to our free newsletter at [www.relax4life.com](http://www.relax4life.com) to get advanced notice of special offers and new products.

## Labyrinth Leader Training & Certification Program

Relax4Life offers a training and certification program for professionals and the general public to learn to lead group labyrinth walks, mini workshops and full day workshops.

This training series will prepare you to introduce others to the labyrinth in a professional and effective manner. You will learn their history, symbolism, benefits and much more. In addition, you'll be comfortable leading group labyrinth walks and events in a variety of settings (with various populations) such as churches, hospitals, rehab facilities, retreat centers, schools, corporate meetings, support groups and more.

Gain the knowledge, tools and certification to add labyrinth workshops, events and consultations to your business practice or personal areas of interest.

Relax4Life also offers CEUs for this training to a variety of professionals including but not limited to: social workers, counselors, massage therapists and occupational therapists.



## Additional Labyrinth Resources



**Relax4Life.com** offers numerous and free downloadable materials to help with your labyrinth journey, designing a labyrinth event and creating walking labyrinths.

Resources on the site include:

- Paper finger labyrinths
  - Published articles
  - A special section just for kids
  - Labyrinth research
  - Labyrinth products for purchase
  - Labyrinth training
  - Canvas labyrinths for rent or purchase
  - Labyrinth building manuals
  - Link to locate a walking labyrinth near you
- And more.



Man In The Maze design



8-Walled Roman design

## The Walking Labyrinths at Relax4Life Center



Classical 7-Circuit Cretan design

## **About Relax4Life**

For over 20 years, Relax4Life has created a line of beautiful and affordable wood and durable plastic finger labyrinths including single and double designs. Canvas walking labyrinths are also available for rent or purchase as well as several manuals to guide you in creating your own walking labyrinths.

Relax4Life is a holistic education center located on 5 acres in Barrington, Illinois, offering workshops to professionals looking for CEUs as well as the general public looking for personal enrichment and the companionship of like-minded others. Topics include: Mindfulness Training, Relaxation, Meditation, Labyrinths, Oriental Health Practices, Emotional Freedom Technique (EFT), Reiki, Animal Communication, Shamanism and more.



Since its inception, Relax4Life has created and sold over 100,000 labyrinth products and taught over 30,000 students.



**26402 N. Edgemon Lane, Barrington, IL 60010**  
**847-842-1752**  
**[www.relax4life.com](http://www.relax4life.com) ● [relax4life@gmail.com](mailto:relax4life@gmail.com)**