

# The Labyrinth is...

A wondrous pathway that may become a mirror for our own lives and metaphor for our spiritual journey.

A circle and spiral, each a powerful and ancient symbol of wholeness and transformation.

A tool of spiritual growth, healing conversion and transformation of heart, body, mind and spirit.

A spiritual discipline of setting one foot in front of the other and following the path.

A calling forth of our intuitive symbolic mind and creative meandering spirit.

A grounded yet symbolic space which can awaken us to the eternal and infinite mystery of the divine imprint within all creation.

A deeply healing container where we can touch our joys and sorrows.

**...a part of us**

