Power of Labyrinths

SHABAKA AZIBO

Labyrinths

Heart felt acknowledgment to our sacred geometry teacher, Richard Feather Anderson, for his recent talk on Labyrinths at the 2022 West Coast Dowser's Conference, July 1-3 @ Santa Cruz, CA and his work “A Book of Labyrinth Essentials”

A Book of
Labyrinth Essentials
for New Enthusiasts & Facilitators
by Richard Feather Anderson

Labyrinths

- A labyrinth is sacred geometry, containing multi-tradition mystic symbolism, that invokes trans dimensional energy for personal awakening, exploration, and transformation.
- A labyrinth is not a maze as might be popularly accepted. It has no blind alleys or dead ends as mazes have.
- It is unicursal (one line), meaning there is only one path to the center and back out
- Symbolizes a journey to a predetermined destination (such as a pilgrimage to a holy site) or the journey through life from birth to spiritual awakening to death.
- Labyrinths can be made of stone, wood, plants (such as hedges), or other materials

History

- A tradition in spiritually aware cultures
- In Greek mythology and found on coins (dated 190-100 B.C)
- Hopi Indians of the American Southwest pattern as a symbol for Earth Mother
- In petroglyphs in India and have been depicted in ancient Indian texts

Hopi Earth Mother symbol - from Waters, Book of the Hopi, p 29.

Cretan Coin with Labyrinth and Knossos inscription - from Kern, Through the Labyrinth, p 54.

7-Circuit Labyrinth

Design

- the most common labyrinth pattern in the world
- The pattern is formed on seven concentric circles
- each circuit leading the walker full circle before turning in the opposite direction
- The movement alternates between clockwise and counterclockwise through seven turns

Also Called

- the "classic" or "ancient" labyrinth
- "seven-ring, single-path"
- "seven-circuit, unicursal"

Other Designs

11-Circuit Labyrinth

- twelfth and thirteenth centuries, stone pavement labyrinths
- laid into the floors of Gothic Cathedrals all over Europe: Chartres Cathedral, southwest of Paris
- The meandering path alternated between circuits that travelled over one fourth or one half of the circle.
- Precursors of the four-quartered design date from the fifth or sixth century

Power of Labyrinth

Purpose

1. Spiritual tool for personal growth and evolution
2. Shifts one into heart centered way of living
3. Activate inner Holy Grail
4. Revealing Soul's purpose in the human experience (Marriage of Heaven and Earth)

Benefits

1. Calms / quiets the "monkey mind", mental chatter
2. Brings awareness into the present, the here and now
3. Produces intuitive insight and understanding
4. Relaxes and rejuvenates
5. Creates balance in the physical body
6. Relief from physical problems
7. Facilitates self-discovery

