



## UUFHC Labyrinth Walk April 20, 9:30 -11:30apm

What is a Labyrinth?

Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation. They are tools for psychological and spiritual transformation, and also thought to enhance right-brain activity. (*labyrinthssociety.org*)

Walking a labyrinth has been found to reduce stress, increase calm and aid recovery. For many, the labyrinth represents:

- Journey of self-discovery
- Opportunity for clarity and understanding
- Physical space for reflection
- Time apart for meditation



A labyrinth is different from a maze, though the two are often confused. This ancient and powerful tool is unicursal, offering only one route to the center and back out again: no blind alleys, dead ends, or tricks as in a maze. No matter where you are in the labyrinth's coherent circuits you can always see the center. Once you set your foot upon its path, the labyrinth gently and faultlessly leads you to the center of both the labyrinth and yourself, no matter how many twists and turns you negotiate in the process.

*(Exploring the Labyrinth: A Guide for Healing and Spiritual Growth by Melissa Gayle West)*

Join us on April 20, from 9:30 – 11:30 for the first UUFHC Labyrinth program with our new portable labyrinth. Come bless the new labyrinth by your walking! For more information, contact Beth Wood-Roig, [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com).