



# Welcome to Pilgrims Hospices Therapeutic Labyrinth Garden at Canterbury



**We hope you will enjoy the peace and tranquillity of the garden. For information and guidance on how to walk the labyrinth please read on...**

*Pilgrims Hospices are grateful to the Department of Health and a private benefactor for funding this project, also to Help the Hospices for their support.*

## What is a Labyrinth?

A labyrinth has only one path that winds into the centre and out again. Unlike a maze, there are no dead-ends or decisions to make about which way to go.

It has been called a meditative walk, a part of a spiritual journey, the means to inner transformation, a path of prayer or a metaphor for our lives.



The labyrinth may be walked alone or in groups.

The Pilgrims Hospice Labyrinth path is wide enough for wheelchairs and in the Therapeutic Labyrinth Garden there is a Finger Labyrinth carved out of local wood.

To book a community walk or leave feedback, please contact [labyrinth@pilgrimshospice.org](mailto:labyrinth@pilgrimshospice.org)

## What are the benefits?

Following the path helps to bring mind, body and spirit in harmony with each other.

It can be calming or enlightening and can help people to let go of worries, stress or grief.

Some may find stillness in the midst of busy and pressured lives. Some are helped to decide their next step.

People who walked the Pilgrims Labyrinth have said:

*'For the few moments at the centre it was as if I was in the centre of myself. I felt my own pain, but also tranquility and comfort.'* **Patient**

*'Since walking the labyrinth over a period of time, the depression that had settled over me since my husband died has lifted.'* **Bereaved relative**

*'I was really troubled before and it helped me to calm down and sort my thoughts.'* **Student CATS International Sixth Form College**

For other peoples experiences, please visit [www.pilgrimshospice.org](http://www.pilgrimshospice.org)

## How do I walk the Labyrinth?

There is no right or wrong way to walk – just walk it!

The walk may be divided into three stages, the 3 Rs\*.

**Releasing** on the way in;

**Receiving** at the centre;

**Returning** on the way out.

(If something has been received at the centre, it is taken out into the world)

Here are some ideas on the ways of walking:

Take a moment to reflect before you enter, you may like to take a question with you.

During your walk you may feel like pausing, walking quickly, walking slowly, following your inner feelings, sometimes nothing much happens – this is normal, but it might help to walk it again or a few times.

The labyrinth is open to the community for group walks or for individuals. Please call 01227 459700 or

email [labyrinth@pilgrimshospice.org](mailto:labyrinth@pilgrimshospice.org) to arrange a booking.

Sometimes after you have walked the labyrinth emotions may come to the surface and you might like to talk to someone. If so, please telephone 01227 459700 to speak to a hospice professional or if you are on site please talk to the nurse in charge.

*\* The 3 Rs have been suggested by Rev Dr Lauren Artress – world-wide facilitator of labyrinths.*



## A Brief History

Evidence of labyrinths can be found in such diverse places as South America, Crete, Arizona, Scandinavia, Egypt and India, some dating back 4000 years or more.

The pattern has been found on pieces of ancient pottery and carved into rock faces or on wood.

In Roman times labyrinths were made out of mosaics.

In Scandinavia, Russia and Iceland stones were used to mark out the path.

In England some 17th century turf labyrinths have been restored – near Scunthorpe, in Yorkshire and in Dorset to name a few.

Today, there is a worldwide resurgence in labyrinths which appeal to people with or without a religious faith. Pilgrims Hospices has adopted a design that is based on the classical pattern but many places are creating labyrinths based on a medieval design made famous by Chartres cathedral in the 13th century.

## Further Information

Visit [www.pilgrimshospice.org](http://www.pilgrimshospice.org) or email [labyrinth@pilgrimshospice.org](mailto:labyrinth@pilgrimshospice.org). You can also call 01227 459700 for more information.

To read more about labyrinths and support the work of Pilgrims Hospices, you can purchase the book *Pilgrim's Journey Through the Labyrinth: A Guide to Using Labyrinths in Spiritual Care* written by Rev Lizzie Hopthrow. To get your copy, contact us via any of the above.

The Therapeutic Labyrinth Garden was designed by Andrew Wiggins and Jeff Saward and constructed by Haywood Landscapes Ltd.



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