Traversing

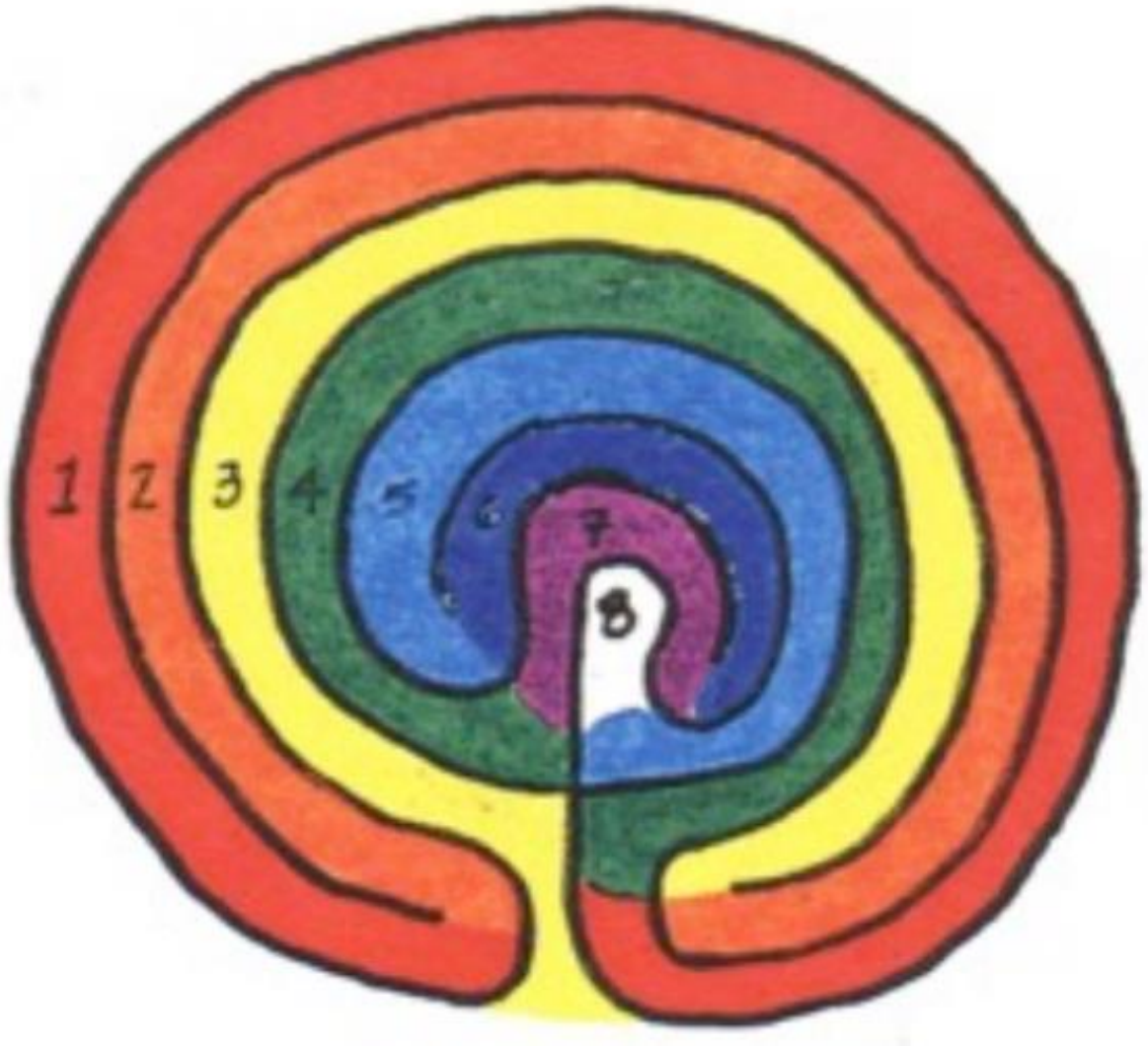
Labyrinths can be traversed by running, walking in silent mediation, dancing, or in group celebration

Feather chasing Sig—VT turf labyrinth

Labyrinth walking is a form of active meditation that can help you break free of thoughts or behaviors, allowing you to focus your intentions or clear your mind as you let your body move through the pre-determined pathway

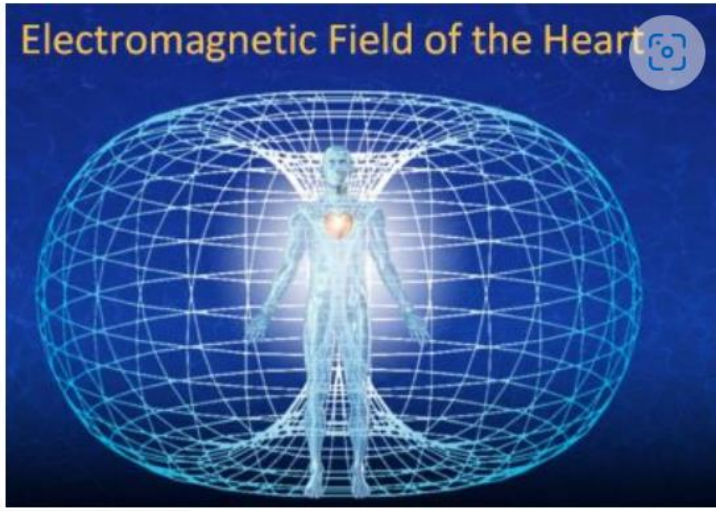
Mystical

- the seven-circuit labyrinth mapped to the seven-chakra system, correlating each circuit or route on the labyrinth to a specific chakra
- two and three-dimensional models were created providing insight into how the labyrinth was the “Rosetta Stone” of mystical traditions



