

What is a Labyrinth?

Quotes from Ferre Class, April 2008

During the April 26-27, 2008 Labyrinth Facilitators' Training, instructor Robert Ferré challenged his students to describe the labyrinth to a newcomer in just one or two sentences. These quotes came from that exercise, or appeared on the white board during the remainder of class. Thank you for sharing your words.



The labyrinth is a source, a mirror, an embodiment of our own soul and our connection to something greater. For me, its greatest beauty is that it meets each person exactly where they are in that moment.

– Paulianne Balch-Rancourt

A labyrinth is a path through which my spirit finds its journey, is restored and renewed, and better prepared for whatever comes next into my life.

– Kathy Waltz

The labyrinth is a path to spirituality. A way to learn about myself and grow in the knowledge of God.

– Richard Poudrier

A labyrinth is a place where one may meet themselves for the very first time.

– Tom Chatterton

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A labyrinth is a metaphor for life's journey. It is a walking prayer where you and God have a chance to journey together; sometimes with others, sometimes alone.

– Scott T. Crane

The labyrinth is an amplifier as you quietly walk the labyrinth, you begin to tune into your inner song. The labyrinth turns up the volume on your inner music whether it plays a beautiful melody, and especially if it is not.

– Stephen Shibley

Labyrinthine Me

Born
each time
Die
to an old self
encountered
along the way
Dwelling
in no time
Bringing, seeking, letting go
Inheriting space
above and below

– Martha M. Hall

A labyrinth is about journey
the body moves in time and space.
The soul/spirit is not so bound,
and thus can journey where it needs to.
Sometimes the mind is allowed
to glimpse this journey.

– lgd*

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