

Walking the Labyrinth

TIME

Enjoy the walk. A normal walk will take about 30 minutes. 15 minutes in and 15 minutes out. A slow, meditative walk will increase the time, and if a brisk walk is more your style, you'll take even less time. Be sure to allow some time at the centre to make your personal connections.

PAUSE

Before you enter the path, take some time to become centered and mentally prepare for the journey.

FOCUS

You may wish to focus your thoughts or just allow what comes naturally to guide you.

BEGIN

Begin your walk slowly, notice your breathing, feel the ground underneath your feet (to enhance the experience you can go barefooted), look at the land and the sky, taste and smell the wind and air, listen to the earth.

REMEMBER

The Labyrinth is a journey, not a destination. Take the time. If others are walking allow them to pass if need be.



22115 Oak Grove Rd.

Lorette, Manitoba

About the Labyrinth



A Sacred Space

A Symbol of Life

Light of the Prairies Centre

About the Labyrinth

The Labyrinth is a medieval spiritual tool, which is now being rediscovered in our time.

It is a sacred circular design that is walked as a spiritual meditation, an ancient act of Pilgrimage, symbolizing one's walk with God.

The design requires the walker to begin at the outside of the circle and wind slowly in toward the centre, then slowly move out again, using the exact same path.

There are no wrong turns or dead ends; only a narrow path at the centre, and back again out into the world.

The Labyrinths many turns reflect the journey of life, involving change and transition, rites of passage and cycles of nature.

History

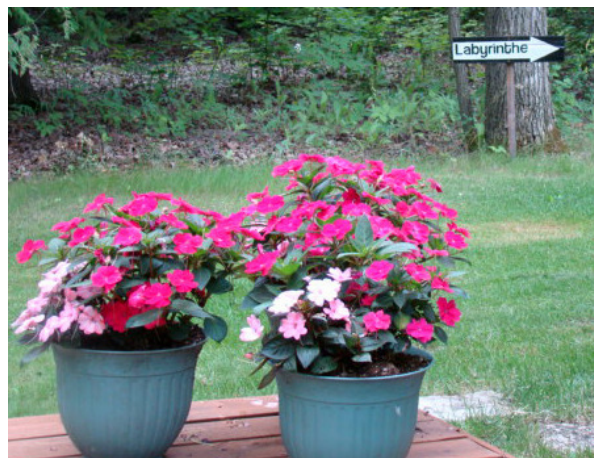
The Cretan Labyrinth of 1500 BC is one of the earliest forms, with seven circles all leading to the centre.



During the Middle Ages, Christians vowed to make pilgrimages to Jeru-

salem, but many could not make the journey. Rather, they visited the great Cathedrals and walked the Labyrinth as the final stage of their pilgrimage.

One of the world's most famous labyrinths covers the floor of the Chartres Cathedral in France.



"The mysterious winding path that takes us to the centre becomes a metaphor for our own spiritual journey. Going in, we release the cares and concerns which distract us from our Source. The centre is a place of prayer and meditation, where we receive clarity about our lives. As we walk out the same path that brought us in, we are granted the power to act. The walk is a shared journey: an activity which communities can do together to coalesce and unify vision."

-From the Veridas Project