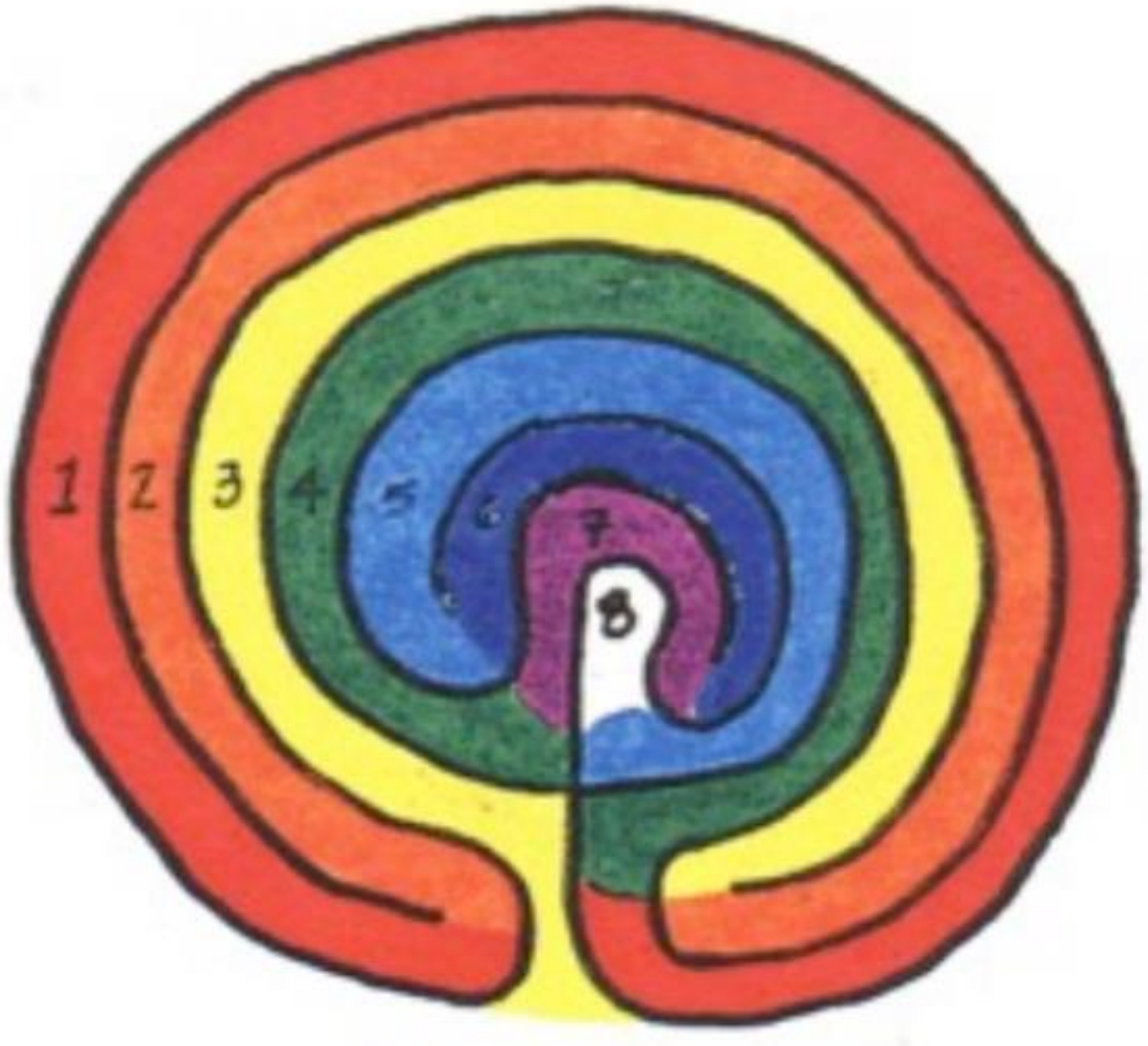
Rosetta Stone

- **Torus** - explains how something starts as a descent from spirit, or an ascent from matter, through a central channel or tube of light/energy/consciousness
- **Eight-Fold Path Dharma Wheel** - widespread symbol used in South Asian religions such as Hinduism, Jainism, and especially Buddhism. Representing perfection of the dharma, the Buddha's teaching
- **Holy Grail of Christianity** – Symbolic of marriage of heaven and earth in the human experience through Christ consciousness or heart centered consciousness as allowing and compassionate



