

History of the Labyrinth

Labyrinth is generally synonymous with *maze*, but there is a distinction between the two: *maze* refers to a complex branching puzzle with choices of path and direction; while a *labyrinth* is a single, non-branching path, which leads to the center. A labyrinth in this sense has an unambiguous route to the center and back. Labyrinths are not designed to be difficult to navigate.

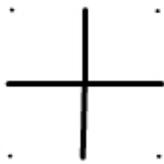
When you walk a labyrinth, you meander back and forth, turning 180 degrees each time you enter a different circuit. As you shift your direction you also shift your awareness from right brain to left brain. This is one of the reasons the labyrinth can induce receptive states of consciousness.

Each person's walk is a personal experience. How one walks and what one receives differs with each walk. Some people use the walk for clearing the mind and centering. Others enter with a question or concern. The time in the center can be used for receiving, reflecting, meditating, or praying, as well as discovering our own sacred inner space. What each person receives can be integrated on the walk out. Your walk can be a healing and sometimes very profound experience or it can be just a pleasant walk. ***Each time is different.***

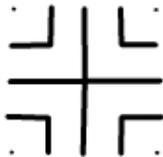
Labyrinths are truly sacred places. The design itself is inherently powerful. The space and the experience of walking it are also very sacred and powerful and help us feel a greater sense of Oneness. It is a tool for people of all beliefs to come together for a common spiritual experience.

How to make a Classic Labyrinth

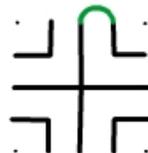
The best way to learn to reconstruct a classic labyrinth is with pencil & paper, repeating it by heart.



Picture 1.
Cross & 4 dots



Picture 2.
The pattern



Picture 3.
The first arc



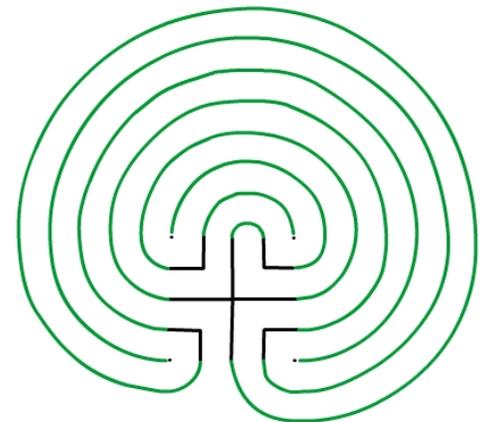
Picture 4.
Three curves

Picture 1: Draw picture 1 into the lower half of the paper leaving space on the right, left and above the pattern. The pattern consists of four dots and a square.

Picture 2: Draw an equal-leg cross into each of the four small squares.

Picture 3: The most important steps will come now. Connect in sequence from the left to the right clockwise all dots and line ends of the pattern in arc-shaped lines. Begin with the top middle space and make a small line to the right end of the line from the angle (the green arc). That will become the center.

Picture 4. Connect the next free end of the line on the left side to the free dot on the right side with an arc in the same distance to the previous made line.



Now connect the left upper dot with the right free line end under the upper right dot and so on. After having connected all the dots and lines a gap will remain. This gap is the entrance.

Simply begin, concentrate, and always work in sequence. Clockwise from left to right.