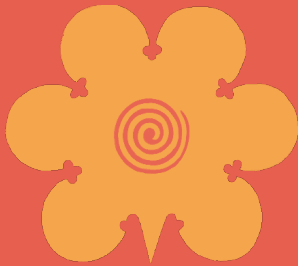


The Labyrinth at Knox



What is a labyrinth?

The labyrinth is a centuries old practice used for spiritual centring, contemplation and prayer. Labyrinths have been used for thousands of years in all cultures to touch the mystery of the deepest and truest self.

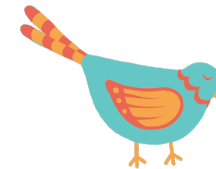
Origins can be traced back to ancient Greece, in the Palace of Knossos in Crete where it is closely linked to Greek mythology. Ancient labyrinths have also been found in India and in the Hopi culture of southern North America.

In Christianity, reference is made to a labyrinth constructed in stone on the floor of the Chartres Cathedral in France around 1200 ce. Christians would make a holy pilgrimage to Chartres to walk the labyrinth, replicating a pilgrimage to the Holy Land.

Why it is special...

A walking meditation, the well-defined single path of the labyrinth is what differentiates it and sets it apart as a spiritual tool. It is not a maze. It has no blind alleys nor dead ends. Rather, it leads us to its centre and in the process we reach ours.

It symbolizes a journey through life - from birth to death and the spiritual awakening that comes as we journey. It invites our intuitive, pattern-seeking, symbolic mind to come forth. To enter the labyrinth is to choose to walk a spiritual path in our lives.



The Labyrinth can...

- ... deepen self-knowledge
- ... relieve stress and clear the mind
- ... empower creativity
- ... calm people in life transitions
- ... awaken the spirit within
- ... bring forth spiritual healing
- ... open a path to action

Labyrinth hours...

Monday to Friday:
9 a.m. to 7 p.m.



How-to...

Remember that there is no right or wrong way to walk the labyrinth. Here are some suggestions to get started:

Pause at the entry to allow yourself to be fully conscious of the act of stepping into the labyrinth.

Follow your own pace. Always allow your body to determine the pace.

You can move around someone who is walking slower or allow someone to pass if you are walking slowly. This is most easily done at the turns.

If there is someone walking ahead of you, allow several turns to elapse before you enter.

Develop your own practice. You may feel like bowing or lighting a candle or using some other ritual as you begin your walk.

The Labyrinth is a two-way street. If you want to stay in a meditative state, do not make eye contact with others. However, you are free to acknowledge others with a handshake, hug or smile if you wish.

We recommend that you walk the labyrinth without shoes. Bare feet heighten your spiritual experience.



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The experience is different for everyone because each one of us are unique beings in the universe. We bring our unique hopes, dreams, history and longings of the soul; We walk away with insights to shape the journey of our life.