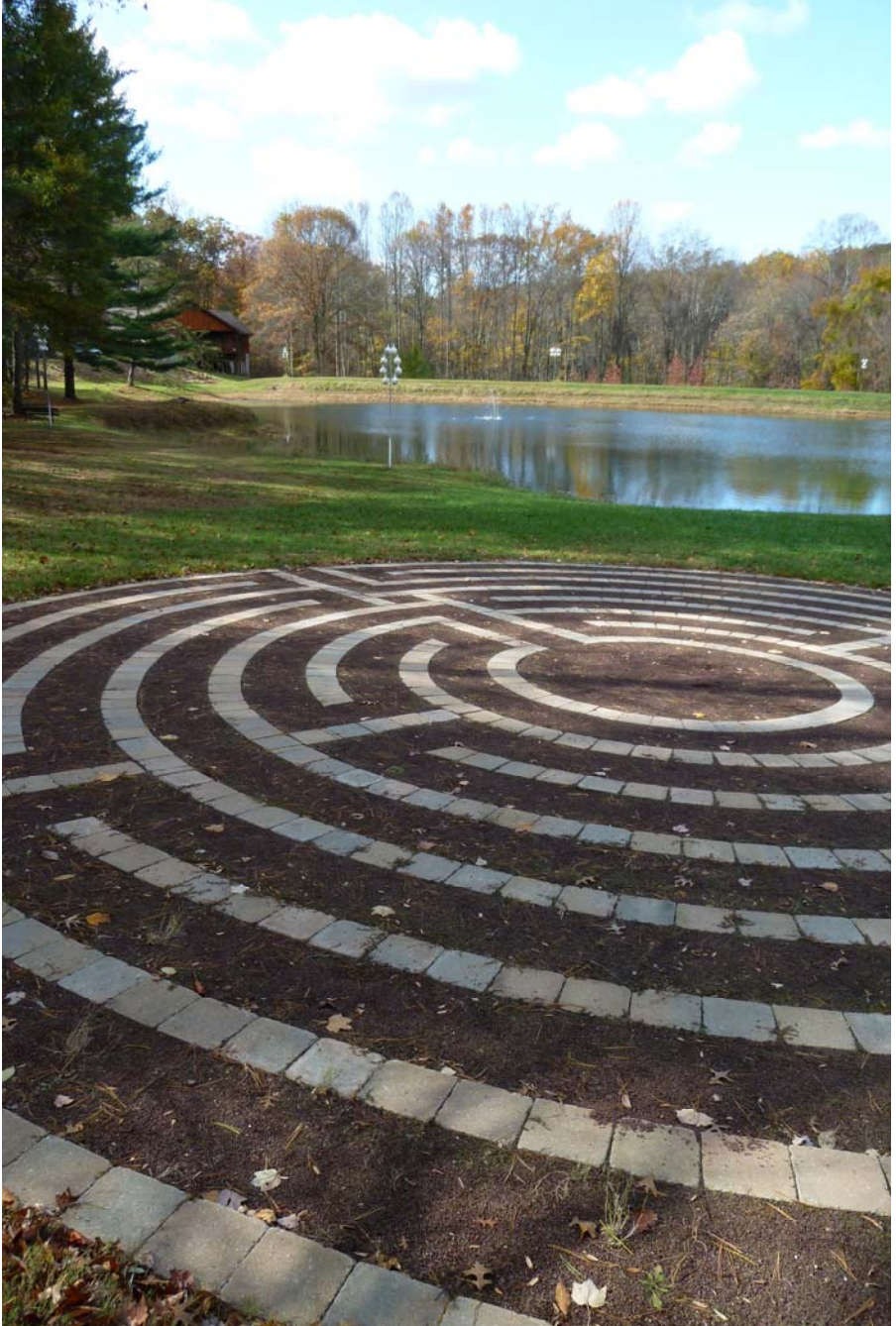


Welcome to the Labyrinth!

An Ancient Pattern Alive for Us Today



Hallowell Retreat Center, Comus, MD

What is a labyrinth?

Ancient Symbol

The labyrinth merges line and circle into a meandering path that has no dead ends or wrong turns. The path always leads to the center. The oldest firmly datable labyrinth is from Bronze Age Greece, approximately 1200 BCE, on a small clay tablet. Even older rock carvings in Europe and India push the labyrinth pattern back to 2000-2500 BCE. The earliest recognizably Christian labyrinth, in Algeria, dates from the 2nd century CE. The pinnacle of labyrinth building came in the 13th century, when labyrinths were installed on the floors of the great medieval cathedrals in Europe. The Chartres Cathedral labyrinth is the inspiration for many outdoor and indoor labyrinths that have come into use in the past 20 years, during the modern revival of the labyrinth.



Washington, DC area labyrinths

In passing through a labyrinth, one is not going in any particular direction, and by so doing, one reaches a destination which cannot be located with reference to the points of the compass.

— Alwyn & Brinley Rees



L-R: St. Luke's Episcopal Church in Bethesda, St. Thomas Episcopal Church in Dupont Circle, Georgetown Waterfront Park, the American Psychological Association

Contemporary Tool

A labyrinth is a place of pilgrimage and transformation, a place for celebration and play, a place for pondering one's place in the world. A popular way to walk the labyrinth is to follow these 3 R's:

RELEASE—On the way in, let go of whatever you may be holding, especially any expectations.

RECEIVE—In the center, wait for what the labyrinth has to offer you.

REINTEGRATE—On the way out, consider what gifts you carry back for yourself and your community.



Warrenton (VA) United Methodist Church

Visit a Labyrinth at Home or When You Travel

The Washington metro area is fortunate to have many outdoor labyrinths open to the public, plus enough scheduled indoor labyrinth walks that you could easily walk a different labyrinth every day of the week. Visiting labyrinths when you travel is a fun way to rest from the journey.

Guide to DC Metro Labyrinths

<http://www.placekeepers.net/dc-metro-labyrinths/category/labyrinths>

DC Metro Labyrinth Events Calendar

<http://www.placekeepers.net/dc-labyrinth-calendar/>

Worldwide Labyrinth Locator

<http://www.labyrinthlocator.com>

Sue Mosher

Sue walked her first labyrinth in the Arizona desert in October 2001, just a few weeks after the 9/11 attacks, and in the past two years, has visited nearly three dozen outdoor labyrinths in 13 states. She is a trained labyrinth facilitator, having studied with Lauren Artress,

a leader of the modern labyrinth movement. Sue was the labyrinth builder and keeper at the 2009 Prayer Vigil for the Earth on the Washington Monument grounds and has led groups to many of the DC metro area's labyrinths and other sacred spaces. Her

web site and blog—

PlaceKeepers.net—explores the relationship between people and place. Sue is currently enrolled in the Leading Contemplative Prayer Groups and Retreats program offered by the Shalem Institute of Bethesda, MD.

In Service to Spiritual Activism

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- Labyrinth walks
- Celtic spirituality
- Writing & editing projects
- Visioning & other facilitation

