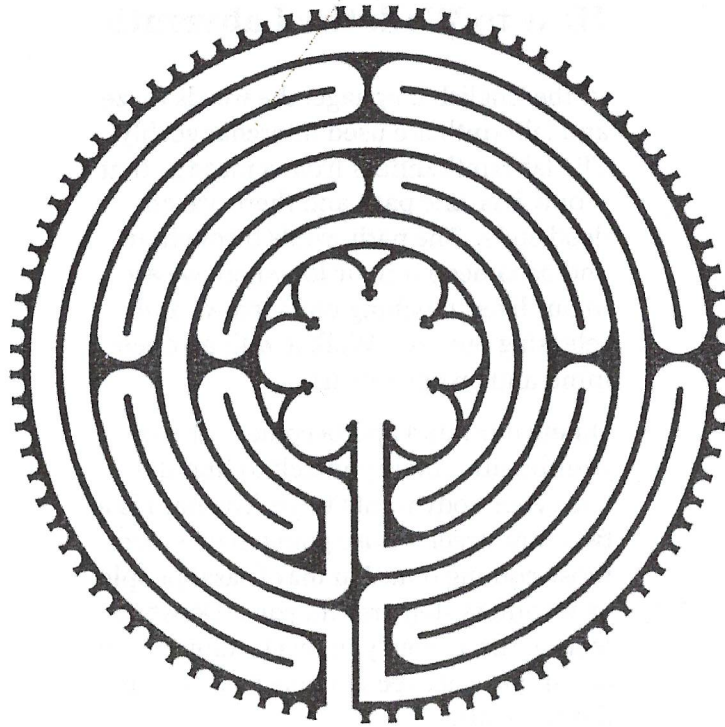


# What is a Labyrinth?

*The labyrinth is a walking meditation. It is a tool that enables us, in the midst of the busyness of life, to be still and focus our thoughts and feelings. Labyrinths can be found in cathedrals all over Europe and have been used by Christians for hundreds of years as a means of meditation and experience of the Divine Presence.*

*To enter a labyrinth is like entering a cathedral. You sense the presence of The Holy.*



## History of the Labyrinth

*The Holy Trinity Labyrinth is modeled after the stone Labyrinth embedded in the floor of the Chartres Cathedral, France., in 1220 A.D. Christian pilgrims would walk 20 or 30 miles from their home, ending up on the three-part prayer path in the cathedral. As they walked the long winding way in, they would shed everything on their mind; all of their worries, fears and concerns.*

*In the rose shaped (Holy Spirit) center they would be still and wait for illumination or healing or a sense of God's presence.*

*As they walked the winding way out, they felt at one with God, self, others, and nature. This is the three parts of spirituality throughout the ages; known theologically as: purgation, illumination and union .*

*Labyrinths go back almost 5,000 years, long before Christianity. As with many pre-Christian symbols, the labyrinth was converted for Christian use. As a result, church labyrinths have developed a specifically Christian tradition that dates from the early Middle Ages. The process began in the fourth century, 11 years after Constantine made Christianity legal. At that time, Roman Mosaic Labyrinth was placed in a church in North Africa and Christianized by adding the words "sancta ecclesia" (holy church) in the center. The Chartres Labyrinth represents the culmination of the Christian design incorporating the cruciform image, rosette center, and small circles around the perimeter for a lunar calendar to calculate the date of Easter.*