

## Lasting Labyrinths

Custom designed labyrinths and workshops for environments and experiences that will last a lifetime..

### What is a Labyrinth?

The word "labyrinth" has come to mean something similar and yet distinctively different from what is commonly known as a maze. Although the words were interchangeable in the past, today's definitions acknowledge that a maze is generally a puzzle, with dead ends and choices to confuse the participant; conversely, a labyrinth is most often a single pathway leading to a goal—at which the participant may remain for a time before leaving to return to the beginning by way of the same path. Labyrinths may twist and turn or spiral towards the center, but never is there confusion about which way to go.



The Labyrinth at Five Oaks Academy  
Simpsonville, SC



Photo above  
MEPI Hands for Peace  
Conference Feb. 2006  
Myrtle Beach, SC  
Photo by K. Norwood



"10 Acre Wood Labyrinth"  
Clay-Platte Montessori School  
Kansas City, Missouri

### Labyrinth Workshops

Workshops can be custom developed for any group. From curriculum and activities such as a brief study of labyrinths, learning to draw a seed labyrinth to construction of a permanent or temporary labyrinth—you can host an incredible experience for your staff, students, clients, family and friends.

### Why have a Labyrinth?

Labyrinths have been around for thousands of years being used in many different settings for various purposes. They can be found on all continents, and have been used by people from many cultural backgrounds. Studying labyrinths and those who have used them draws special interest to cultural history and geography. Art, science, math and language can all be integrated into studies of labyrinths and labyrinth experiences. Today labyrinths are found in hospitals, educational settings, churches, hospices, retreat and recreation facilities, private homes and in public gardens. Current uses of labyrinths include meditation, relaxation, worship, self-discovery, and the healing of mind, spirit and body.

Traveling a labyrinth's path is a personal journey that is unlike any other. Children and adults can have meaningful experiences to explore and expand their awareness of the connections between themselves and their environments, to overcome difficulties, to joyfully express life's wonderful moments with praise and delight, and to develop and improve their abilities to obtain self-control, inner peace and maintain balance for optimum living. As in life, what each individual "gets" from a labyrinth is always influenced by what is put into the experience.

To many, labyrinths are a metaphor for life, a journey that each of us travels in our own unique way. Take time to walk a labyrinth next chance you get – and enjoy a quiet reflective personal time listening to your own voice.

### Suggestions on how to walk a labyrinth

- Before you enter the pathway, first stop and notice your breathing, relax, and be open to fully experience the labyrinth walk.
- As you begin you may try to quiet your mind, or you may wish to contemplate a problem, or think of things for which you are grateful.
- As you walk, you can imagine a journey to the center of your self, your heart, your mind, your most real and true self.
- Pause at the center of the labyrinth, the "goal," and simply meditate as you wish, keeping your mind open to hear what your body, God, Mother Earth, or the environment may try to tell you. Try to feel peace within yourself and in balance with your surroundings.
- Notice your breathing again, and return to the entrance, following the path. If you had concentrated on a problem, now is the time to contemplate solutions. Integrate what you may have learned while walking in with what you may have received at the center and things that may come to you while walking back to the entrance. You are returning to the world and are aware of your place in it.
- After reaching the end, which was the beginning, turn back to the labyrinth and give thanks, praise, or honor as you choose.
- Notes on Labyrinth Etiquette: If you meet someone coming out or going in and there's not enough room to pass by, one of you simply steps aside, you may want to keep one foot in the pathway, and then return to walking. Walk at your own pace. Enjoy each step.