

Tubman Funeral Homes Labyrinth Walk

Following in Tubman Funeral Homes' culture of innovative and creative thinking when helping the bereavement community that we serve, we have introduced a Labyrinth Walk. On 3 separate occasions in the past year we have invited the families we serve, family and friends to join us in a meditative labyrinth walk. The stress of our everyday lives not to mention losing a loved is extremely overwhelming.

The Labyrinth Walk is the ancient practise of "circling to the center" by means of walking the labyrinth. The rediscovery of this self-alignment tool to help put our lives in perspective is one of the most important spiritual movements of our day. Labyrinths are cropping up in churches, hospitals, medical centers, parks and parking lots, in public places and on private property. One of the most appealing aspects of the labyrinth movement is that it is open to people of all faiths and cultures.

The stress of our everyday lives not to mention the loss of a loved one is extremely overwhelming. When you walk a labyrinth, following the winding path deepens breathing and helps to release built-up tension. Labyrinths continue to grow in popularity as people discover their power to calm the mind and soothe the body. It is a metaphor for the journey to the center of your deepest self and puts you back on the path discovering who you are again.

Labyrinths have been in use for over 4000 years. 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 Labyrinth we use is located in the garden of one of our local churches. The tranquil setting and peaceful atmosphere allow individuals to open up the journey which they were about to take. We capped our numbers at 15 participants per group to enable people to get the full benefit of the experience without being overcrowded. The morning started with a brief summary and understanding of the day. This time together is where the quietness and focus begins. We prepared by doing a few meditation and breathing exercises before heading into the garden.

Generally, there are three distinct parts of a labyrinth walk. The three-fold path includes the walk into the labyrinth, the time spent in the center, and the journey back out. The first part of the journey is a time for self-observation, reviewing life circumstances and clearing obstacles we discover as we walk. The center is a resting place or a place of retreat and silence. The journey out represents returning home to apply in your daily life the insights and wisdom that you've gained on your journey.

Once the walk was completed we gathered again in the church hall for refreshments and discussion. It is amazing how exhausted the participants are at this point. The focus can be quite draining. Some choose to share their experience, while others are more withdrawn and reflective. Regardless of how they participate we know that they have all come away with a new found sense of inner peace and a broadened understanding of who they are.