
ABOUT ALL SOULS' LABYRINTH

Our labyrinth was built by Gathering members and dedicated in 2000. It is a seven circuit Cretan Labyrinth; 80 feet in diameter with 3 foot walking paths that are accessible for people with physical challenges. The paths correspond to the chakras or energy centers in the body and are numbered starting with the outside path as number one and continue to the center.

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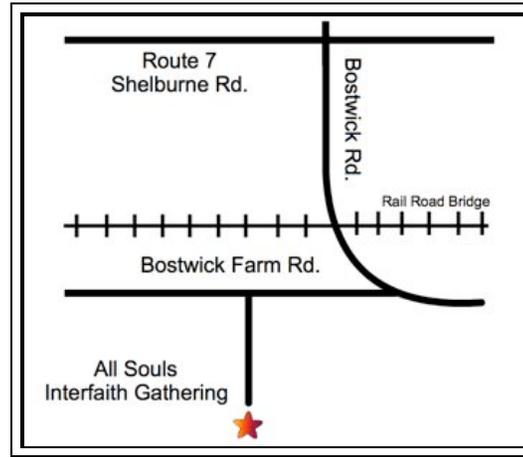
All Souls' Labyrinth is maintained by volunteers from several local communities including Champlain Valley Union High School and All Souls' Green Team. If you would like to volunteer to help maintain the labyrinth please contact All Souls!

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VISITING & CONTACTING ALL SOULS

DIRECTIONS



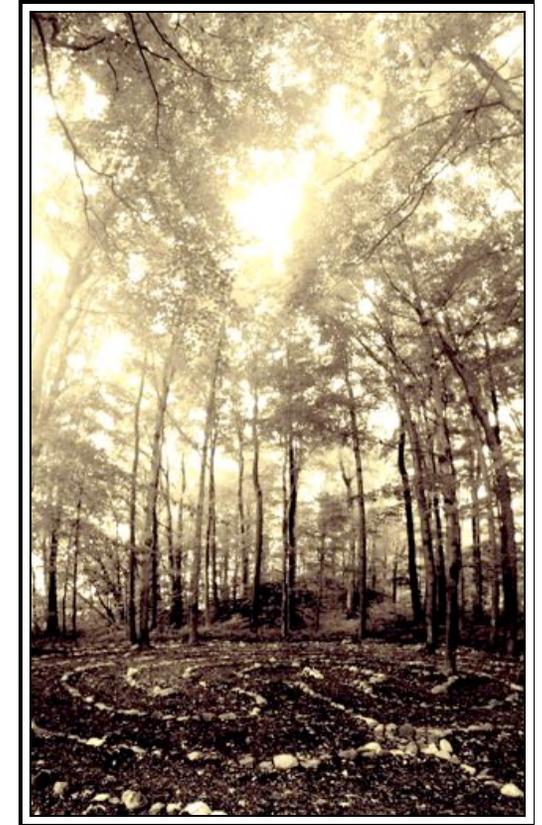
All Souls Interfaith Gathering
291 Bostwick Farm Road, PO Box 1124
Shelburne, VT 05482
802.985.3819

asig@allsoulsinterfaith.org
Tuesday-Friday, 8:30am-4:30pm
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LABYRINTH

ALL SOULS INTERFAITH GATHERING
SPIRITUAL CENTER
OPEN TO ALL



ALL SOULS' SEVEN CIRCUIT CRETAN
LABYRINTH

All Souls' mission is to honor and encourage each person's quest for truth and personal connection to the Divine Source in a way that brings meaning into their life.

JUST WHAT IS A LABYRINTH?

One of the oldest contemplative tools used for centuries for prayer, ritual, initiation, personal and spiritual growth, the Labyrinth is a circular path that leads to the center and back out again – *It is not a maze.*

Use the Labyrinth to take a breath, connect with your body, your soul and your heart; turning inward allows the mind to relax.



THREE STAGES OF THE WALK

~ As you walk to center ~

RELEASING: A time of shedding, letting go, surrendering, and opening

~ In the center ~

ILLUMINATION: Receiving Spirit's light and/or touching the light within

~ Walking out from the center ~

INTEGRATION: Bringing insight, light and gifts into the world

NAVIGATING THE LABYRINTH

As you enter and exit the Labyrinth make some form of gesture acknowledging your walk.

Become aware of your breath.

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Clear your mind.

If you choose, you may focus on an issue you need to resolve. Walk as quickly or as slowly as you like. Allow your body to find it's own pace.

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The path is two ways, going into the center and out again. People walking back out from the center will be walking toward you as everyone walks the same path in and out. Don't worry, you are not going in the wrong direction. If other people are walking the labyrinth you may "pass" people or let them step around you, which ever is easiest. Feel free to stop and touch or stand by trees and rocks. You may also sit on one of the five flat rocks in the center of the Labyrinth.

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Do what feels natural. There are no 'shoulds'. Do whatever seems right. Whatever thoughts and feelings you have are the ones you are meant to have during this walk.

USES FOR THE LABYRINTH'S SACRED SPACE



In addition to being available for daily contemplative and meditative walks, the labyrinth can be used in many different ways. For more information on such uses, please contact All Souls.

Celebrate personal passages such as birthdays, coming of age, etc.

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Mourn losses: loved ones, animals, job, etc.

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Welcome in a new stage of life, a new job, a new relationship

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Celebrate the passage of the season at solstices, equinoxes and new moons



Center Stone of the Labyrinth