

WHAT TO EXPECT

Whether the goal is to decrease stress, or to inspire creativity, to manage conflict and change, or to have a change of pace, the labyrinth offers a meaningful metaphor for many day to day issues. Depending on your desired outcomes your labyrinth experience will be tailored to your needs.

A basic program includes

- Supply of a labyrinth (either a temporary version made on site), permanent or portable depending on space available.
- Presentation:
 - Introduction to the labyrinth
 - How to walk a labyrinth
 - Facilitated walk
 - Reflection

Partial list of offerings:

- Team buildings, idea generation, conflict management, stress reduction—only limited by one's imagination.
- Rituals, Celebrations and Ceremonies
- Community Events
- Building of permanent and temporary labyrinths indoors and out

Location:

Indoors or outside. all that is required is floor space. A bigger labyrinth will enhance the experience and allow a greater number to participate.

Time:

A labyrinth experience may be incorporated into a longer term training program as a tool for reflection, to integrate learnings or as a metaphor for dealing with conflict or change. Alternatively the labyrinth can be used as a tool for centering and meditation.

Time required depends on the size of the group and width of the space.

Facilitator:

Martha Collard, Veriditas trained facilitator, Labyrinth builder and Asia Regional Representative of The Labyrinth Society. *(The only trained builder in Asia.)*

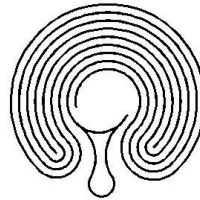
**“A person’s heart and mind are in chaos.
Concentration on one thing makes the mind pure.
If one aspires to reach the Tao,
one should practice walking in a circle.”**
~ Taoist Canon

Further information on Labyrinths:

[Wwww.veriditas.org](http://www.veriditas.org)

[Wwww.labyrinthociety.org](http://www.labyrinthociety.org)

[Wwww.red-doors.com](http://www.red-doors.com)



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“Solvitur ambulando”

‘It is solved by walking.’

~ St. Jerome



***“We live in a fast-paced society.
Walking slows us down.”***
- Robert Sweetgall

RED DOORS 門 – UNLOCKING FUTURES

WHAT IS A LABYRINTH?

A labyrinth is an age old path of relaxation, inspiration and wisdom. It has been found in cultures ranging from India to North America to Europe with a history dating back over 3000 years. It is a meditative tool that induces a contemplative, intuitive state.

Typically labyrinths have a single circuitous path that winds its way into the center and out again. A labyrinth is not a maze. It has no dead ends. Mazes are complex and require left brain thinking and logic. Mazes challenge, labyrinths invite.



Maze

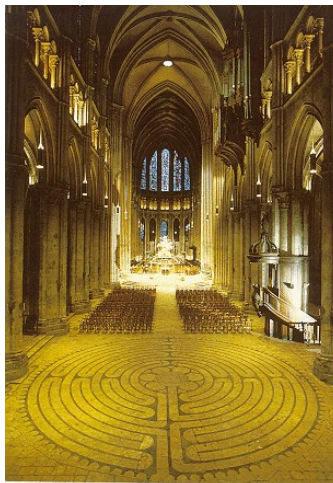


Classical Labyrinth

The single path ensures you cannot get lost. Their numerous 180° turns shift your awareness from right brain to left brain. These shifts balance the two hemispheres of the brain resulting in a meditative state linked to physical and emotional healing

Labyrinths appear periodically throughout history at times of great change and spiritual crisis. They serve as a kind of gyroscope, steadying and balancing us, reordering our priorities, rescuing us from the past and the future to experience the power of the present moment.

The last resurgence of labyrinths was during the medieval period. The most famous example is located at Chartres Cathedral in France, built in 1201 ad.



BENEFITS

There are many reasons to choose to walk a labyrinth – to celebrate, to grieve, to slow down, to seek insights and inspiration, to find stillness and compassion or sheer curiosity. Whatever the reason or occasion, walkers report the following afterwards:

- Experiencing tranquility and peace
- Reducing stress and irritation
- Re-establishing equilibrium and balance
- Increasing intuition and insight
- Enhancing physical and emotional healing
- Experiencing happiness and sometimes tears
- Reduced grief, enhanced physical & emotional healing
- Developing creativity and awareness
- Generates a sense of community with others

Because reaching the center is assured, walking the labyrinth is more about the journey than the destination, about being rather than doing, integrating body and mind, psyche and spirit into one harmonious whole.

Since 1991 labyrinths have seen a resurgence in popularity in the west largely led largely by Dr. Lauren Artress. Communities, schools, hospitals and communities are all building them.

Research conducted by Dr. H. Benson at Harvard Medical School's Mind/Body Medical Institute has found that focused walking meditations are highly effective at reducing anxiety and eliciting the relaxation response/ 'labyrinth effect'. Regularly eliciting this response results in:

- Lowering blood pressure
- Lowering breathing rates
- Reducing incidents of chronic pain
- Reducing insomnia and
- Improving fertility

It is said the labyrinth will meet us where we are to give us what we need.

"Walking is a man's best medicine." - Hippocrates

WHO USES THEM?

Churches & other religious institutions

*Builds community
Offers a spiritual practice of walking prayer and meditation.*



Schools

*Decreases disciplinary interventions
Calms and focuses children suffering from ADHD
Stimulates idea generation and creativity*

"Walking would teach people the quality that youngsters find so hard to learn - patience."

- Edward P. Weston



Communities

Unites people with a common purpose -

Hospitals

*Focuses attention ie doctors prior to surgery
Offers relief for grieving and a space for contemplation and centering*

Companies

*Team building
Creativity
Reduce stress*



"Me thinks that the moment my legs begin to move, my thoughts begin to flow." - Thoreau