







## LABYRINTHS

Labyrinths are found in many cultures as far back as 3500 BC. Unlike a maze, the labyrinth is unicursal, having a single path leading to the center with no loops, cul-de-sacs or forks.

This Labyrinth is a scale replica of an ancient labyrinth constructed around 1200 AD in the stone floor of Chartres Cathedral, France.

Medieval Christians visited Chartres (and other cathedrals) and walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the "foot steps of Christ."

Modern "pilgrims" walk the labyrinthine path as one of many tools to enhance prayer, contemplation, meditation, and/or personal growth.

### WALKING A LABYRINTH

There is not a 'required way' to walk a labyrinth. The beauty of the labyrinth is that people can approach the experience on their own terms. However, as a guideline, we often break the 'walk' into three stages.

**Entering:** (also referred to as shedding or purgation.) During this stage you walk the path toward the center, and should 'center yourself' by trying to put aside worldly concerns and quiet the mind.

**Illumination:** The time spent in the center. This is a time of openness and peacefulness; you experience, learn or receive what this unique moment offers. Take your time. Let your inner spirit determine when to leave the center.

**Union:** The journey outward. You choose when to leave the center, following the same path. This is a time to consider what occurred in the center and how it may be applied in your life.

Sometimes a fourth stage is described representing life outside the labyrinth; the world where your experience or illumination will affect your future.

### FINGER-WALKING A PERSONAL LABYRINTH

Begin by setting the environment. Find a comfortable chair, location, or position. Remove jewelry, watches, bracelets, etc. Set music or background sounds. Adjust the lighting. Acquaint yourself with the labyrinth, pass your hands over the edges, across the center and around the outer edge; examine the details that make this labyrinth unique.

Adapt your breathing, and begin tracing the path from the outside with one or more fingers, following the groove/path toward the center. When you arrive at the center, stay a while.

Complete your experience by retracing the path from the center outward.

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### PAXWORKS - PERSONAL LABYRINTHS

PAXWORKS has utilized modern CAD/CAM technology and a little old-fashioned 'obsession-with-details' to create an extremely accurate 18-inch Chartres- style Personal Labyrinth. It is constructed of quality hardwoods and hand-finished with a durable satin finish. The natural materials make this labyrinth unique in all creation. Store it in a place of honor, hang it on the wall as a fine piece of artwork, display it as a contemplation piece.

PAXWORKS - Works Of Peace - <http://www.paxworks.com>

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**To assemble your finger labyrinth, simply fold over the white margin on the edge of page two and tape the folded edge to page three where the paths connect....**