

What is a Labyrinth?

The labyrinth has ancient and anonymous origins and is therefore an archetype, a pattern that is universal to all of humanity. Labyrinths have been found in many cultures all over the world — on pottery, coins, tablets and tiles that date as far back as 5,000 years.

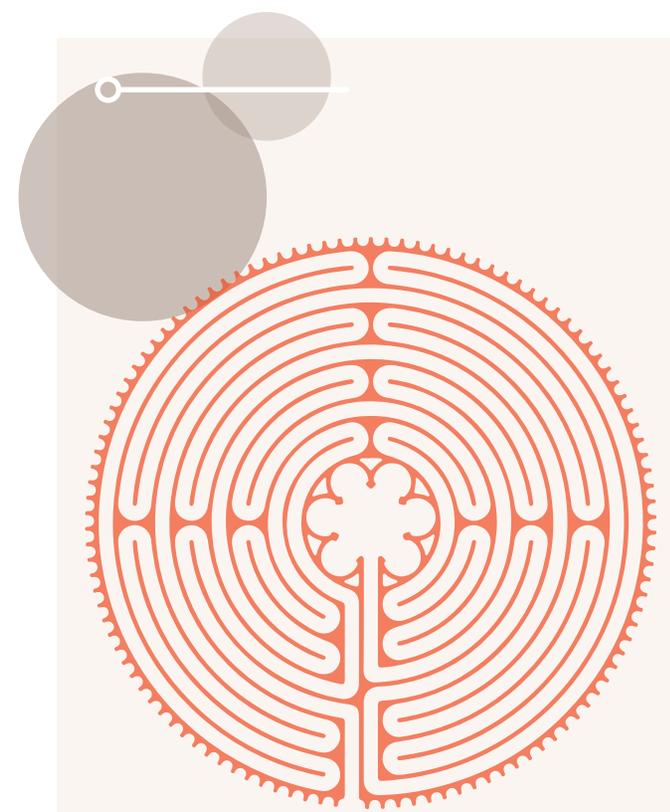
Many patterns are based on spirals and circles mirrored in nature. Open to anyone regardless of faith, they have been created for public and private gardens, hospitals, schools, places of worship, and other healing and reflective settings. Crucially, a labyrinth is not a maze. There are no tricks to it and no dead ends, just a single circuitous path that winds its way into the center and back again, allowing walkers to place sole focus on their internal journeys.



Nature Sacred

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Welcome to a Sacred Place:

Walking a Labyrinth



Nature Sacred

About Nature Sacred

Nature Sacred exists to inspire, inform and guide communities in the creation of public green spaces — called Sacred Places — designed to improve mental health, unify communities and engender peace. For over 25 years, Nature Sacred has partnered with over 100 communities across the country to infuse nearby nature into places where healing is often needed most: distressed urban neighborhoods, schools, hospitals, prisons and more.

When people think about nature in cities, our minds can jump to expansive, lush city parks. What we advocate for is something smaller — thoughtful green spaces tucked into the communities they serve. These are modest, discrete spaces creatively tailored to reflect their communities, their histories and places.

Designed for contemplation, these spaces bring much-needed healing and solace to their visitors. Spending time in nature — and walking a labyrinth — restores us.

Steps to Walk a Labyrinth

PREPARE

Take a moment to relax and reflect

THE JOURNEY IN

Release concerns and quiet the mind

THE CENTER

Receive what this moment offers

THE JOURNEY OUT

Review and reflect

EXIT

Carry the experience into your life

Why Walk a Labyrinth?

Walking a labyrinth is a profoundly personal experience. Every walker may approach with a different intention: some to release tension, others to seek succor and guidance.

Many walkers experience an enhanced spiritual connection, reaching the center and finding a moment of silence to be a centering balance or time of renewal. Others find an invigorating reactivation of their creativity, intuition and imagination. Almost always, the walk can induce or enhance a contemplative or meditative state of mind.

It can be a tool to clear the mind, calm anxieties during periods of transition and stress, guide healing, deepen self-knowledge, enhance creativity, allow for reconciliation, and restore feelings of belonging and community.