

Welcome to Central Park Labyrinth



A labyrinth is an ancient, geometric pattern that has only one path that leads into the centre and out again. Not to be confused with a maze, a labyrinth is based on a circle, the ancient symbol for healing, unity and wholeness. The idea of a labyrinth is to journey into one's self, but also to come out of the meditation to face the world with a new perspective. The labyrinth is a metaphor for our life.

One of the most appealing aspects of the labyrinth movement is that it is open to people of all faiths and cultures. The Central Park Labyrinth will provide a unique experience for the Burlington community, providing an oasis where people can meditate, nourish and refresh the body and calm the spirit. The labyrinth also adds beauty to our urban landscape.

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How to Walk the Labyrinth

There is no right or wrong way to walk a labyrinth. It is a tool to create peace, balance and a greater sense of community. Here are some suggestions to make your journey more fulfilling.

- Before you start, take a few deep breaths and some quiet time for yourself to let go of any tension. Set an intention for your journey through the labyrinth. If you wish, say a prayer and ask your feet to bless the earth with each step you take.
- Let your body naturally set the pace as you proceed into the labyrinth. Go slowly and reverently or quickly and playfully -- whatever pace you are most comfortable with.
- There is only one entrance, with one path to the centre and out again. The twists and turns of the labyrinth lead you to the centre and back. Follow the path until you return to the starting point again.
- You may carefully pass others who are moving more slowly or step aside to let others pass you.
- If you are inclined to pause at a given spot, do so. Time spent in the labyrinth is a special time for you, so do what you feel you need. If you want to leave the labyrinth at anytime without completing the path, simply walk out across the lines.
- Spend time at the centre; it is a place for meditation and prayer. Stay there as long as you like or simply experience the centre as a turning point. Please make room for others as they arrive.
- Once you have finished walking the labyrinth, reflect on your walk. For some writing down their thoughts is helpful. Share your experience with someone or listen to someone else's story about his or her journey.

