

# Welcome to the Garden Labyrinth



## What is a Labyrinth?

A labyrinth is a pathway designed to lead a visitor to its center and then back out again. Unlike a maze, you cannot get lost.

The first labyrinths were created in southern Europe about 4,000 years ago and cultures around the world have continued to develop many different labyrinth patterns.



## Why walk the Labyrinth?

A focused walking movement, along a defined path toward the center and back again, provides an opportunity for relaxation, introspection, contemplation, meditation, and play.



## How should one walk the Labyrinth?

With a curious mind and an open heart. There is no wrong way to walk a labyrinth, but here are a few tips:

- Let go of the chatter in your mind and focus on your breathing
- Share the space respectfully
- Use quiet voices and consider silencing your phone
- Walk at your own pace and pass others with kindness

# Suggested Walking Meditation

## RELEASE – RECEIVE – RETURN



**Releasing (journey to the center):** Step on to the path, slowly begin walking. Take your time, quiet your mind, release your concerns and open your heart. Breathe deeply as you let go of distractions and burdens.



**Receiving (while in the center):** Pause in the center, as long as you like. If you have a question or intention, bring it to mind. Be open to listening to the quiet voice within to receive clarity, guidance or insights.



**Returning (the journey back to the beginning):** Slowly begin walking the path, reflecting on your experience and give thanks for what you have received. Carry the experience with you into your life.



This pattern is called *Partner Stroll* and was designed by, Lisa Gidlow Moriarty

### How can two people walk together on the Partner Stroll?

To walk side-by-side with another person, allow one person to follow the path all the way into the center. As they are ready to leave the center a second person can enter the labyrinth following the pathway as it first rounds the center. As the first person begins to retrace the path from the center, the two will be walking side-by-side on adjacent paths through the entire design, with a quick exchange at the midway point. The first person leaves the labyrinth as the second person enters the center. Consider holding hands or engaging in a quiet conversation as you stroll together.

This labyrinth is registered with The Labyrinth Society [www.labyrinthociety.org](http://www.labyrinthociety.org)  
Curious of other labyrinths around the world? Check out [www.labyrinthlocator.com](http://www.labyrinthlocator.com)