

## The Labyrinth

The labyrinth located near the entrance to the medical center is a pattern that can represent the path of life. It is found in most cultures of the world. Walking the labyrinth is a type of moving meditation that can clear the mind for facing life's challenges.

As a Medical Arts Center concerned for the whole person we are making the labyrinth available to you in our efforts to support the physical, emotional and spiritual well-being of our patients, families and friends, staff and members of the community.

It is our hope that those who choose to walk the labyrinth will attain an inner peace and an open heart during the time spent here at our medical center.

## The Three Stages

### As You Enter

**Releasing:** Quieting and emptying the mind; letting go of the details of your life.

### At the Center

**Illumination:** Opening to insight, finding clarity and having new awareness.

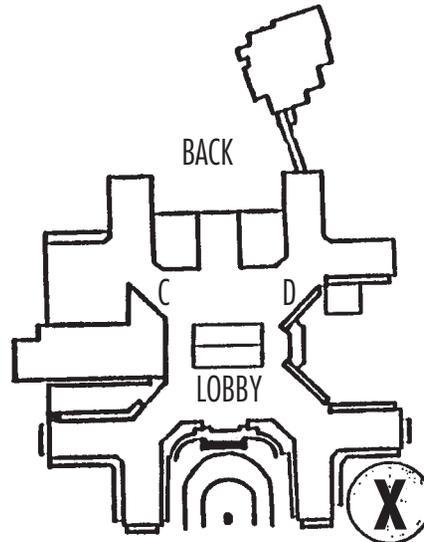
### As You Leave the Center

**Integration:** A sense of union, wholeness, balance and connectedness.

## How To Walk The Labyrinth

- ◆ Clear your mind and become aware of your breathing. You may pause before you enter and as well as after the walk is completed. Enter with an open mind and receive what is there for you.
- ◆ Allow yourself to find your own pace. You may pass others or allow others to pass you. You may wish to spend some time at the center.
- ◆ The path is two ways and you will meet those who are either coming in or going out. Do whatever is respectful and comfortable for you and others.

## The Labyrinth Location



## Some Helpful Tips

- Quiet the mind, letting all thoughts go, but don't force it
- Meditate by repeating a word, an affirmation or a phrase over & over to yourself
- Read from a sacred text or other books on spirituality
- Pray for yourself or someone else
- Strive for a state of relaxation and sense of calm
- Be open for guidance, redirection, replenishment, joy, transformation, solace, clarity, and peace

The experience will be different for everyone & may be different each time you walk the labyrinth.

### Recommended resources:

1. *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool* by Lauren Artress, Riverhead Books, 1995
2. [www.gracecom.org](http://www.gracecom.org)
3. *Veriditas – The World-Wide Labyrinth Project*; Grace Cathedral  
1100 California St.  
San Francisco, CA 94108
4. Stratton VAMC Library

Those who have walked the labyrinth report that it focuses the mind, slows breathing and can induce a peaceful state or help them confront their problems. A growing number of people have rediscovered the labyrinth as a path to spirituality, introspection and emotional healing.

*From: Reviving Labyrinths: Paths to Inner Peace  
by Laurie Goodstein*

In the medical center setting, the labyrinth walk becomes a holistic healing tool. It is an experience that honors the whole person – mind, body & spirit.

With its holistic nature and simplicity of use, the labyrinth is an excellent tool for integrating spiritual self-care into the health-care setting.

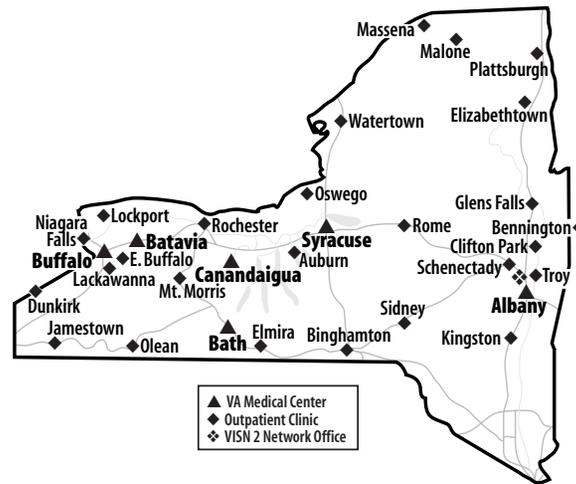
*From: Stone Circle – Environments to Renew the Spirit  
By Victoria Stone*



For comments or questions call the Labyrinth Team at 518-462-3311 at the following extensions:

- |                             |                             |
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at  
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