

“The labyrinth literally reintroduces the experience of walking a clearly defined path. This reminds us that there is a path, a process that brings us to unity, to the center of our beings. In the simple act of walking, the soul finds solace and peace.”

~ Dr Rev Lauren Artress

Further Information about labyrinths

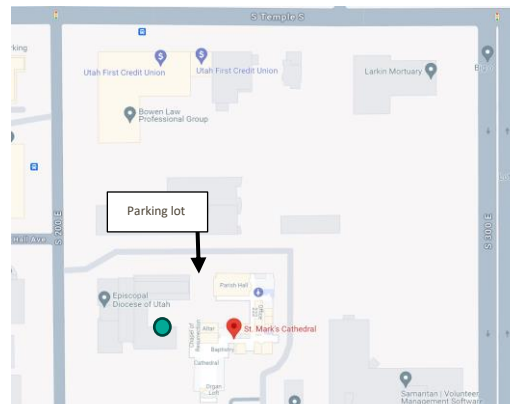
Laura Orcutt
 Veriditas Trained Labyrinth Facilitator
 801.368.5437/laura.orcutt.007@gmail.com



Facebook: World Labyrinth Day Utah
 LabyrinthSociety.org
 Veriditas.org
 LabyrinthLocator.org
 WorldLabyrinthDay.org

Directions:

- Drive north on 200 E
- Park in parking lot north of (behind) Episcopal Church Center of Utah (ECCU) and St Mark's Cathedral.
- Enter through rod iron gate between the 2 buildings.
- Labyrinth in courtyard near ECCU to your right when entering.



SLIR
WALK AS ONE FOR PEACE
 10 AM – 11:15 AM
 SAT MAY 18TH



SLIR
WALK AS ONE FOR PEACE
 10 AM – 11:15 AM
 SAT MAY 18TH

St Mark's Cathedral
 231 E 100 S SLC
 enter through gate between
 St Mark's & ECCU



Labyrinth Design

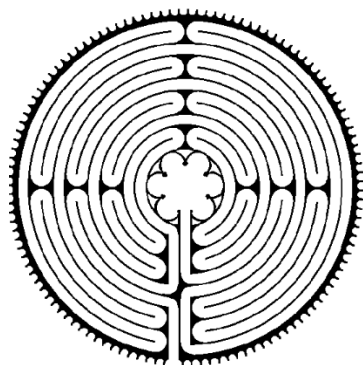
Although many designs of the labyrinth exist, labyrinth designs primarily fall into two categories.

- Classic or circuit labyrinth, with its back-and-forth path
- Chartres labyrinth with its intricate four quadrant path

Unlike a maze, which is meant to confuse or confound people, as they get lost in the countless choices of paths with wrong turns and dead ends, the labyrinth is meant to bring clarity and focus with its simplicity of following one path into a center and returning on that path to exist.



Classic 7-Circuit Labyrinth



11-Circuit Chartres Labyrinth

Experience the Labyrinth

How do you walk the labyrinth? Simply in any way you wish. A wonderful form to use is release, receive, return, and reflect. The path surrounding the center can seem like our life with its turns and journeys, some short and some long.

As you walk, release. Release your thoughts, clear your mind, and let go of things, things that bother you, consume you, cause you worry, etc. Perhaps notice how your thoughts shift as you make those 180 degrees turns on the path.

When you reach the center, receive. Receive what you are meant to receive, insight, clarity, love, whatever you receive.

When you are ready, return. Return with that insight, affirmation, or whatever you received and go into the world carrying that to help you, guide you, aid you, and perhaps share with others as you go about your life in the world.

Take time also to reflect afterwards on your thoughts, perhaps by journaling or writing down some insight or thought you had from walking the labyrinth. This form of release, receive, return, and reflect is a suggestion, especially for first time labyrinth walkers, but you may enter with a question, a meditation, a reflection of a piece of scripture, prayer, or some other reading, or simply with an open mind to just experience the labyrinth.

If you walk the labyrinth and no astounding thought, tranquility, peace, or insight came to you, do not be concerned. Each walk is different, so engage at another time and see what happens.



Chartres Labyrinth between St Mark's Cathedral and The Episcopal Church Center of Utah

Different methods to use when walking the labyrinth

- setting an intention
- meditating
- praying
- reflecting
- reading, such as a psalm
- questioning
- contemplating
- discovering
- awareness
- connection to God