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Using the Labyrinth for Stress Reduction and Self-Discovery:

- I. **What is a labyrinth?** A labyrinth is an unicursal walking path. Many forms of labyrinths exist and are found in many cultures (Celtic, Cretan, Native American, and African) around the world. Ours is based on one founded at Chartres Cathedral in France in the 12th century. Part of the labyrinth's significance is the fact that you are walking a design that generations before you have experienced.

- II. **How do I walk?** Simply walk the single path directly to the center and then return the way you entered. The labyrinth is multifaceted and can be used to support whatever you choose as your focus. Others will be on the path. Please make room for them and feel free to pass if you wish to move at a quicker pace. Methods for walking include:
 - Walking with a focus on the "Stage" of your life
 - Slow Buddhist style walking meditation
 - Walking with an Open Mind: No Thoughts
 - Walking into the labyrinth with a Question
 - A three fold-path of Purgation, Release and Unification: Focus on getting clear on your way in, "deposit" your issues in the center and claim your new path on your exit.
 - Walking in prayer or Affirmation
 - Walking with "Soft Eyes"-looking for enlightenment and seeing beauty
 - Walking with "Open Eyes"-seeking messages from others on your path
 - Walking in Gratitude
 - Walking the labyrinth to analyze or receive a Message or a dream or vision
 - Walking the labyrinth looking for new ideas and Creativity
 - Walking the labyrinth with specific focus on Problem Solving
 - Walking the labyrinth as a Teambuilding exercise for your work group

- III. **Why do I walk the Labyrinth?** From a Wellness perspective, there are many reasons for walking the labyrinth:
 - Calming down after a stressful experience
 - Focusing on energetic breathing for mind clarity
 - Regulating your heart rate as you walk
 - Lowering your blood pressure
 - Identifying with the true cause of your emotions
 - Focusing on solving your problems and alleviating any stress
 - Taking a break from your hectic pace
 - Releasing stress and whatever is bothering you
 - Making time to hear your inner voice
 - Generating a new feeling of joy and safety

For Stress Reduction, the bottom line is to soothe your breathing, halt an adrenal response and release of cortisol all the while connecting with your rational mind after interruption by a fight/flight response.