

Come take a stroll in Nature's Intention Labyrinth

Open to Public: Monday – Saturday 10am to 8pm
Weather permitting



Welcome to our 7 Circuit Labyrinth!

We are delighted to offer you the opportunity to experience an age-old phenomenon that has appeared in all parts of the world over thousands of years. Labyrinths have been found in cultural traditions so completely unrelated to one another as Scandinavia, Greece, Britain, North America, Rome, the Hopi Indians, Africa, India and the Middle East.

A **Labyrinth** is an ancient, geometric pattern that has a single path that leads into the centre and out again. Because there is only one path, the word "circuit" is used to describe the number of times the path circles around the center. A labyrinth should not be confused with a maze; a labyrinth was originally based on a circle, the sacred symbol for healing, unity and wholeness. A maze offers a choice of paths, dead ends and false starts; it is our cognitive mind (left brain) that loves to problem solve. The act of trusting the labyrinth path and giving up conscious control allows the creative and intuitive mind (right brain) to calm and harmonize to body, heart and spirit. Our labyrinth is unique because it also embraces the inherent powers of the **Medicine Wheel** (stellar and cosmological alignments) and the **7** main **Chakras**. The Medicine Wheel represents harmony and connections and is considered a major symbol of peaceful interaction among all living beings on mother Earth. "Chakra" is a Sanskrit word for the energetic force centers of our spiritual bodies. Many traditions recognize seven, primary energy-centers and equate the 7 colors of the rainbow with the pulsating energy frequencies. Each chakra has its own harmonic pattern that creates color, sound, and function as well as vibrating at its own rate. See page 2 for more specifics.

People walk labyrinths to celebrate, to grieve, to slow down, to seek insight, to find stillness and compassion and for health benefits. Children most often run in and out as fast as they can in a playful manner.

Some general guidelines for walking a labyrinth are:

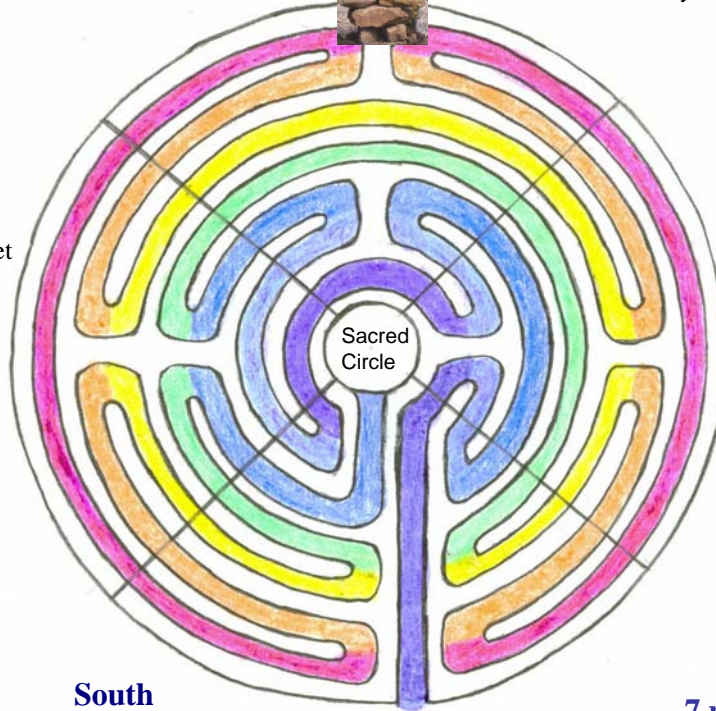
1. **Focus:** Pause and wait at the entrance. Become quiet and centered. Give acknowledgment through a bow, nod, or other gesture and then enter.
2. **Experience:** Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments. Leave when it seems appropriate. Be attentive on the way out.
3. **Exit:** Turn and face the entrance. Give an acknowledgement of ending, such as "Amen or Namaste".
4. **Reflect:** After walking the labyrinth reflect back on your experience. Use journaling or drawing to capture your experience.
5. **Walk often.**

North
Earth Element - Physical Realm
Wisdom / Rest / Healing



An **Inukshuk** is a beacon of the north used initially by the Inuit people as a directional marker or marking a sacred space. It also means friendship, hope, safety, and protection. To me it seems to say, "You are welcome in my world."

West
Water Element – Heart Realm
Change / Finishing things / Sunset



East
Air Element – Spiritual Realm
New Beginnings / Action / Sunrise



South
Fire Element – Mind Realm
Growth / Passion

7 main Chakras

Crown (spirituality), **Brow** (intuitive/creativity),
Throat (communication), **Heart** (harmony/love),
Solar Plexus (personal power/digestion),
Sacral (sexuality/sensuality/relationships),
Base (physical & material well-being)

A LABYRINTH

"Just like your life is a sacred journey. and it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path...exactly where you are meant to be right now...and from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love."

-Caroline Adams

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Drop your comments to Kim@naturesintention.ca

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