

The path is a two way street. Those going in will meet those coming out. You may pass people or let others step around you. Leave about one minute between people as you enter the labyrinth.

Stages of the labyrinth walk

Releasing ~

As you begin take a moment to let go of your worries.

Receiving ~

When you reach the centre, stay there as long as you like - sit, stand, meditate or pray. Receive what is there for you to receive.

Returning ~

To leave the centre, follow the same path out. Take the insights and blessings of your walk into your everyday life.

Develop an Open Spirit

- ~ There is no right way to walk a labyrinth.
- ~ You only have to enter and follow the path.
- ~ You may use the labyrinth as a walking meditation.

- ~ Adults are often serious in the labyrinth. Children most often run in and out in a playful manner.
- ~ When you walk a labyrinth choose your attitude. Make it serious, prayerful, or playful. Play music or sing. Pray out loud. Walk alone or with a crowd. Notice the sky. Listen to the sounds.
- ~ Most of all pay attention to your experience.

The community of St. Clare-in-the-Cove thanks you for visiting our labyrinth. We hope it was a meaningful experience for you. We gather for worship 10am Sundays – all are welcome. Come as you are and share our journey together.

www.stclareinthecove.org

St. Clare-in-the-Cove Anglican Church

Labyrinth



*There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit and a mirror of the soul.
May you be nourished.*

1384 Deep Cove Road,
North Vancouver, BC

The Labyrinth

"...is an archetype, a divine imprint, found in all religious traditions in various forms around the world. By walking the labyrinth we are rediscovering a long- forgotten mystical tradition ..."

The Rev. Dr. Lauren Artress
Author of *Walking a Sacred Path:
Rediscovering the Labyrinth as a Spiritual
Tool.*

About Labyrinths

The labyrinth is an ancient pattern found in many cultures around the world. Labyrinth designs were drawn on pottery, tablets and tiles dating as far back as 4000 years. Many patterns are based on spirals from nature. In Native American culture it is called the Medicine Wheel and Man in the Maze. The Celts described it as the Never Ending Circle. One feature they all share is that they have a single path which winds in a circuitous way to the centre.

The Labyrinth Today

There's been a renewed interest in the Labyrinth as a spiritual tool for our modern lives.

People around the world use the labyrinth as a way to quiet the mind, find balance and encourage meditation, insight and celebration. Labyrinths are open to all people as a non-denominational, cross-cultural tool for creating well being. They can be found in medical centres, parks, churches, schools, prisons and retreat centres.

Our Labyrinth

The labyrinth design used by St. Clare-in-the-Cove is a replica of the 11-circuit labyrinth of Chartres Cathedral in France. This pattern, once central to cathedral culture, was inlaid in the stone floor in 1201.

The labyrinth you see here was designed and painted by the people of the community of St. Clare-in-the-Cove as a gift to the wider community. This gift invites you to journey inwards.

How to walk the labyrinth



www.stworks.com

The labyrinth has only one path and no dead ends. The path winds throughout and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys. Walk it with an open mind and an open heart.

Quiet your mind and become aware of your breath. Allow yourself to find the pace your body wants to go.