

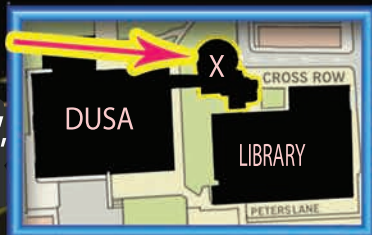
Labyrinths work with any spiritual path, and for atheists too. Due to the quiet meditative nature of the event, it is for adults only.



The Labyrinth was donated to the Chaplaincy by Andi Lothian of Insights Learning and Development, Dundee; [www.insights.com](http://www.insights.com).

#### Where are we?

The University Chaplaincy Centre, between Students' Union (DUSA) and the Library.



# enjoy the LABYRINTH!

Second Weds of each month. Enjoy its calmness by candlelight. It's free, or you can leave a donation for your walk that will go to charity.

## LABYRINTH WALK DATES in 2024:

7pm to 9pm. Doors close 8.30pm.  
Allow up to 30 mins for your walk.

10 Jan	14 Feb	13 Mar	10 Apr
8 May	12 Jun	10 Jul	14 Aug
11 Sep	9 Oct	13 Nov	11 Dec

Second Wednesday of each month



Join FB group  
for updates :

"DUNDEE LABYRINTH"



[www.labyrinthmagic.com](http://www.labyrinthmagic.com)

Info & books to enhance your labyrinth experience



[www.dundee.ac.uk/chaplaincy](http://www.dundee.ac.uk/chaplaincy)

Chaplaincy Centre website with event info



2nd Weds of month  
Now in its 25<sup>th</sup> year!

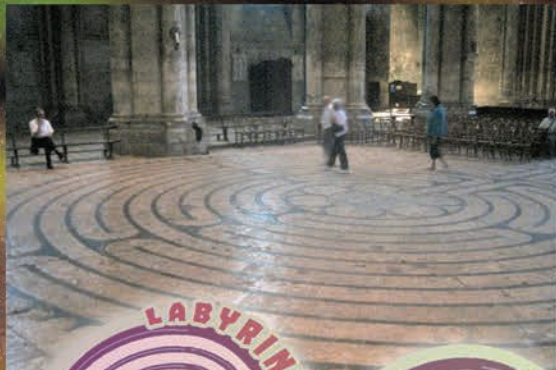
Calming  
Mindful  
Inspiring



Chaplaincy Centre  
University of Dundee



Marcimarc, Public domain, via Wikimedia Commons



**WHO IS IT MEANT FOR?** Because they offer a safe, meditative space for internal exploration and self-discovery, labyrinths can be used by people identifying as spiritual, religious or atheist. All are welcome. Try as you enter asking a question; let intuition speak as you walk. At the centre, choose an affirmation card, and feel held within the sanctuary of the central rosette pattern.

**TRAFFIC JAMS** The paths are narrow but if someone's approaching along your path, they will move aside to let you go by. Find your own pace and enjoy your walk. It's also okay to overtake who's in front, if you wish.

**WHY IS IT THIS PATTERN?** Labyrinths evolved from spirals, ancient symbols of growth and change, and the Chartres pattern is an elegant and complex addition to this evolution. It marries symbols like the circle (perfection) and cross (materialisation), and has winding through it a hidden spiral pattern from inside to periphery (below). The cog-shapes around the labyrinth edge, and the petals in the centre, suggest the repeating patterns and cycles of life, both macro- and microcosmically.



Whatever our beliefs  
the pattern resonates  
with us, and the  
otherworldiness we  
feel before it is shared  
with countless others  
over the last 800 years  
who faced its entrance.



Please leave your insights, and tell us about your experience, after your walk in the Labyrinth Book on the table. We'd love to hear what it was like.

Find labyrinth-themed meditations,  
plus a virtual labyrinth walk of the  
Dundee Labyrinth, on YouTube channel  
@labyrinthmagiceditation555



Two recommended workbooks to keep your journey with labyrinths alive are:

Thorn Steafel,  
**LABYRINTH MAGIC WITH THE  
CHARTRES LABYRINTH**

Lauren Artress,  
**THE SACRED PATH COMPANION**