

The Labyrinth

The labyrinth, located in Courtyard 2, is patterned after an ancient Egyptian labyrinth depicted in an etching by the artist, Sandro Botticelli.

The artist remarked, “we have reproduced this labyrinth and adapted it for Christian rites.” It would not have been the first adaptation of this particular labyrinth design. A similar labyrinth existed in Jerusalem before the city’s destruction in the second century AD. This ancient labyrinth spans several cultures and many centuries. By walking the labyrinth, you are able to meditate and clear your mind, to help you focus on the challenges that lay before you.

In an effort to support your physical, emotional, and spiritual well being, the labyrinth is open to patients, family, friends, staff, and members of the community. It is our hope that by walking the labyrinth, you will attain an inner peace and an open heart.

The Three Stages

As You Enter

Releasing: Quiet and empty the mind. Let go of the details of your life.

At the Center

Illumination: Open to insight, find clarity and have a 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.
- ◆ Pause before you enter and after your 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-way. You may meet people who are coming in or going out. Do whatever is respectful and comfortable for you and others.

The Labyrinth Location

The Labyrinth is located in the open-air pavilion in Courtyard 2.



Tips

- ◆ Quiet the mind, letting all thoughts go. Don’t force it.
- ◆ Meditate by repeating a word, an affirmation, or a phrase to yourself.
- ◆ Read from a sacred text or other spiritual book.
- ◆ 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 is different for everyone. It 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
3. *Veriditas - the Worldwide Labyrinth Project*; Grace Cathedral
1100 California St.
San Francisco, CA 94108
4. www.va.gov/visns/visn02/planetree.html
5. Canandaigua VA Medical Center 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.”

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.”

Stone Circle - Environments to Renew the Spirit
by Victoria Stone

“Labyrinths are amazing tools. ...Invented in the mists of pre-history by a culture that functioned on quite different levels of consciousness than we do today, these magical single-path mazes can enhance the possibility of bringing together our analytical/rational mode of consciousness with our intuitive/spiritual levels of consciousness.”

Labyrinths & Mazes
by Sig Lonegren

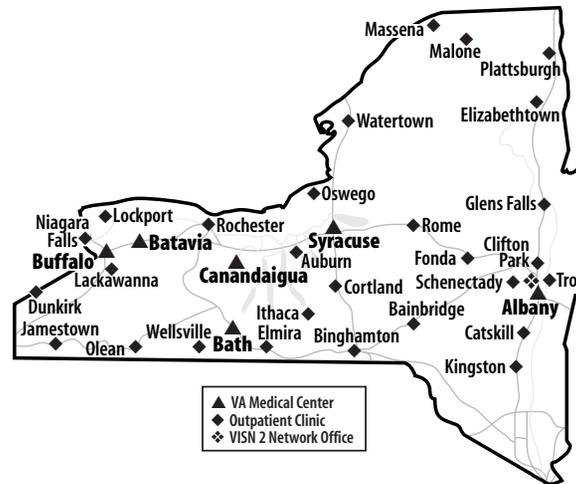
For information contact:

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Chaplain Section

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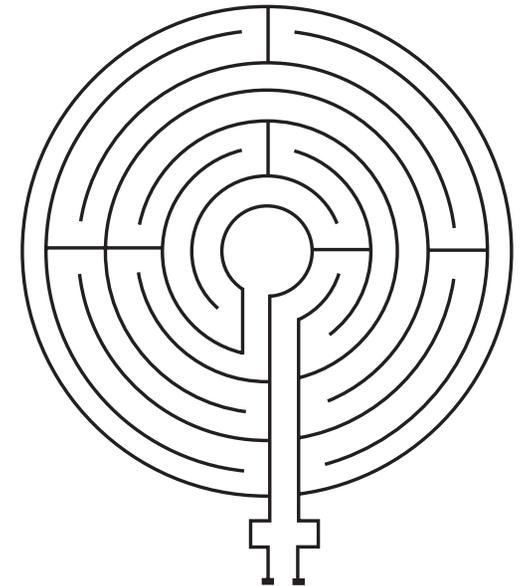
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at

**Canandaigua VA
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