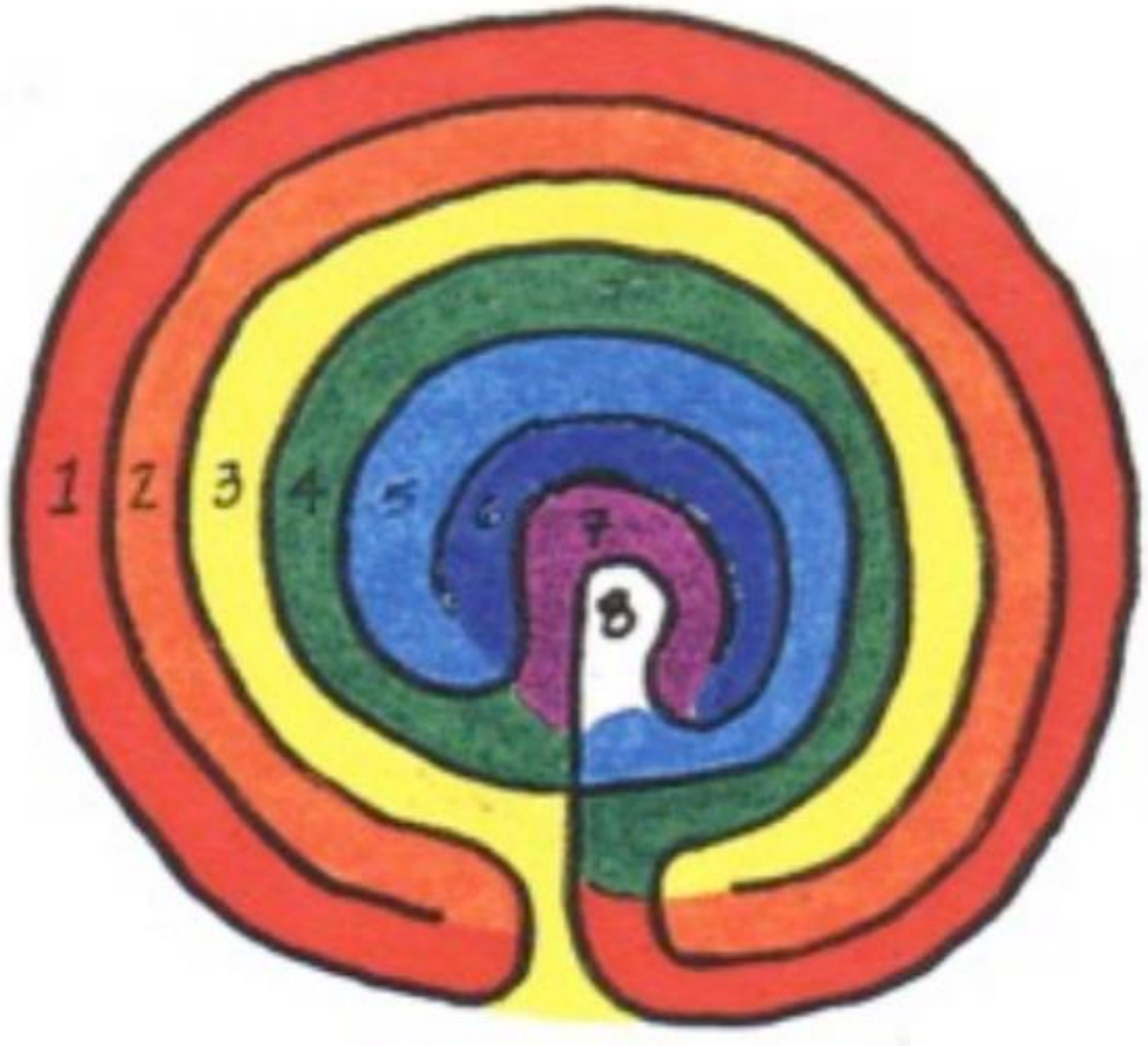
Chakras

- The Classic seven-circuit labyrinth leads you through its seven concentric rings in a significant order.
- Labeling the outermost ring as the first, and the center as the eighth, the sequence is: 3, 2, 1, 4, 7, 6, 5, 8.
- Each circuit can help you shift into different states of consciousness to gain seven different perspectives on any question or concern



Yin / Yang

