



LABYRINTH

A labyrinth is an ancient symbol used as a resource for meditation or spiritual healing. This labyrinth consists of a pattern of concentric circles that creates a continual walking path to the center of the circle. The walking path can be used simply for exercise or can be used for a variety of types of meditation. Research conducted by Dr. Herbert Benson at Harvard Medical School's Mind/Body Medical Institute has concluded that focused walking meditations are highly efficient at reducing anxiety and eliciting what Dr. Benson calls the 'relaxation response'. This effect has significant long term health benefits, including lower blood pressure and breathing rates, reduced incidents of chronic pain, and reduction of insomnia. Labyrinth walking is among the simplest forms of focused walking meditation, and the demonstrated health benefits make it an integral component of the healing and renewal gardens which are intended to provide a resource for stress reduction.

The center of this labyrinth is located at a known vortex. The location was determined by locating bisecting channels of subsurface water through the ancient process of dowsing. Once the center of the labyrinth was determined, the space was designed to reflect the energy of the specific location. Every dimension of the space was designed in harmony in order to channel natural energy to the users. The entrance to the walking path faces directly west. Four birch trees surrounding the circular wall mark the cardinal directions. Four decorative stones anchor the corners of the labyrinth.