

How to walk the labyrinth

There is no right way to walk a labyrinth. You only have to enter and follow the path. However, your walk can encompass a variety of attitudes. It may be joyous or somber. It might be thoughtful or prayerful. You may use it as a walking meditation. Adults are often serious in the labyrinth. Children most often run in and out as fast as they can in a playful manner.

When you walk a labyrinth choose your attitude. From time to time choose a different attitude. Make it serious, prayerful, or playful. Play music or sing. Pray out loud. Walk alone and with a crowd. Notice the sky. Listen to the sounds. Most of all, pay attention to your experience.

Some general guidelines for walking a labyrinth are:

1. **Focus:** Pause and wait at the entrance. Become quiet and centered. Bow or nod and then enter.
2. **Experience:** Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments. Say a prayer. Leave when it seems appropriate. Be attentive on the way out.
3. **Exit:** Turn and face the entrance. Give an acknowledgement of ending, such as "Amen."
4. **Reflect:** After walking the labyrinth reflect back on your experience.

A Memorial

The Resurrection Labyrinth and "I AM" Garden are given to the glory of God in memory of Nicole Unrath, class of 2003, by her family and friends. During Lent of Nicole's sophomore year, there was a canvas labyrinth inside the Chapel. Nicole and many others found the experience of walking the labyrinth very uplifting. She and Pastor Cunningham spoke about having a permanent labyrinth.

Nicole was an Elementary Ed major and a Christ College associate. She was active in IntersVarsity Christian Fellowship and was the president her junior year. Nicole was very active in the Chapel ministry. She was on the Chapel Morning Prayer staff her senior year. Her desire was that all the Christian organizations on campus would work together to spread the gospel. She loved the Lord Jesus and lived her life to His glory.

Nicole was a first grade teacher at Tinker Elementary School on MacDill AFB in Tampa, FL. She attended Tinker from kindergarten through the third grade when her father, an Air Force chaplain, was stationed at MacDill.

Nicole was tragically killed in a car accident in September 2003. Her favorite saying was, "Smile big because God loves you and so do I!"

The labyrinth designers

Nicole's brother, John, class of 2006, was the designer of this labyrinth based on a design by Robert Ferre of Labyrinth Enterprises, St. Louis, MO.

www.labyrinth-enterprises.com

The pavers were laid by Marty Kermeen of Labyrinths in Stone. www.labyrinthsinstone.com

This was Marty's 47th labyrinth and his first with a cut-out design. Robert Ferre drew the design on the pavers. The plantings were done by the Valpo Physical Plant.



**Valparaiso
University**

CHAPEL OF THE RESURRECTION

The Resurrection *Labyrinth* and "I AM" Garden

A labyrinth is not a maze.
A maze is like a puzzle to be solved.
A labyrinth has only one path.
It is unicursal, that is,
it's formed from one continuous line.
The way in is the way out.

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Welcome to the Resurrection Labyrinth



A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

The "I AM" Verses

The "I AM" statements of Jesus are markers along the path of the labyrinth, for Christ is our journey and our destination.

In the Old Testament, the name of God, **Yahweh**, was so holy that people were not allowed to speak God's name. When Moses saw the burning bush in the wilderness, God said, "I AM the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." When Moses asked what to tell the Israelites, God said, "I AM Who I AM." Tell them "I AM has sent me to you." *Exodus 3:14*

As Jesus was arrested, he said to the soldiers, "I AM He." *John 18:5* The soldiers fell back in awe. At Jesus' trial, "the high priest asked Jesus, 'Are you the Christ, the Son of the Blessed One?' 'I AM,' said Jesus, 'and you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven.'" *Mark 14:62* The high priest tore his robe because he believed that Jesus had blasphemed the name of God.

The verse at the entrance/exit of the labyrinth is, "I AM the Alpha and the Omega." *Revelation 1:8* God is the beginning and the end, the creator and sustainer of life. We will be with God throughout eternity.

In the "I AM" verses in John's gospel, Jesus spoke in metaphors and in images that the people could understand. He said, "I am the Good Shepherd. The Good Shepherd lays down his life for the sheep...I know my own and my own know me." *John 10:11,14* He told the people that God knows them by name.

"I AM the vine. You are the branches." *John 15:5* Notice that we are NOT the vine. We get our strength from staying connected to the true vine, Jesus.

Jesus made it clear that he was the promised Messiah. He said, "I am the Way, the Truth, and the Life. No one comes to the Father except through me." *John 14:6* He also said, "I am the Resurrection and the Life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?" *John 11:25-26* This verse is in the circle in center of the labyrinth as it is the center of our relationship with God through Christ.