

Benefits the Labyrinth brings to our Community

Space for quiet meditation and reflection

Beautiful design element for public space



An interesting centerpiece for community events

Destination point, a tourist attraction

Another element of interest at Destination Square which is the property shared with the Museum, the Hall of Valour and the Museum Garden



A passive recreation activity that can be enjoyed by all ages

The Labyrinth Committee would like to thank the Town of Carleton Place, The Ontario Trillium Foundation, our community members and groups for their generous support of the Community Labyrinth.



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Find us on Face book or

Log into our blog

<http://carletonplacecommunitylabyrinth.blogspot.com>



Carleton Place Community Labyrinth

267 Edmund Street, Carleton Place



Walk the Path

All are welcome to walk the Community Labyrinth at anytime.

Enjoy your journey

The Labyrinth Committee is a sub-committee of Carleton Place in Bloom.

The Community Labyrinth



Finger Labyrinth in Stone Bench

The Labyrinth is an ancient spiritual tool that has been used for over 4,000 years. In its long history the labyrinth has crossed cultural and religious traditions and can be found in countries all over the globe.

Similar to a circle, a single entrance point guides the walker through a series of turns that leads eventually to the center of the pattern. Walking a labyrinth is reported to support healing, meditation and personal growth.

Today, labyrinths are undergoing a modern revival in response to the contemporary needs of our time.

Walking the Labyrinth

The experience for each walker is different; it can be calming, energizing, deeply emotional or just pure fun.

As you prepare to walk, allow space between you and the person in front of you.

Before you enter, **PAUSE**, this is a time to let go of tension and stress. Listen to your heart beat, be aware of your breathing and quiet your mind.

Pace yourself



Remember that the labyrinth is a two way street. There is the possibility for meetings, greetings and possible confusion. Don't worry - there are no mistakes in the labyrinth.

The Labyrinth is a metaphor for life's journey, it is like the walk we take in life - filled with twists and turns always leading forward.

Pass one another when it seems comfortable. This may be easiest at the turns. Feel free to step around someone who is moving too slowly for your pace.

When you reach the centre, remain for as long as you wish. Standing in the center is a time of awakening, receiving and opening. This is a place for rest, prayer, reflection and meditation.

Walking out is a time of return. You may feel the opportunity to take what is gained at the center back out into the world with a renewed sense of understanding, strength, peace, or possibility.

