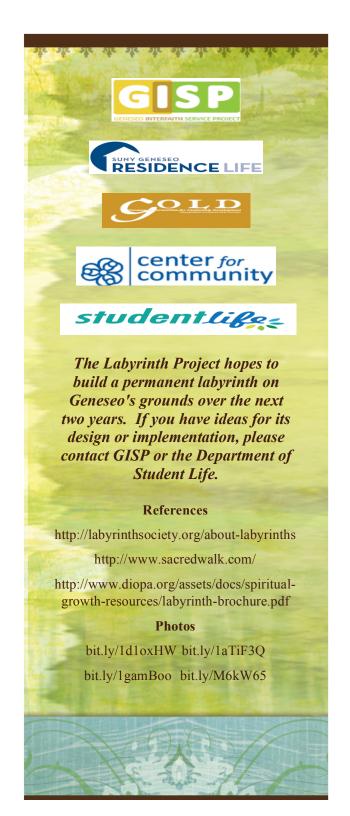
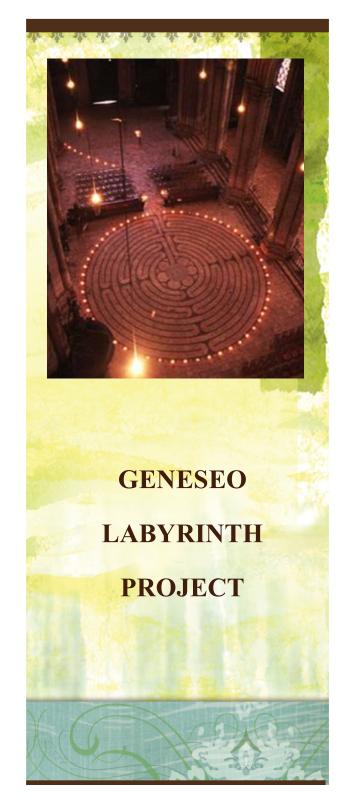
WALKING THE GENESEO LABYRINTH

- Please remove your shoes before walking on the canvas.
- Maintain silence for your reflection and that of others.
- Let go of extraneous thoughts as you enter. Become aware of your breathing. Enter your walk in a receptive, non-judgmental state.
- Walk at your own pace. As you meet other walkers, gently give way to your meeting and passing.
- * Take time after your walk to reflect and meditate. Repeat the path, if you wish. Consider journaling your experience.





WHAT IS A LABYRINTH?



Labyrinths are usually single pathways that lead to the center and then back out by retracing the same path. Unlike in mazes, one cannot become lost or trapped. A labyrinth provides a sacred space. It invites the walker to set aside their cares and concerns and open their minds and hearts. To quote the Labyrinth Society, "To walk the labyrinth is a pilgrimage, to discover something about ourselves. destination The not important; the journey is."

HISTORY OF THE LABYRINTH

Labyrinths have been in existence for over 4,000 years. They have been used by many different religious traditions as a way to open the mind. Christians began using labyrinths in churches and cathedrals in the Middle Ages. The labyrinth on the floor of the Chartres Cathedral in France is a model for many modern labyrinths. It consists of eleven concentric circles with a twelfth circle in the center. The rosette in the center where people stand, sit or kneel is made of six petals.



HOW TO WALK A LABYRINTH



The labyrinth is a path for meditation and prayer. Symbolically, it echoes the turns and twists in life. The best way to learn about it is to walk it — with an open heart and an open mind — and experience it fully. There is no right or wrong way to walk the path. Relax and enjoy the experience.