

Labyrinth walking is becoming increasingly popular. There is a World-wide Labyrinth Locator on the internet.

The Labyrinth Society is an International organisation promoting the use of labyrinths.

World Labyrinth Day is celebrated on the first Saturday in May. Labyrinths are walked at 1pm in every time zone, in a symbolic movement towards the well-being of the world.



Photos by John Englezios



poatina
Village

Gordon St, Poatina Tas 7303

Phone 03 6397 8290

poatina@fusion.org.au

www.poatina.com


ABN 26 001 273 105

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poatina labyrinth



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a pilgrimage
in miniature.

Poatina Labyrinth

A labyrinth may be described as a pilgrimage in miniature.

The aim of Labyrinth walking is spiritual centring, contemplation and prayer.

The practice is ancient and is found in many faiths.

Although the path is winding, a labyrinth is set out in such a way as to constitute a journey towards the centre. Unlike a maze, a labyrinth has no false trails. The purpose is to connect, not to puzzle. Exit is by the same path in reverse.

A labyrinth was inlaid in the floor of Chartres Cathedral, about 1200 AD. This was the era of pilgrimages to the Holy Land. Labyrinth walking offered an alternative to this dangerous journey.

Penitents might walk the labyrinth on their knees.

The pavement labyrinth of Chartres Cathedral takes up the width of the nave. Modern day visitors may be taken aback to find the nave in use and the labyrinth covered in chairs.

For Christians however, a labyrinth is not 'religious' in the sense of having power in itself to offer healing.

Rather the purpose is to bring the pilgrim in touch with the God of creation and redemption.

Internet References:

Suite 101: Prayer Labyrinths: Your Spiritual Journey to Peace and Well-Being

labyrinthos.net
labyrinthociety.org
labyrinthlocator.com



Travel light
By faith, not sight

Travel slow
with space to grow

Let patience find
the wind's unwind

Let real things dwell
in taste and smell.

Do not disdain
the lance of pain;

But welcome whole
the well-taught soul.

And so depart
with thankful heart.

- K.A.