

## Labyrinths

Labyrinths have been used as spiritual tools by many different cultures all over the world. From the earliest ones in Crete and in the American South west, to the magnificent ones in the Gothic Cathedrals, these tools have been used by pilgrims as a meditative tool.

### The Glastonbury Labyrinth

The Glastonbury Labyrinth was proposed as part of the celebrations in 2005, for the Tercentary of the Presentation of the Town's Charter by Queen Anne

We have built a classical seven circuit labyrinth. Its design celebrates the spiritual heritage of Glastonbury.

At the cross in the Centre there is carving of a simplified version of Glastonbury Town Seal.

There are four carvings at the sharp turning points of the labyrinth

Top left	Mary and a five petalled Rose
Bottom left	Bridget and a Celtic Cross
Top right	St Dunstan and a Harp
Bottom right	Joseph of Arimathea and the Holy Thorn

## Using a Labyrinth



For millennia, Labyrinths have been used as tools to bring one closer to God. Many are used as meditational devices. Others have been run or crawled. In Gothic Cathedrals they were called 'Jerusalem' and used as tools of pilgrimage.

There is no 'correct' way to use a Labyrinth. They can be run or used for meditation. They also work as 'problem solving devices'. State the issue at the mouth of the Labyrinth, and work on it on the way in. Be ready for the solution at the goal (the middle) and see if the solution will work on the way out.

Labyrinth Etiquette-people going in have the right of way over people coming out. Pilgrims going to Jerusalem need more space and room for contemplation than those coming home.

When you reach the mouth, you may want to turn around and thank your maker for what you have received

**The success of this Project is due to the following:-**

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**The  
Glastonbury  
Tercentennial  
Labyrinth**