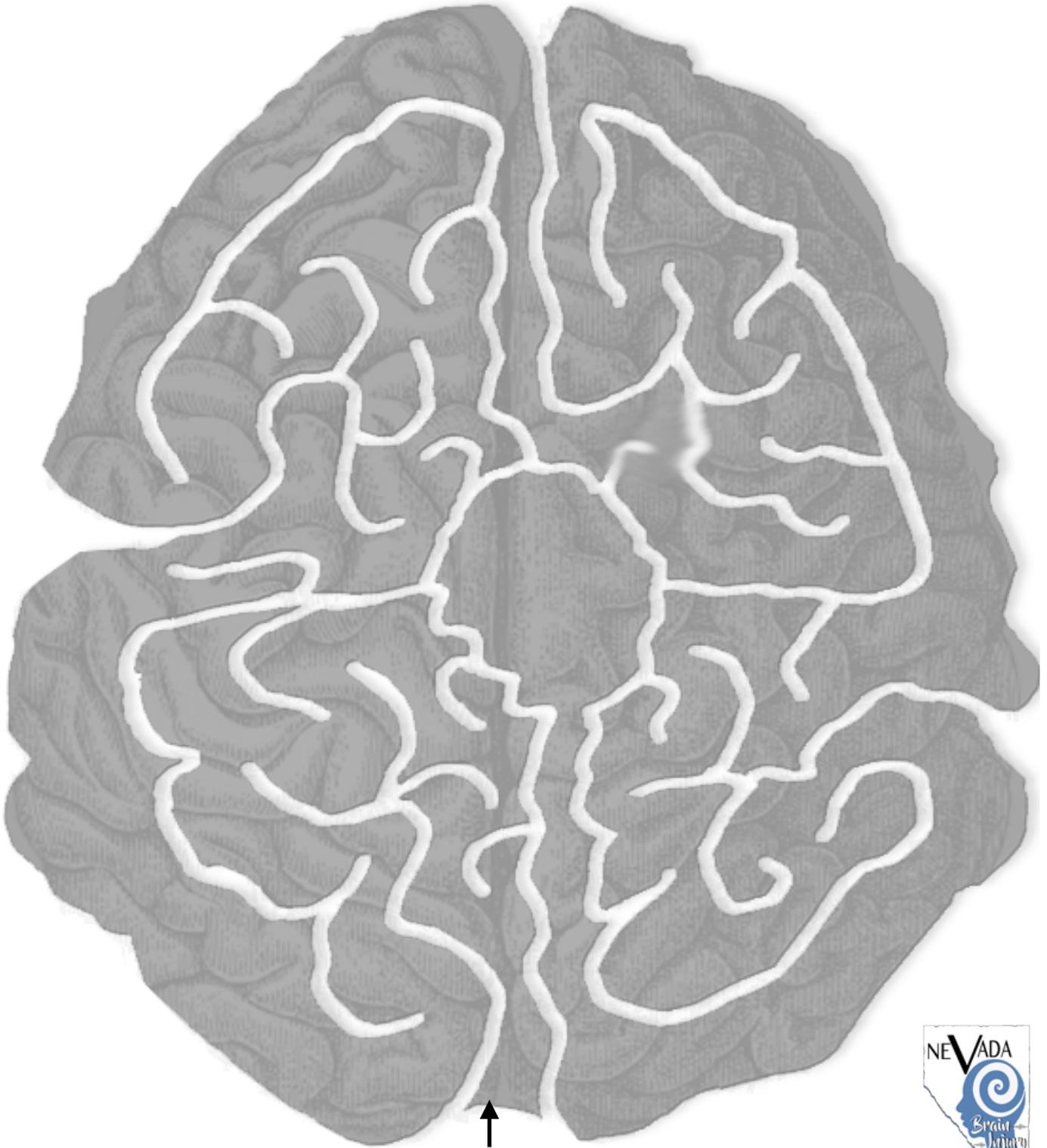


The Brain Labyrinth®



↑
Start Here
Follow the Grey Matter

www.nevadabraininjury.org



About the Labyrinth

You won't get lost, though you may find yourself.

A labyrinth is not a maze as it has only one beginning point that also serves as its ending. A maze will have many openings, where one can truly get lost. However, a maze brings up decisions and fear to work through. A labyrinth is much more gentle and offers a place for an individual, a family, a group, or an organization to allow each member a chance to decrease what is not effective and increase what is.

The path has many designs that weave the mind into a spiraling succession to a central location. When one enters the circuitous path, following the steps between the borders moves one back and forth through turns that eventually spiral to a middle ground. The entry walk allows the individual a chance to release what is on the mind or focus more intently.

The central space provides a grounding midpoint. It is the liminal space in-between the entry and exit. It can remind us of all our busy coming and going, so that we might see if all that action has a point or purpose. Allow your thoughts to ground and focus. Listen more attentively and become aware of your surroundings and the way you feel. Be open to what arrives in thought or what happens to drift onto your path in a physical way.

When you are ready, begin your exit walk. As you begin to wind what you previously unwound, observe the reflective perspective that occurs in your journey to the exit and a new beginning. Take time as you exit to review your experience. The labyrinth is known for the metaphors that occur during or in realization after a walk. Many journal or sit quietly in the stillness to ponder the movement of their experience. There is no wrong or right, only what you make of it.

An ancient tool for modern application

The labyrinth can be found worldwide and predates to 25,000 years ago or more. Fossils of the basic designs are found in petroglyphs and stone caverns in various parts of the world. A labyrinth can be a maze with winding paths and a central goal, yet a maze is never a labyrinth. Permanent installations or temporary designs are created by individuals regularly and shared with others to experience a daily walking meditation for some or an exercise for others.

From churches to children, labyrinths exist in walkable structures, artistic design, poetry, meditative circles, scripture practice, yoga, classrooms, medical institutions, board rooms and just about anywhere where release, increase, or decrease is desired.

The Peace Week Walks

Print out this design and finger-walk it by placing your finger at the starting point at the bottom and move along the grey matter pathway between the fissure borders. Weave away your busy day and put peace into your thoughts and feelings as you navigate to the center. Reflect on how and what you did as you move in return back to the entrance. Count it as a lap.

Then do it again asking yourself to define peace. Repeat and Reflect.

Consider each day's activity of Peace Week and apply it to your walking experience.

Thank you for adding your peace to the Peace of the World!