

Walk for Peace

11:11:11

IMAGINE

OVER 1,111 SCEPTRE CRYSTALS CREATING
CRYSTAL LABYRINTHS

Nov. 8th 2009
2:00 - 4:00 pm - \$33

Walk For
understanding
compassion
forgiveness
prosperity
kindness
healing
LOVE
peace
hope
joy
ALL



Also join us on Nov. 11th when
THE CRYSTAL PIPE STANDS WILL BE
SET IN THE SACRED GEOMETRIC

PATTERN
of THE
TREE OF
Life

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Life is a Labyrinth

Whether we take a leisurely stroll to the local store or a thousand mile excursion to a foreign city, for some reason the journey back home always seems so much quicker than the outward trip. Surely this is just an illusion. After all, the distance is the same; the route is merely reversed. Nowhere is this phenomenon more noticeable than when walking a labyrinth. But what is a labyrinth and what causes this apparent acceleration in time as the journey nears its end?

Despite dictionary definitions to the contrary, a labyrinth is not a maze. There is nothing confusing about a labyrinth. It is a single continuous meditative path that leads to a central point – though not in a simple spiral – and from the centre of the labyrinth the same path winds back out to the starting point.

To me, a labyrinth is a metaphor for life's journey; a long, winding pathway full of experiences and challenges that eventually doubles back on itself to end at the place where it all began.

Above is the classical 7 circuit left-handed labyrinth my wife and I built on Gabriola Island in 2007. ("Left-handed" denotes that the first turn once you have entered the labyrinth is to the left).

This 'classical' labyrinth is often called a 'Cretan labyrinth' because it is the same layout that is reputed to have been built by the Minoans on the island of Crete to house the mythical beast, The Minotaur.

Labyrinths have existed in various forms in diverse parts of the world for at least four thousand years. There is some evidence that they may even have been constructed during Neolithic times, (as early as 10,000 BCE), in countries surrounding the Mediterranean Sea.

While there appears to be nothing inherently mystical about the basic design of a labyrinth, many people believe that they are imbued with supernatural powers. Some observers contend that they have hidden geometric and numerological prompts that create a multi-dimensional holographic field revealing the presence of a cosmic order. These secret patterns are referred to as *sacred geometry*.

One of the most fascinating theories regarding the labyrinth is its probable connection to music. The parallel in the classical seven circuit labyrinth with the commonest division of the octave, into seven notes, is easily noticed - see the illustration on the next page. The journey there may be based on descending or ascending scales. With the former there is analogy with the descent to death or the fertile unconscious, then followed by the ascent from the centre out of the labyrinth into re-birth or renewed life.

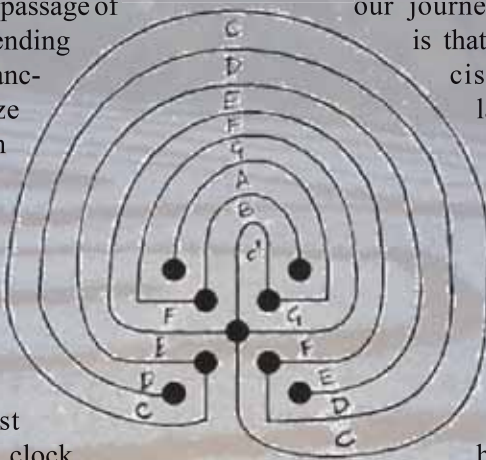
Whether or not there are cosmic forces at play, there is no denying that everyone I have spoken to who has walked a labyrinth has been convinced, just as I am, that it has taken much longer to reach the centre than it has to get back out.

One potential explanation for this apparent time warp is that, in general, we accept that the passage of time varies depending on the circumstances. We recognize this phenomenon in proverbs like 'a watched pot never boils,' and we have all experienced the way in which a pleasurable event simply flies past while the office clock seems to go into reverse at about 3:30pm everyday. But how can we explain the acceleration of time during the return laps of a labyrinth?

As we enter a labyrinth we look to the past; to the problems and irritations of daily life; perhaps to some major catastrophe which has deeply affected us. These thoughts can be weighty and can hold us back both mentally and physically. But when we reach the centre of the labyrinth and pause for a few minutes of thoughtful meditation we find ourselves disconnecting from real world tribulations – we find a moment of inner peace. Then, as we begin the return journey, we know that we are facing the future. We may not find answers to all of our problems as we weave back out but because we are walking towards a resolution we are relieved of the burden that so hampered us on the way in.

With the yoke of the past lifted from our shoulders, and the anticipation of finding solutions to our troubles, we race towards the future with new found energy and lightness of spirit. Therefore, the walk out is more enjoyable than the walk in.

Now, can we apply this principle to life in general? **Is life a labyrinth?**



Perhaps the greatest difference between walking a labyrinth and our journey through life is that we know precisely when the labyrinth's path will end. But we only discover this through experience. Because of the circuitous pathway of a labyrinth we have no idea how long the journey will be until we reach the midway point. Only then does our journey seem to gather speed. And the same factor seems to apply to life.

When I was a youngster of nine or ten, birthdays, holidays and Christmases took forever to arrive. Now I am in my sixties and these annual events zip around at an alarming pace.

I propose that as we age and pass what we may perceive as the centre point of our life on Earth, we have gained the wisdom to deal with most of life's trials and tribulations – we can confidently walk the remainder of our time without the burdens of the young, knowing that the pathway will inevitably take us back to the place where we began.

James Hawkins is a Canadian novelist and playwright who lives on Gabriola Island. His 8th mystery novel in the Detective Bliss series, "Deadly Sin," features a labyrinth. visit his website at www.thefishkisser.com You are welcome to visit this beautiful creation on Gabriola Island and test his theory out for yourself.



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