

Labyrinth Dedication Jamestown, CO September 13, 2014

Facilitated and led by Deborah J. Haynes

Invitation to Enter and General Thanks

What is a Labyrinth?

Our Labyrinth is based on a classic Christian design, the most famous example being at Chartres Cathedral, about 50 miles SW of Paris.

Shared Reading: TS Eliot, lines from the *Four Quartets*, written between 1936-1942

In my beginning is my end In order to arrive there,
To arrive where you are, to get from where you are not,
 You must go by a way wherein there is no ecstasy.
In order to arrive at what you do not know
 You must go by a way which is the way of ignorance.
In order to possess what you do not possess
 You must go by the way of dispossession.
In order to arrive at what you are not
 You must go through the way in which you are not.
And what you do not know is the only thing you know
And what you own is what you do not own
And where you are is where you are not
We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

Visualization to Activate the Labyrinth

Blessing

Leader: Our labyrinth is a winding path that leads to a central space and then out again by the same path.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth is a mirror for our own lives and metaphor for our spiritual journeys.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth is circle and a spiral, each a powerful and ancient symbol of unity, wholeness, and transformation.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth is a tool for inner growth and transformation of heart and mind, body and spirit.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth is a discipline of setting one foot in front of the other and following a path.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth calls forth our intuitive symbolic mind and creative meandering spirit.

Community: Bless this labyrinth and all who walk it.

Leader: Our labyrinth is a deeply healing container where we can touch our joys and sorrows.

Community: Bless this labyrinth and all who walk it.

