

WALKING THE GENESE0 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.



The Labyrinth Project hopes to build a permanent labyrinth on Geneseo's grounds over the next two years. If you have ideas for its design or implementation, please contact GISP or the Department of Student Life.

References

<http://labyrinth society.org/about-labyrinths>

<http://www.sacredwalk.com/>

<http://www.diopa.org/assets/docs/spiritual-growth-resources/labyrinth-brochure.pdf>

Photos

bit.ly/1d1oxHW bit.ly/1aTiF3Q

bit.ly/1gamBoo bit.ly/M6kW65



GENESE0 LABYRINTH PROJECT

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. The destination is 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.