

# *A Spring Equinox Labyrinth Walk*

At the Unitarian-Universalist Congregation in Westport, 10 Lyons Plains Road

Saturday, March 23, 2024 2-4 PM



*C.G. Jung is credited with introducing the Eastern concept of the mandala to Western thought, and believed that its creation can be symbolic of the inner process by which individuals grow toward fulfilling their potential for wholeness; enhancing the spiritual experience of Oneness; the psychological expression of the totality of the Self ...*

Walking the Labyrinth is walking meditation on an enlarged mandala. Today's Blue Lotus Peace Labyrinth is painted on a 24-ft. portable canvas.

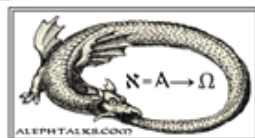
*Presented by:* ALEPH TALKS  
Dr. Bart Stuck, applied mathematician, and  
Marjorie Partch, Jungian astrologer

As a Special Live Program of Our Regular Thursday Night Zoom Class:  
***Mysticism: Where Science, Art, and Spirituality Meet***

*Co-Sponsored by:*  
The UU Congregation Faith Formation Committee

Come mark the Spring Equinox with a unique multimedia labyrinth walk with sacred music by Hildegard and others; a mandala coloring meditation.

Labyrinths have been used for millennia for inner peace, contemplation, walking meditation, spiritual healing, and prayer. The circular paths are a spiritual technology designed to facilitate insight, transformation, and awakening.



Info & RSVP: 203.286.7525 / AlephTalks.com