

The Labyrinth Experience.

Robert Ferre, not only pioneered and built labyrinths in health settings in the USA he created an extensive website as a free community resource.

An invitation to slow down . . .

Robert says "the experiences people have when labyrinth walking comes directly from the invitation to slow down; to go within to a place where science and technology end; a place to access their inner healer.

It is a gift we give ourselves . . .

Robert's observation is that "walking a labyrinth is time out from our daily schedule and it is a gift we give ourselves. During the walk, we can relax our mind but remain alert to follow the path; being in a state of relaxed alertness enables us to be open to inspiration and creativity".

To have clarity and insight . . .

The labyrinth experience is best described as being able to go deep within ourselves where we can find clarity and insight; we are better placed to take the next step in our lives.

www.labyrinthproject.com



Heidelberg
Repatriation
Hospital 's
Labyrinth.

The contemporary seven circuit 15 metre labyrinth will be opened later this year. It is constructed with stone from Australia and India. The distance walking from start to finish is 450 metres.

Acknowledgements :

Sponsoring the Labyrinth Event
We are delighted that Austin Health invited us to support The Olivia Newton-John Cancer & Wellness Centre Appeal.

The Classic Cretan Labyrinth
Is supplied by The Edmund Rice Centre 'Amberley' in Lower Plenty. is a Retreat Conference and Spirituality Centre.
www.amberley.org.au

Silk flags symbolise good mental health.

The Healesville Community Labyrinth, initiated by Rivendell, supplied the flags for the Labyrinth Walk. Rivendell is a community mental health service offering support in the Healesville Community.
www.healesvillelabyrinth.org

Olivia Newton-John Cancer &
Wellness Centre Appeal

Sunday 15 September 13

1. The Wellness Walk of 4 kms commences at 11 .00 am from The Centre Ivanhoe in Upper Heidelberg Road Ivanhoe.
For details and registration
www.OliviaAppeal.com

2. Walking the
labyrinth for health
and well-being



Walking a labyrinth is a way to take a break from our busy lives. It is a walking meditation. Just follow the path allowing your mind to be still.

Open Walks 11.00am - 1.00 pm
Open Walks are free

Guided Walks 9.30am & 1.30pm
Guide Walks gold coin donation

Where: Ivanhoe Library Car Park
in Upper Heidelberg Road.

Contact: Lorraine & Geoff Rodda,
The Labyrinth Society - Australian
Region. Phone 0400 045 397 or by
Email lgrodda@iprimus.com.au



Healesville Labyrinth



Rural Academic Centre
in Shepparton.



The Children's
Hospital Westmead

Guidelines: Labyrinth Walking for Health and Wellbeing.

By The Reverend Dr. Lauren Actress, Founder and Creative Director of Veriditas.

A Labyrinth is not a maze. There are no tricks to it and no dead ends. Labyrinths have a single circuitous path that winds its way into the centre. The person walking it uses the same path to return to the exit. The path is in full view, allows a person to be quiet and focus internally. Generally there are three stages to the walk: releasing on the way in, receiving in the centre and returning back out of the labyrinth. Symbolically, and sometimes actually, you are taking back out into the world the clarity and inspiration you have received.

Labyrinths are peaceful places for reflection and contemplation. Walk the labyrinth in any way that meets what your needs while being respectful of others walking. You may walk to the centre and sit quietly and then when you are ready, walk straight out again. Labyrinths are peaceful places for reflection and contemplation. Some people come with questions, others just to slow down and take time out from their busy lives. Some come to find strength to take the next step in their lives. Many come during times of grief and loss. Children intuitively enjoy the labyrinth.

The effectiveness of labyrinths is directly connected with the experiences they engender. Walking labyrinths reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer and a mirror for the soul. The extent to which labyrinths are considered effective is directly connected with the experience they engender; the emotions and insights they ignite, the sense of calm or presence they evoke, the depth of solace they bring and the activation of our interior they stir.

Resources:

Facilitator Training
Places that use labyrinths.
Worldwide Labyrinth Locator
Australian e-Newsletter

www.veriditas.org
www.labyrinthociety.org/labyrinths-in-places
www.veriditas.labyrinthociety.org
www.labyrinthnetworknorthwest.org/resources.html