

## Liturgy We Live *by Dr. Gil Haas*

Labyrinth meditators believe that walking a labyrinth can resolve inner discomforts and still the mind to create a sense of clarity in a confusing and complex world. As a spiritual tool, both the calming effect and the metaphorical symbolism of the labyrinth as a pathway on a spiritual track can assist in pondering life's greater mysteries. Labyrinths combine the imagery of the circle and the spiral into a meandering, but purposeful, path. The labyrinth represents a journey to our center and back out again. The ancient Labyrinth on the isle of Crete is a mythical maze that allegedly housed the half-bull, half-man Minotaur of Greek legend. However, spiritual labyrinths are not to be confused with such mazes - puzzles of twists and blind alleys that require logic and analysis to discover the correct path. A labyrinth's single path is unicursal - the way in is the way out. Dissimilar to a maze, labyrinths require creativity and imagery. The only choice to be made is whether to enter or not. The meditator stands at the entrance, centers himself by breathing deeply, acknowledges the coming spiritual journey, begins the walk, pauses on reaching the center, and walks out.

***If you have a liturgical question or an inquiry about anything that transpires during or around our worship service, please forward the question you would like researched to: [gghaas@aol.com](mailto:gghaas@aol.com), or drop the question in the offering basin. Please note whether we can credit you as the source of the question.***