



The Labyrinth at Salve Regina University

Symbol of God within and the Holy of all Creation

Labyrinth Then

An ancient form of wordless prayer, this circular walk has its origins in ancient Crete and dates as far back as the Vikings.

The labyrinth combines the imagery of the circle and the spiral into a meandering but purposeful path.

Walking the labyrinth is a simple, solitary, meditative experience requiring no special skill or preparation.

Praying without words means an intimacy with God.

By immersing ourselves in prayer, we become one with God.

Labyrinth Now

Today, people around the world use the labyrinth to quiet the mind, find balance and encourage meditation, insight and celebration.

It is a non-denominational, cross-cultural tool used to achieve well being.



*Begin walking the path.
Try to concentrate on the phases below:*

PURGATION (*releasing*)

The act of shedding thoughts and
distractions lets you open your
heart and quiet your mind.

ILLUMINATION (*receiving*)

Stay at the center as long as you like.
Sit or stand, meditate or pray.
Allow yourself to receive guidance.

UNION (*returning*)

Leave the center.
Follow the same path back out.
Pray to become more empowered
to do the work you are called to do.

Salve Regina University's labyrinth offers the opportunity for
quiet reflection and spiritual renewal.
The labyrinth is made possible by the Office of Mission Integration
and is accessible 24 hours.

Please return this card to the mail box after reading it.