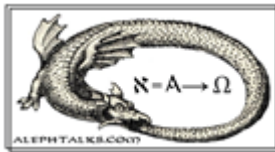




Walking the Path of Sacred Activism
~ For World Peace ~

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
~ T.S. Eliot*

Presented By Aleph Talks:



Dr. Barton Stuck: Mathematician, Physicist, Yogi

Rev. Marjorie Partch: Jungian Astrologer, Poet, Yogi,
Veriditas-Trained Labyrinth Facilitator

203.286.7525 / info@AlephTalks.com



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How to Walk a Labyrinth

~ with an open mind & an open heart ~

Relax. The labyrinth is not a maze, that is, a puzzle designed to confuse you into losing your way. There are no tricks or dead ends in a labyrinth. On the contrary, it is a walking meditation designed to help you **FIND** your way ~ to your own Center, your own Soul. There is only one pathway into the Center, and you will walk the same pathway back out. As the path twists and turns, you may become more aware of turning points in your own life. This can be a powerful mirror of where you have been, are, and are going.

After removing your shoes (unless you need them for medical reasons), position yourself at the Entrance. Focus. Take a deep breath. You may have a question or issue on your mind, and you may receive insight regarding this during or after your walk. Or, you may not. Or, you may go in with one question, and emerge with a different answer, to a new question. Be open to whatever happens, and try not to burden your journey with expectation; tYTs.

To avoid over-crowding, allow a minute or so after the person ahead of you enters the labyrinth before you begin walking, if no facilitator is available.

Find the pace that is natural for you, and allow that to change. Feel free to move around others or to let them move around you. Passing is easiest to do on the turns. You can step into a **labrys**, the double-crescent shape.

Because the path is a two-way street, you will encounter others on the same path, going in the opposite direction. Do what feels natural when you do.

Everyone's experience is unique, but a walk often has three stages:

Releasing ~ On the way in, allow yourself to let go of day-to-day pre-occupations and anything from the past weighing you down.

Receiving ~ In the Center, allow yourself to enter the moment, receive inner peace, spiritual nourishment, insights, guidance.

Returning ~ On the way out, you may find yourself integrating what you have received and learned, in order to bring it back to the World. You may wish to sit quietly for a few moments afterwards in order to digest your experience before re-entry.

What Was the Metaphor for You?

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