

# LABYRINTH JOURNAL QUOTES

“What I love is that you can’t get lost!!! For me the labyrinth is a symbol of “Don’t be afraid.” Especially, don’t be afraid to move and change...”

“Walking, hiking, treading, tiptoeing, bouncing, hopping, skipping, hoofing it along a sacred path, our spiritual pilgrimage of ins and outs. Walking the path of Christ. “

“This labyrinth became my journey to the divine. It was comforting to know that even when I feel that I am getting farther away or moving in the wrong direction, I am actually remaining on the right path. There are no wrong turns, and God is waiting for me patiently at the center of everything... the universe, the world, my life...me”

“It is not the destination, but what you discover along the way that matters. And each time it looks new. “



Saint James Episcopal Church

8 Church Street Greenfield, MA 01301

# WELCOME TO THE SAINT JAMES LABYRINTH

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Open to All to Walk  
4th Sunday Each Month

4-5 pm

Parish Hall

Saint James Episcopal Church  
Greenfield



Chartres Labyrinth  
France

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# WHAT IS A LABYRINTH?

It is a flat design either on the ground, floor or a mat/cloth

## It is one path...

with many turns, symbolizing our life journey. Unlike a maze, you cannot get lost.

It can be a place of prayer, a celebration of life's events, a time of pure enjoyment, or a place of renewal.

Its history is ancient and is found in countries around the world. No one is sure of its exact origins or uses. Labyrinths are found in many countries and cultures and are used in a variety of ways to deepen lives and as places of celebration.



Horta Labyrinth  
Barcelona Spain

# WHY WALK A LABYRINTH?

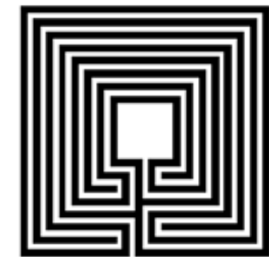
- \* As a place to meditate and pray
- \* As a way to find peace and serenity
- \* As a way to address the questions that are on your heart
- \* For problem solving and guidance
- \* As a time to connect with the earth
- \* To celebrate being alive
- \* To deepen our connection with the All, enlivening our intuition and clearing our mind



Cretan Labyrinth  
Ancient Greece

# HOW TO WALK OUR LABYRINTH.

- \* Remove your shoes.
- \* Pause at the entrance to prepare your mind and body.
- \* Take a few deep breaths to calm
- \* Silently, enter with respect and intention
- \* Walk at your own natural pace
- \* Leave space between you and others, stepping aside as needed
- \* Walk to the center attempting to reach reverence and openness.
- \* Leave when it feels the right time.



Contemporary Labyrinth