

## Enter the Silence

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Our motto is "Enter the Silence". We intend this to mean that one can enter the silence and calm of the inner self through using the Labyrinth.

Reflect on an insight, idea or wish ...

Pause, then enter the Labyrinth

Follow the path

Walk at the speed that suits you

Keep your mind open

Pause in the centre, reflect more on your insight, idea or wish ...

Follow the path out

Pause and reflect

Lakeside Labyrinth is located in Lakeside Rotary Park, near the Big Orange Bridge, between the tennis courts and the public washrooms.

This Classic 7-circuit brick paver Labyrinth was constructed in 2004, under the direction of the Nelson Community Labyrinth Group.

The Labyrinth is wheelchair accessible and is open to the public during park hours, 8 am-11 pm

Visitors are welcome to participate in scheduled seasonal walks as well as World Labyrinth Day. Visit our website for information about upcoming walks.

We invite you to come down and visit the Labyrinth... and don't forget to clap at the centre and listen for the "squeak".



[nelsonlabyrinth.com](http://nelsonlabyrinth.com)

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## What is a Labyrinth?

A Labyrinth is not a maze. Mazes are constructed to confuse the walker, with many different paths and dead ends. A Labyrinth, on the other hand, has only one path in to the centre, and the same path leading back out. There is no puzzle to solve. One could say, people enter a maze in order to lose themselves, but they enter the Labyrinth in order to find themselves.

The Labyrinth can be viewed as a metaphor for life. How we walk is comparable to how we act in the world. The Labyrinth calls you to experience directly what is happening in your life. The paths, the turns and the centre, all have something to teach you.

A Labyrinth is a walking meditation. It is a tool to guide healing, deepen self-knowledge, and empower creativity.

The Labyrinth meets each person where they are at, and so, no two experiences are the same.

Walking the Labyrinth clears the mind and gives insight into our individual personal journey through life.

It invokes the relaxation response and is excellent for stress management.

To those who are deep in sorrow, the walk gives solace and peace.

For some, who feel they have untapped gifts to offer, it can stir the creative fires within.

For others, it is simply an opportunity to be outdoors in a beautiful setting.

Children like to playfully run the spiralling path into the centre where they clap to hear a unique magical squeak.

## World Labyrinth Day

WALK AS ONE AT 1:00

A global event celebrating the Labyrinth on the first Saturday in May.

World Labyrinth Day is intended as a day that brings people from all over the planet together in celebration of the Labyrinth as a symbol, a tool, a passion or practice. This can be a day to inform and educate the public, host walks, build permanent and/or temporary Labyrinths, make Labyrinth art or more.

If there are only right ways to walk a Labyrinth, it follows that there are only right ways to celebrate World Labyrinth Day. Find your way.

Also, as part of this celebration you are invited to “Walk as One at 1” to effect a rolling wave of Labyrinth walking as the earth turns. Walk in your local time zone at 1:00 PM.

