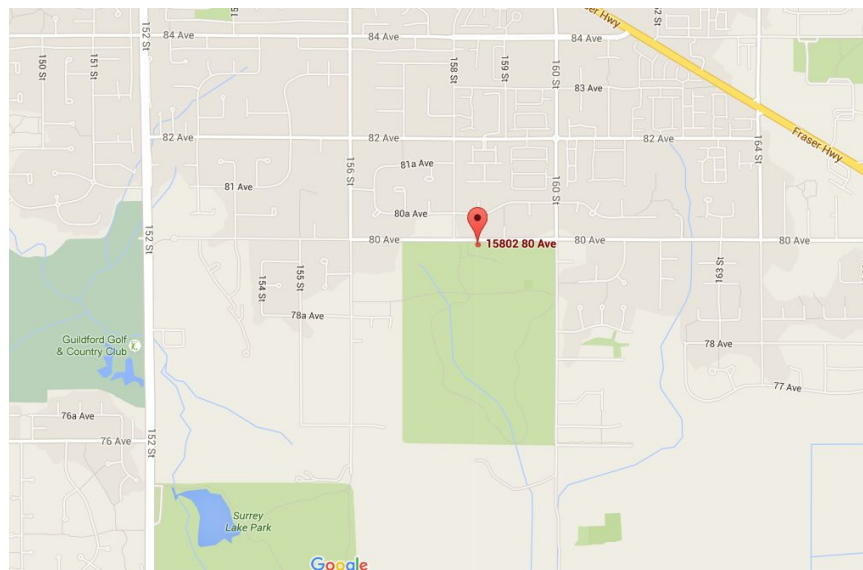




Photo Courtesy of City of Surrey  
[www.labyrinthlady.ca](http://www.labyrinthlady.ca)

**Fleetwood Gardens located in Surrey, British Columbia at  
15802 – 80<sup>th</sup> Avenue**



Labyrinths have been found in many cultures all over the world dating back about 4000 years. Today, many hospitals, universities, churches, organizations, funeral homes, and retreat centers have one on their premises. Its circles and spirals meander into a purposeful path symbolizing wholeness and unity, change and growth. There is general acceptance that labyrinths have one pathway that twists and turns from the entrance or mouth to the goal—or center—which symbolizes our deepest self. From the center, the path winds outward, out of the circle, which brings the walker to a broader understanding of who s/he is as a person.

As an archetype for mobile meditation, reflection, and contemplation, we walk it. The direct experience of mindfulness and walking meditation offers something about ourselves waiting to be discovered.

Thought to enhance right brain activity, labyrinths offer a place for people to escape the pressures of their lives, to have a place to find inner peace, and to open the heart.

While each walk is different for each person and each time one walks it, the effects of walking labyrinths include:

- Relieving stress
- Finding calm
- Quieting the chattering mind
- Sharpening focus
- Discovering wholeness

- Healing grief
- Facilitating reflection
- Gaining balance
- Reaping insights
- Heightening creativity and intuition

I invite you to walk the labyrinth to discover what possibilities await you.

