



The Double Spiral labyrinth at Stillpoint

Credits:

Linda Conroy/Stillpoint At Becksides

Bellingham retreat center to dedicate Double Spiral labyrinth

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The public is invited to attend a dedication of the new Double Spiral labyrinth at Stillpoint at Becksides spiritual retreat center in Bellingham, WA on Saturday, October 15th, from 1:00-3:30pm. This is a FREE event, and includes a potluck lunch, labyrinth dedication and labyrinth walks, and informal tours of [Stillpoint at Becksides](#) grounds and retreat center.

Attendees are encouraged to bring a potluck dish (optional), and to stay for a little, or linger for a while to walk the labyrinths in the afternoon. Bring an umbrella and outdoor shoes if the weather is rainy. The afternoon's agenda includes:

- 1:00 Gathering and Preparing Food
- 1:30 Potluck Lunch
- 2:30 Labyrinth Dedication
- 2:45 Labyrinth Walks and Informal Tours of the Grounds, Center and ****NEW**** Retreat Cabin and ****NEW****Ebenezer Garden

Symbolism of the Double Spiral Labyrinth

Early humans had much to contemplate when observing the beauty of spirals in the natural world. Spirals appear on animals such as snails, seashells, and rams' horns and they occur in natural phenomena like whirlpools, tornadoes and spinning galaxies. It is not surprising that the spiral would become a powerful symbol for creation and growth. It is probably the oldest symbol of human spirituality and the most commonly recognized Celtic design motif. It was also one of the earliest known decorations used in art.

The Celtic spiral design appears on a myriad of ancient artifacts, as well as on stone monuments such as Newgrange, in Ireland. It is uncertain what the religious significance was, but it undoubtedly had some connection with the sun, and therefore represents growth, expansion and positive cosmic energy. The double spiral has also been known to represent the equinoxes, when day and night are equal, and is therefore a sign of balance.

In some cultures, the double spiral is a symbol of eternal life. The symbol spirals out infinitely, thus reinforcing the concept of life, death, and rebirth. The whorls represent the continuous creation and destruction of the universe, or the relationship of the finite to the infinite; the never ending spiral of life to death, and back again. The double spiral is related to the yin-yang symbol, which depicts the balance and the interwoven nature of the worldly realm and the spiritual realm.

A double spiral labyrinth can also be a symbol of initiation and the ritual journey through a labyrinth to the sacred realms beyond the center. Additionally, the center can represent complete balance, and/or the place where Heaven and Earth merge.

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The labyrinth was constructed in August and September 2011 by [The Laughing Flower Labyrinth Co.](#) of Bellingham, WA and volunteers. The rocks for the project were donated by Peter Corcorran of Blaine, WA. To see photos of the installation of the Double Spiral Labyrinth, visit Laughing Flower's [Facebook photo diary](#).

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