



# LABYRINTH *JOURNEY*

*An ancient art form that appears in almost every continent and culture, the labyrinth is a walking prayer, a sacred tool for meditation and reflection used in many religious traditions. It is a symbol for a sacred journey of life.*

*Sisters of St. Martha*





## **BETHANY LABYRINTH**

*Our labyrinth is located in a quiet spot in the lower part of the Bethany Centennial Garden, with a bench beside it. It is mown into the grass but also accessible in the winter when there is no snow on the ground!*

*There is no right or wrong way to walk the labyrinth, but here is some guidance:*

### **Trust the path**



There are no tricks or dead ends, you only need to follow the winding path to the centre. It is a time for a journey inwards, releasing tension, and letting go of busy thoughts.

### **Pause and breathe**



When you reach the centre, pause and breathe, give yourself a time to just 'be'. Receive what the moment offers you.

### **Don't rush**



When you feel ready, make the journey out again, carrying with you any insights you have received. When you find yourself back at the entrance, take some time to reflect. You may feel lighter, stronger, and ready to engage.