- As one enters the labyrinth the influence is more yang but at a point, two yin lines form the path, and one notes a more receptive or heart centered experience
- Paths move us from lower chakra expression (outward) through the heart center (receptive) to the higher chakras



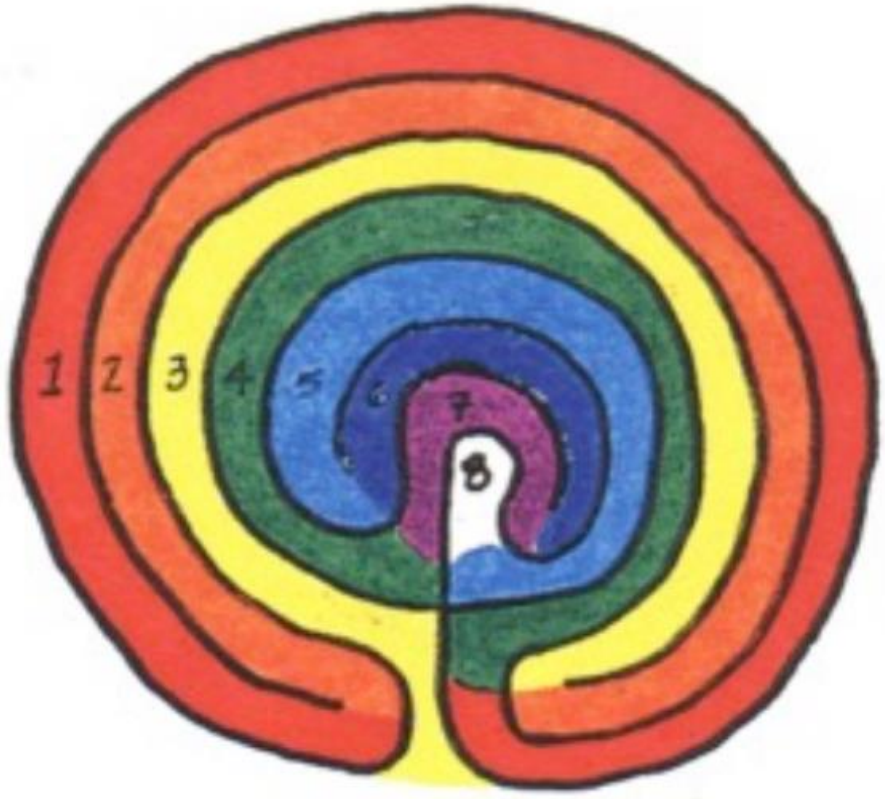
Energetic Process

ON THE WAY IN (*RECEPTIVE MODE*):

3 - Focus on... (the problem)
2 - Feel...
1 - Where (the problem) Touches You.
4 - Love...
7 - Ask for help with...
6 - New Insight about...
5 - Speak Insight about...

