

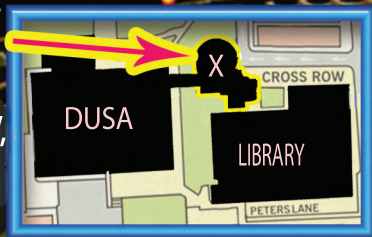
Labyrinths can enrich your life whether you identify as religious, spiritual or atheist. All welcome. Due to the quiet meditative nature of the event, it is for adults only.



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 2025:

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

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



**Second Wednesday of each month**

**Since 1998!**



**WELCOME TO THE LABYRINTH,**  
a full-size canvas replica of the 13th Century marble  
pattern in the nave of Chartres Cathedral in France.

Marci marc, Public domain, via Wikimedia Commons



**WHY WALK IT?** Unlike mazes, labyrinths  
have a single path to follow, with no choices to  
puzzle you. The long winding path can create  
feelings of relaxation, calmness, and clarity of  
thought. You may find that long-buried ideas dust  
themselves down, ready now for action. Or that  
answers to other problems 'pop up' as you walk.

**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.

**IF WALKING'S PHYSICALLY HARD  
FOR YOU,** you can experience the calm by heading  
directly to the centre and sitting on the chairs there. Skip the  
walk, enjoy the peace. *Ask Robert for any help needed.*

**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 (perfec-  
tion) 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.



### **BUILD ON YOUR EXPERIENCE**

Find labyrinth-themed meditations,  
plus a virtual labyrinth walk of the  
Dundee Labyrinth, on YouTube channel  
[@labyrinthmagicmeditation555](#)



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**