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The Chartres Labyrinth





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Chartres Harmony Labyrinth Activity

The path of the Labyrinth is a unicursal circular pattern. There is one path into the centre, and one path out again. When you reach the 6-petaled rose in the centre, you have gone half the distance – you now need to return back out again.

A labyrinth is not a maze, which has dead ends and paths which sometimes must be retraced to find a way out. The labyrinth has only one path, so there are no tricks to it, and no dead ends to frustrate or confuse you only to relax and enhance your attentiveness, awareness and responsiveness.

Labyrinths are designed in accordance with sacred geometry, based on ancient knowledge that was intuitively articulated in architectural forms. Through proportion, placement, and position, using a complementary system of numbers, angles, and designs, the mind is induced to a state of relaxation and harmony, leaving it open to other levels of awareness.

Harmony Labyrinth Activity

1. Before entering clear your mind and become aware of your breath.
2. Choose a quiet place where you can focus and walk your finger labyrinth without being disturbed.
3. Place your labyrinth in front of you. Enter the entrance of your finger labyrinth with the forefinger of your non-dominant hand. (Research shows that often our non-dominant hand has easier access to our intuition.)
If using your non-dominant hand is awkward or uncomfortable, you can use the forefinger of your dominant hand instead.
4. Trace the pattern of the labyrinth with your finger. Clear your mind of extraneous thoughts and focus solely on following the path of the labyrinth. Use a mantra if you find your mind wandering. Many people like to use a phrase or word to meditate on and repeat it over and over as they walk to bring them back to focus.
5. Walk to the center of your finger labyrinth and rest momentarily. Take a few moments to just be in the center of the labyrinth. Explore your thoughts and feelings. Observe what thoughts, emotions, memories, pictures, and so forth come into your mind. Notice whether you feel a sensation of peace and serenity. Notice if your mental chatter has become quiet and if you have a sense of well-being.
6. Retrace your path out of the labyrinth.
7. Sit back, take a deep breath and relax. Observe how you feel. Record your experience in your journal for future reference.

Take your time.



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Once you have completed the labyrinth do it again, and this time try to concentrate on (choose one of the options below) as you move towards the center:

1. Letting go of stresses and worries
2. Asking a question
3. Finding your next step in life

When you reach the center, just keep your finger there for a minute and (choose one):

1. Concentrate on an open-ended question
2. Concentrate on noticing your breathing or the sounds around you, just letting them "wash over you"
3. Ponder ideas that occurred to you as you were working your way to the center of the labyrinth.

After a little while, begin to make your way back out of the labyrinth and (choose one):

1. Think about things you are grateful for
2. Think about the answers that might have arisen, if you asked a question
3. Note any difference in the way your body and mind feel after the experience

Upon completion take a few moments to reflect upon and perhaps journal what you felt and experienced.