

Why Walk a Labyrinth

"The labyrinth is a spiritual tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer, and a blue-print where psyche meets Spirit."

"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."

"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