Alternate Keywords

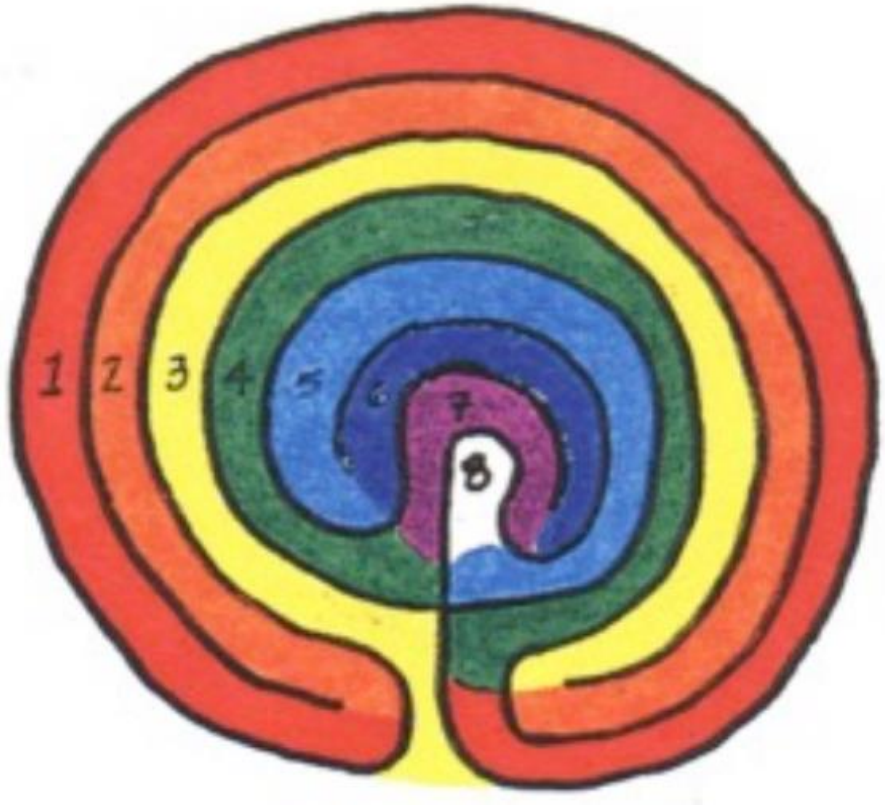
I am willing
I feel
I embody
I love/embrace/accept
I pray
I envision/receive insight
I express



Energetic Process

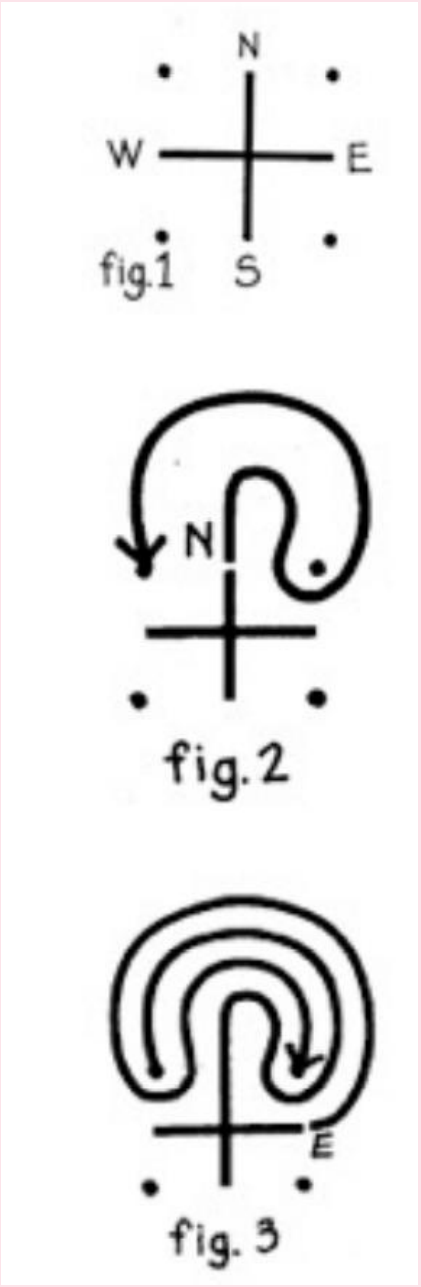
ON THE WAY OUT (*ACTIVE MODE*):

