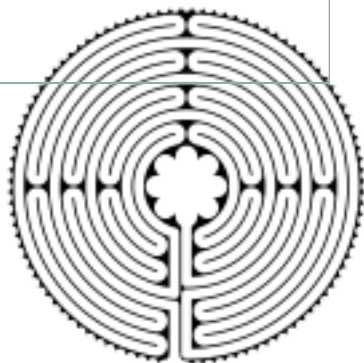


BENEFITS OF LABYRINTHS

The Christian church has known the health and spiritual benefits of labyrinths dating back, at least, to the 4th Century C.E..

Medical research shows long-term health benefits. Labyrinth walking is among the simplest forms of focused walking meditation. The proven benefits have led hundreds of hospitals, health care facilities—including long-term care and dementia facilities, to install them.



ALL ARE WELCOME

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Trinity United Church Labyrinth



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Q: What is a Labyrinth:

A: A Labyrinth is not a maze, it is a continuous path that leads you to the centre. To exit you retrace the same path back out. The oldest example of a labyrinth symbol with a precise date is found dating back to around 1200 BCE.

Q: Why walk a Labyrinth?

A: It is an excellent tool for health and well-being. It may be used to: pray, “unwind the mind”, meditation, let go of worries and concerns, simple exercise, plus much more.

Q: Do I Have to Walk It Alone or Can Several Walk at Once?

A: More than one person can walk the labyrinth at the same time. It is important to leave

some space between walkers. If someone stops, for whatever reason, either one, or both of you, may step off the path to allow passage.

Q: What Do I Focus on As I Walk?

A: There is no “right or wrong” way to walk a labyrinth.

It is best to walk the labyrinth with an open heart and an open mind, asking for your highest good.

Spend time at the entrance, the centre, and at the end for reflection. Pause when you feel the need.

At the entrance, pause, relax (if possible), focus on your intention, you may say a simple prayer. Let go of your expectations, let the experience be your guide.

Follow the path to the centre at your own pace.

Don't worry if you get turned around (e.g. if you have step off the path to let someone pass). You will find the centre or the entrance—you won't get lost.

Here are some suggestions:

Walk it as a kind of prayer, (say a prayer—familiar or new, sing/say the words to a familiar hymn/ song, recite a poem or use a breath prayer e.g. Breath in: “Come God,” Breath out: “bring me peace.”

Walk it as a symbolic journey of where you are in your life.

Set an intention to receive inspiration, or to receive an answer to a question, or solution to a “problem.”

Walk with the intention to unwind, to let go of a worry or burden of some sort –letting it go when you reach the centre.

Learning more about yourself and life, be aware of how you walk it and what you observe.

Allow your own creativity to be present; walk it in the way you think will work best for you.

God bless you. We hope you have a meaningful experience.



Trinity's Labyrinth