

THE KNOX LABYRINTH

The Labyrinth at Knox is a modified 24 foot diameter Chartres pattern Labyrinth. The Labyrinth in Chartres Cathedral in France, installed in 1201, provided an alternative form of pilgrimage, when it was no longer safe to make pilgrimage to Jerusalem.

The Labyrinth is not a maze, built to confuse, but a single pathway winding to the centre and returning out again on the same path. On the Labyrinth walk, we engage an ancient spiritual practice of pilgrimage and self discovery. The movement is a body prayer through the architecture of the soul. As we move to the centre, healing, transformation and the divine can be known.

The Knox Labyrinth is listed on the Labyrinth locator of Veriditas, Grace Cathedral, San Francisco.

If you wish to contribute to the Labyrinth, there are envelopes provided for your donations. Thank you for helping us grow and sustain this project.

Workshops are offered through Knox Centre Programs. Check the Knox web site for full details.

To book a group Labyrinth event or retreat, contact Drew Strickland, (403) 266-6450, drewid@knoxunited.ab.ca.

THE LABYRINTH



*Walking the Labyrinth
at Knox United Church*

SELF-GUIDED LABYRINTH WALKS
9 – 6 DAILY

Knox United Church
506 Fourth Street SW Calgary, AB T2P 1S7
Phone: (403) 269-8382
www.knoxunited.ab.ca
knoxunited@gmail.com

DISCOVER THE LABYRINTH

The labyrinth is a spiritual tool meant to awaken us to the deep rhythm that unites us to ourselves and to the Light that calls from within. Based on the circle, the universal symbol for unity and wholeness, the labyrinth sparks the human imagination. It enlivens the intuitive part of our nature and stirs within the human heart the longing for connectedness and the remembrance of our purpose for living.

WHY IS THE LABYRINTH 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 that may trick us. Rather, it leads us to our centre.

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.

WHAT DOES THE LABYRINTH OFFER?

The labyrinth is a tool to:

- deepen self-knowledge
- relieve stress and clear the mind
- empower creativity
- calm people in life transitions
- give insight into our life journey
- guide healing
- urge action



The experience is different for everyone because each of us brings different raw material to the labyrinth. We bring our unique hopes, dreams, history and longings of the soul; We walk away insights to shape our activity.

Openness to our experience in walking the labyrinth is the only criterion necessary to embark on the journey. The more you walk, the clearer life becomes.

THREE STAGES OF WALKING

Releasing - a place of letting go of the details of life to quiet and empty the mind.

Illumination - receiving divine energy as new insight, serenity, or whatever is there for you.

Union - a place of experiencing the divine by paying attention to the inner and outer world.

WHERE DO LABYRINTHS COME FROM?

Labyrinths are ancient. For thousands of years in all cultures people have used them to touch the mystery of their deepest and truest selves. They are found all over the world in many cultures and represent a universal pattern of human consciousness wherever they appear. Labyrinths are mysterious because we do not know the origins of their design or how they provide a space that allows clarity.

HOW TO WALK THE LABYRINTH

THERE IS NO RIGHT OR WRONG WAY TO WALK THE LABYRINTH.

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

Follow your own pace. Allow your body to determine the pace. You can move around someone walking slower, or allow someone to pass you if you are walking slowly. This is easiest done at the turns.

If there is a person on the labyrinth, allow several turns to elapse between you and the person in front of you.

Do what comes naturally. You may feel like bowing or some other ritual as you begin your walk.

The narrow path is a two-way street. If you want to stay in a meditative state simply do not make eye contact, but you can acknowledge someone with a handshake, hug or smile.

We prefer you walk the labyrinth without shoes. It is your choice unless they are dirty.

Find rest in the walk of meditative prayer
An oasis of peace in the inner city
Beautiful sacred space