- 8 – Give thanks. Appreciate help from beyond.
- 5 - Verbalize insights.
- 6 - Visualize action and outcome.
- 7 - Energize with cosmic energy.
- 4 – Open your heart, spread love, connect with others
- 1 – Draw in earth energy and plant visions in the material world
- 2 – Fill your vision with passion
- 3 – Act willfully as you reenter the world



Building a Labyrinth

The Classic 7-Circuit Labyrinth drawn using the “N.E.W.S.” Method



Building a Labyrinth

The Classic 7-Circuit Labyrinth drawn using the “N.E.W.S.” Method

fig. 4

fig. 5

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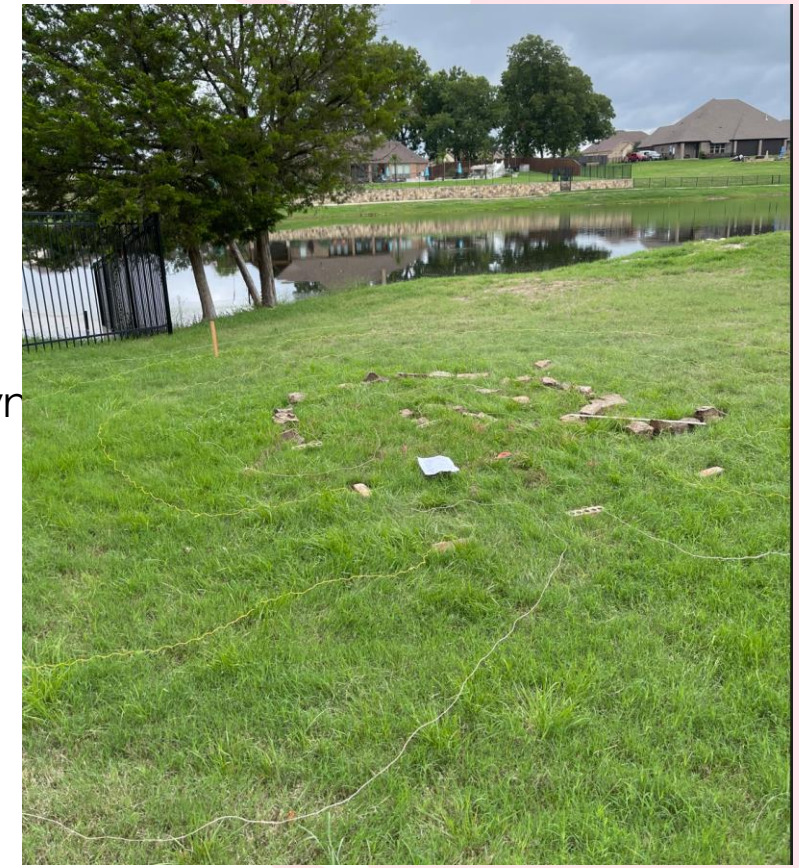

Building a Labyrinth

Many ways to explore!

- The Labyrinth Company
- Tape
- Stencil
- Natural Stone, Cork
- Ceramic Tile, Carpet
- Linoleum

Going Deeper

- 1) View the image
- 2) Follow the path (on a picture or drawing) with your finger or eyes
- 3) Walk a labyrinth
- 4) Draw a labyrinth
- 5) Construct a labyrinth on the ground or floor
- 6) Walk a labyrinth pattern by heart, with only the seed pattern marked on the ground
- 7) Walk a labyrinth by heart, on unmarked ground

Being versed in the mystical tradition OR NOT anyone can experience spiritual process by simply walking a labyrinth

Power of the Labyrinth