

Press Release

LABYRINTH POWER



Labyrinths have been springing up everywhere in recent years. Ones made of stone, cut into lawns, or marked out with paper tape; labyrinths laid out in back yards, in hospital precincts, and public parks...there seems no end to how and where a labyrinth might appear!

The Labyrinth Society, an association of labyrinth enthusiast, now has more than 5,000 members, while labyrinth walking attracts people from virtually every country, culture and faith tradition (as well as those who call themselves atheist or agnostic).

Why then is there such a fascination in what is a very old practice, and why the giant leap in interest during recent years?

Labyrinth facilitator Clive Johnson, an English interfaith minister who's touring the country with a 24 foot labyrinth canvas, says that he believes it might have something to do with the labyrinth's simplicity and inclusiveness.

"Nothing is expected of you by the labyrinth but to walk and have an open mind," he says, "But often wonderful experiences and insights come about as a result. The labyrinth is a welcoming space that offers a chance to be at peace, and to step aside from the everyday for just a short while."

The labyrinth is an ancient archetype and has had many applications from problem-solving to helping stroke patients with their healing, comments Johnson.

"It crosses all boundaries, not distinguishing between city-dweller and country-folk, male or female, rich or poor. Walking meditation can be carried out anywhere, but the special power of the labyrinth offers something more...a part of its beauty is that what walkers gain from it remains a mystery," says Johnson, "And I think that it's right that it should be that way."

Find out yourself why walking a labyrinth can be so magical by joining a local walk. Stopping points for Labyrinth Around America are listed on the project's website, www.labyrintharoundamerica.net.

IMAGES: www.labyrintharoundamerica.net/lbpress.html

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