

Earth & Soul Labyrinth



The Earth & Soul Labyrinth is designed on the pattern of the Chartres Cathedral Rose Labyrinth located in France - a medieval labyrinth that was constructed in the floor of the cathedral in 1201.



The labyrinth design has 6 petals of a rose in the central circle. Around this inner circle are 11 concentric circles. In the Earth & Soul Labyrinth the paths are 60 centimetres wide with a separation of 10 centimetres between each path. The full diameter of the Earth & Soul Labyrinth is 20.53 metres. The inner centre of the Rose is 5.13 metres. When you walk the inward journey of the Earth & Soul Labyrinth you cover approximately 437.96 metres, making a total walking distance in and then returning out of 875.92 metres. Depending on your chosen pace then the

walking time taken is somewhere around 30 minutes not allowing for meditation time before commencing, time spent in the centre before commencing the return, and time involved in resolution upon completing the walk.

A Labyrinth is a place where people find their self - they connect with their inner being. A Labyrinth is not a maze. A maze is a place designed to confuse and get lost in tricks and dead ends. A Labyrinth has a single, circuitous path that leads you into the centre. You can trust the path. Let go of trying to see ahead to where you are going or behind to where you have been - simply follow the path. There are no catches.

The Labyrinth is a metaphor for the spiritual journey - a powerful transformational tool that quiets the mind and opens the soul. St Augustine is quoted as saying "Solvitur ambulando" - "it is solved by walking". Some say that the proportions of the Labyrinth are based on sacred geometry, designed to bring rest, order, comfort and harmony. Following the winding path occupies, mystifies and nullifies the left-brained mind, releasing the right-brained mind encouraging peace and calm and in time the intuitive, creative processes.

Before entering the Labyrinth, you may want to take a moment to compose your thoughts - settle, breathe and tidy your mind. If there is a question or issue then frame that thought in readiness for contemplation.

- Pause at the entry to become fully conscious of your being and your conscious act of entering the Labyrinth.
- Find your own natural pace and rhythm - it may change at times during the walk. Go with your flow.
- You may become conscious of your breathing - synchronise your breath and your pace together.
- Pause in the centre before commencing your return. Breathe. Be calm. You have as much time here as you feel is appropriate. Be open to receive in a safe environment. Don't force it - just let it be.
- Consciously undertake to commence the return. Follow your steps and do not necessarily think of anything.
- Pause at the exit to become conscious of stepping back into the everyday world. Symbolically, and sometimes actually, you are taking back out into the world that which you received.

The 3 stages of the Labyrinth are:

1. Release - on the way in.
2. Receive - in the centre.
3. Return - when you follow the path back out.

There is no right or wrong way. Use the Labyrinth in any way that meets your needs. At all times be respectful and cognisant of others. Maintain your inner focus. Allow others to pass in peace.

The inner Rose

I have been inspired in the design of the Earth & Soul Labyrinth by the work of Kathleen McGowan and her book "The Source of Miracles". The Lord's Prayer is related to the petals of the Rose at the centre of the Chartres Cathedral Labyrinth. Kathleen McGowan breaks up the Lord's Prayer into 6 segments and allocates a keyword to each petal of the Rose.

Faith	Our Father in heaven, may your name be hallowed.
Surrender	May your kingdom come - may your will be done.
Service	As in heaven so upon earth.
Abundance	Give us today our sufficient bread.
Forgiveness	Forgive us our debts as we also forgive our debtors.
Overcoming	And do not bring us into temptation but deliver us from evil.

At the heart of the Rose she assigns the keyword "Love", signifying that all things must be done with love.

Not in disagreement with Kathleen McGowan but I have chosen to opt for other keywords. Perhaps the only reason for this is to be less religious oriented.



Belief

Instead of "Faith" I have chosen "Belief". Obviously if you believe in something then you will also have faith in that thing. So, for me the first step or key is belief - knowing and understanding what it is you believe in.

I believe in the process of reincarnation - that our soul incarnates into a living body, lives a life until the body dies, and then the soul returns to where it came from. In due course the soul will do this time and time again. Each time there is an intended outcome - there is an accepted plan that is designed and agreed upon for the growth and development of the soul.



Purpose

In place of "Surrender" I have chosen the word "Purpose". Again, if you believe in the planned development of the soul then you also believe and understand that you have a purpose. The idea of surrender is to have you surrender the ego-will and focus your intent upon the soul's will - then you are living your true purpose. According to the Lord's prayer our purpose is "thy will be done".



Kindness

The word "Service" is replaced by the word "Kindness". The Lord's Prayer says "in earth as it is in heaven". In heaven everything is done with kindness. Every act or service that you provide must be tempered with kindness. So instead of referring to an act of service I prefer to go directly to what is intended. Your purpose is fulfilled by acts of kindness.



Harmony

“Give us this day our daily bread”. If we have all that we need then there is no obstacle preventing our living in harmony. I don’t need what you have. You don’t need what I have. Following on the idea of planned purpose and re-incarnation, it stands to reason that your life here comes with exactly everything that is needed to ensure the desired outcome. We need to accept and

live in harmony.

Kathleen McGowan says “Abundance is your natural state...” it comes to you effortlessly when you are in harmony with your higher power and fulfilling your promises”. If you are in harmony with your planned purpose then you will have all that you require. If your purpose involves struggling and striving then even that can be seen as an abundance of struggle and strife. Abundance is a quality achieved through accepting your lot and living in harmony with your calling.



Happiness

“Forgive us our trespasses as we forgive those who trespass against us.” Not forgiving is holding onto anger, resentment or disappointment which sabotages your own happiness. Inwardly consider your inner being. Is there unhappiness that you find? Who or what do you need to forgive to remove that unhappiness? Don’t use your spiritual energy on negative emotions - that is a waste. Forgive and be happy. The key to this petal is happiness.



Support

I thought of other words such as challenges, beauty and fulfillment. I don’t think we can replace the idea of overcoming temptation, sin and evil but what your spiritual source can do for you and what you need is “support”. Help me on my journey!

The obstacles that we face are often described as the 7 deadly sins:

- Ego (pride, hubris)
- Anger (wrath, ire)
- Envy (jealousy)
- Complacency (sloth)
- Greed (avarice)
- Indulgence (gluttony)
- Lust

These are “patterns of thought that stand in opposition to love”. We cannot do it alone and need support. Support from our God, support from others and we can offer our support to help others.



Love

Of course, the keyword in the centre of the Rose cannot be changed. Love conquers everything. Jesus said "I give you my commandment - love one another". This is the key to everything. In your search for what you believe; in your search for your purpose; in your service and kindness to others; in seeking your harmony with the Universe; in finding your happiness; and in overcoming the obstacles that you

encounter - do it all with love.

