



LABYRINTHS

AN OPPORTUNITY TO RELAX, REFLECT & FOCUS

People are engaging with labyrinths worldwide as a way to quiet the mind, find balance and healing, as well as to encourage meditation, prayer, insight, community, and celebration!

WHERE CAN I FIND ONE?

Find one inside the Interfaith Center, which is located on Redstone Campus next to the blue water tower. Another pattern is set in the grass in front of the UU Society at the end of Church Street (152 Pearl St). There is also a community labyrinth in South Burlington (look in the field along the Swift Street bike path, not far from where it intersects with Spear Street). If you're away from Burlington, find one near you at labyrinthlocator.com



I'M TOO BUZY!

USE A FINGER LABYRINTH!

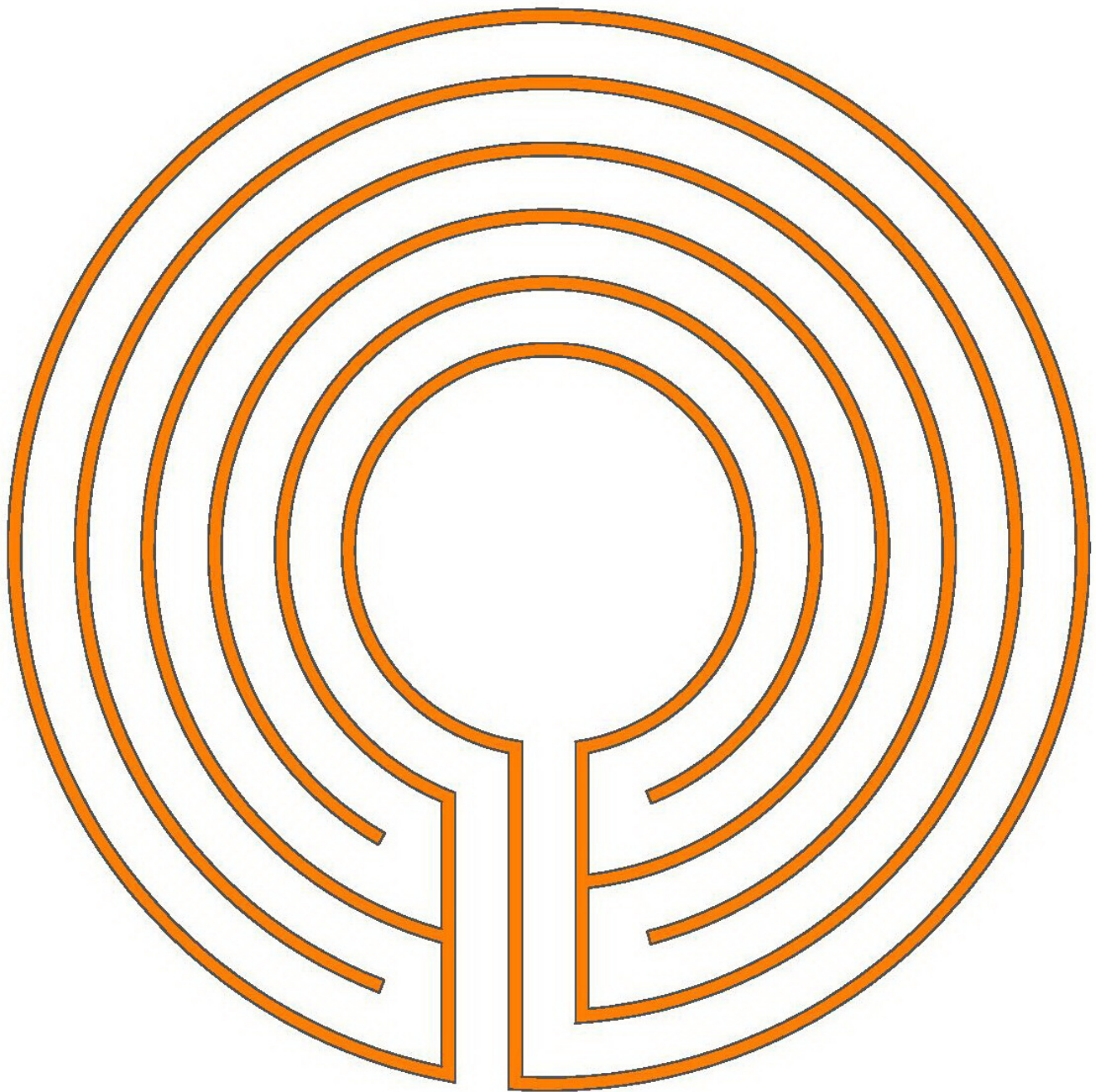
If you don't have the time, ability, or access to walk the labyrinth, consider tracing one on paper or your smart phone. You can follow the path using your finger(s), a pen, or perhaps a small stone or other object important to you. Check out the pattern on the other side of this flyer and/or download the **Labyrinth Journey** app on your phone..



THE UNIVERSITY OF VERMONT

Interfaith Center

SUGGESTIONS



- Find a comfortable location or position, remove distractions (e.g., jewelry), and set music or background sounds.
- Clear your mind and become aware of your breath. Allow yourself to find the pace your hand and arm want to go. Do what feels natural.
- Begin tracing the path from the outside, following it to the center. When you arrive in the center, stay awhile. Retrace the path from the center outward.
- You could think of the walk in three stages: **Releasing** on the way in - letting go as you clear and quiet the mind, **Receiving** in the center - spending time in reflection, **Returning** on the way out - incorporating what you received.
- Use everything as a metaphor. Journeying the labyrinth can be like a mirror for where we are in our lives.
- There is no right or wrong way to "walk" a labyrinth. Use it in any way that meets your need.