



# Walking the Labyrinth

*Sally Welch*

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## **Walking the Labyrinth** Sally Welch

A labyrinth is a pattern consisting of a single circuitous path that winds into the centre, with no possibility of getting lost, as in a maze, and no dead ends. It is one of the most ancient tools for spiritual growth and development, dating back to medieval Christianity, and is currently enjoying a popular revival, especially in contemporary 'Fresh Expressions' of church. As an effective focus for prayer and worship, labyrinths - temporary and permanent - are increasingly found in traditional and alternative church communities and at festivals like Greenbelt. This book provides a complete guide for beginner and seasoned labyrinth explorer alike. An accessible and inviting illustrated guide, it: traces the history of labyrinths in the Christian spiritual tradition, explores the different ways groups and individuals can use a labyrinth for prayer and reflection, gives instructions for creating small and large, simple and complex, temporary and permanent, indoor and outdoor labyrinths based on the most well known designs - e.g Chartres, Rouen and Amien cathedrals, and it provides outlines for spiritual exercises using the labyrinth. The author is creating a UK 'labyrinth centre' at Oxford for pilgrims and for training labyrinth facilitators.

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