

The Labyrinth is an ancient self-discovery prayer tool which has been an integral part of cultures throughout the world for more than 4000 years.

Unlike a maze, the labyrinth is a sacred path with no dead ends...only a circle representing one's own spiritual quest for wholeness.

During the Middle Ages, the practice of making a pilgrimage on foot to Jerusalem became impossible for many. Labyrinths were created in cathedrals for the purpose of making a symbolic journey... a walk of the spirit.

Today, the opportunity for making a spiritual pilgrimage is offered in nature's cathedral.

This labyrinth is offered as a gift to weary sojourners, as a way to find rest and renewal.

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St. Peter's

Labyrinth

...a sacred space

where the inner and outer
worlds can continue

where the thinking mind
and the imaginative heart

can flow together.

Lauren Atress

Walking the *Path*

Coming in...

Seek to quiet your mind, soul, heart, and body.
Begin to let go and release your care and concerns.
This is a time of self-emptying.

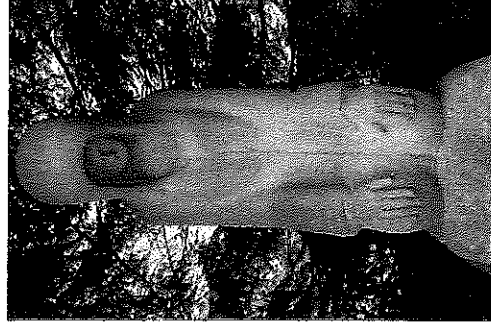
Centering...

Seek inspiration and illumination at the center of the Labyrinth...
the center of yourself, the center of the universe.
Remain here as long as you like.
This is a time of clarity and realization.

Going out...

Seek to return with a grateful heart. Ponder what touched you,
inspired you, challenged you, surprised you.
Carry your unique experience into the world.
This is a time of integration.

...there is no right way to walk the Labyrinth...your walk is your journey...simply open yourself
...taking a moment to center yourself before beginning can prepare your mind and spirit for the experience
...silence can lead to a deeper experience for you and others walking the path
...open yourself to the spirit...everything around you can instruct and inform
...allowing a question to surface as you walk may help you find an answer as you center
...arrival at the center of the Labyrinth may be a time for you to kneel, sit, stand, bow, face each direction,
even read something you have brought with you
...walking out of the Labyrinth can be a time of integration and gratitude
...at the completion of your walk, you may desire to sit for a moment to reflect on your experience



*May the peace that passes
all understanding fill you
and flow from you today
and all your tomorrows*