

## What is a Labyrinth?

Labyrinths are usually circular shaped patterns, with a meandering path inside, leading from the edge to the centre and back out again.

There is only one path, and one way through. Some say that the purpose of a labyrinth is to "find yourself", unlike mazes with false paths, where you "lose yourself".

There are four stages to walking a labyrinth:

- Remember – Before walking the labyrinth
- Release – Walking into the labyrinth
- Receive – Being in the centre
- Return – Walking out of the labyrinth

Labyrinths have been found that dating back to prehistoric times, carved in rock and on the ground, and many different forms are seen around the world.

If a physical labyrinth is not present, you can use a finger to trace the pattern on a printed version (finger labyrinths).

You can also use the 'Labyrinth Journey' app on your phone.



## Walking a Labyrinth

Walking a labyrinth quiets the mind, opens the heart and grounds the body.=

Some find answers to questions long asked, and some find healing, creativity, or a sense of wholeness.

The process can be used as a meditation, as a form of pilgrimage, as a body prayer, as a way of letting go, of honouring a benchmark in time, as a ceremony, and as a way of asking for guidance. What happens on the labyrinth can be seen as a metaphor for life.

"Walking the labyrinth represents stepping into the unknown, surrendering control, and trusting the path. It is a spiritual practice that encourages self-reflection and the exploration of one's innermost thoughts and emotions." Lauren Artress

"The labyrinth meets you where you are, gives you what you need, and forms a relationship between individual destiny and service to the planet." Lauren Artress

"As you walk out on the way the path appears." Rumi

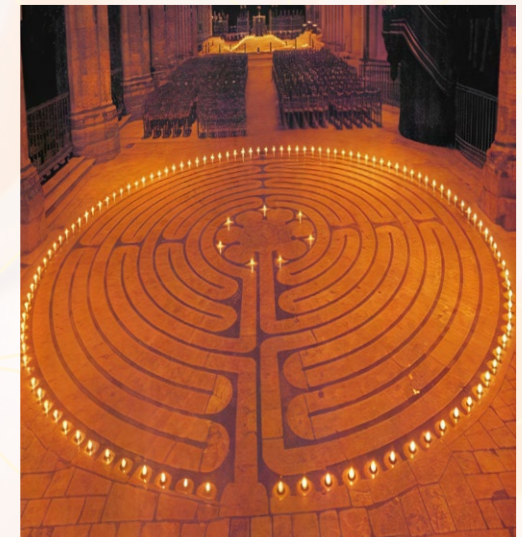
"Solvitur ambulando (It is solved by walking)" St Augustine

Please contact us to discuss this.



# Labyrinths at The Light House Christchurch

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## Labyrinth at The Light House

### - *Permanent Classical Labyrinth*

This is a permanent labyrinth, painted on concrete, situated at The Light House, 4 Redruth Avenue, Spreydon, Christchurch.

It is a 5-circuit labyrinth, meaning there are five circles in the basic design. It has a Classical pattern, called "Rambling Rose".

This labyrinth can be walked any time the front gate is open, and people coming for Homeopathy appointments can walk it before or after their appointment.

If you contact us, we can open the labyrinth at other times to suit you.

Group walks can be arranged as required, and also walks for special occasions, such as World Labyrinth Day (first Saturday in May), solstices, and seasons of the Church year.

We can also provide a full day labyrinth and meditation retreat, using the Unity Room that opens out to the labyrinth.

Please contact us to make arrangements to suit.



## Canvas labyrinth

### - *Portable Medieval Labyrinth*

The canvas labyrinth has a pattern painted onto a durable canvas base, made by Paths of Light. This is a 7-circuit Medieval labyrinth, a smaller version of the 11-circuit one at Chartres Cathedral.

The labyrinth is 24 feet in diameter, and folds into a wheeled duffel bag. Two people can set it up in about 15 minutes, and sweeping and folding afterwards takes about half an hour.

The canvas labyrinth is only used indoors, on a clean carpet or floor. People are asked not to take food, drink or candles onto the labyrinth, as these could stain the canvas, and not to wear shoes (socks are provided).

We welcome opportunities to take the portable canvas labyrinth into venues, including schools, churches, community centres, libraries, gyms, eldercare facilities and hospitals.



## Labyrinth at St Luke's

### - *Permanent Medieval Labyrinth (now demolished)*

St Luke's was a central city Church in Christchurch, that was demolished after it suffered severe damage in the 2010-2011 earthquakes.

The Church had owned a canvas labyrinth that was damaged, and set out to build an outdoor labyrinth from bricks saved from the demolition.

For a number of years this was used in a central location, near to Pete Majendie's White Chair memorial for those killed in the earthquakes.

This labyrinth was demolished in 2024, to make way for a housing development, but is still listed on the World Wide Labyrinth Locator.

It was an 11 circuit Medieval labyrinth, based on the one in Chartres Cathedral in France, constructed in 1201. It is the labyrinth that has led to the world wide interest in labyrinths nowadays, through Lauren Artress of Veriditas.

The picture on the front is of the labyrinth at Chartres at night, and the one on the back is a photo from above, showing the pattern that is referred to as Medieval.

