

Seven Messages of the Labyrinth

Bless each season of your life.
There is no one, correct lesson or message.

The seven turns on the labyrinth symbolize the many changes in life.
Life is change and transformation and repentance.

Like the labyrinth, life is **not about "doing it right."** It's about **"doing it!"**

Like the labyrinth, **life is not a straight line** nor is it even a clear spiral toward the center.

The pole at the center of the labyrinth is the symbol of God and the Absolute we are all tending toward. **There IS a still point to this turning world.**

At the center of the labyrinth we discover we are at home, or better, that **we have never left home.**

Many slowly walk the labyrinth back out, letting go of the hurts of each season of life and forgiving it and all who have offended them. **There is no future without forgiveness; we just keep repeating the past over and over.**



A labyrinth is a way of learning and praying through movement instead of through thinking. You first have to enter the labyrinth and then simply keep going, walking as if on a pilgrimage, but without a goal. The idea is to let God teach you as you walk.

The labyrinth at the Center for Action and Contemplation is called *The Labyrinth of the Dancing Christ* because it moves back and forth as it confronts the cross, and the cross itself is held inside of an asymmetrical diamond movement that points straight to the pole at the center. There are seven cycles or paths in this labyrinth for the classic seven stages of life. You can use the stages (described on the other side) for meditation or prayer.

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[Return to Table of Contents](#)

[Return to Section 9](#)