

## Dedication

Saturday, October 24, 2010



This labyrinth is dedicated to our former, retired pastor, Rev. Dr. Andrea Asebedo, who served this community for more than 29 years. It was her dream to have a labyrinth on our grounds and the planning, fundraising and building efforts were initiated under her leadership. We honor her for the many years of excellent leadership and service she gave.

In addition, we are very grateful to the many dedicated members who funded and built this beautiful addition to the garden.



## Walking the Labyrinth

The labyrinth is a universal symbol for the world, with its complications and difficulties, which we experience on our journey through life. The entry to the labyrinth is birth; the center is death and eternal life. Like any pilgrimage, the labyrinth represents the inner pilgrimage we are called to make to the center of our being. The labyrinth is used as an instrument to facilitate meditation, prayer, personal reflection, and opening to Spirit. General guidelines for walking a labyrinth:

1. Focus: Pause and wait at the entrance. Become quiet and centered. Acknowledge the sacred space through a bow, nod, or other gesture and then enter.
2. Experience: Walk purposefully. Observe the process. When you reach the center, stop and focus several moments. Leave when it seems appropriate. Be attentive on the way out.
3. Exit: As you leave, turn and face the entrance. Acknowledge the experience of walking the sacred space.
4. Reflect: After walking the labyrinth, reflect back on your experience. Use journaling or drawing to capture your experience.
5. Walk often.



## Center for Spiritual Living

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At the Center for Spiritual Living we honor all world religions. For this reason, one sees in the same garden statues of St. Francis, Mother Mary, Buddha, and Kuan Yin.

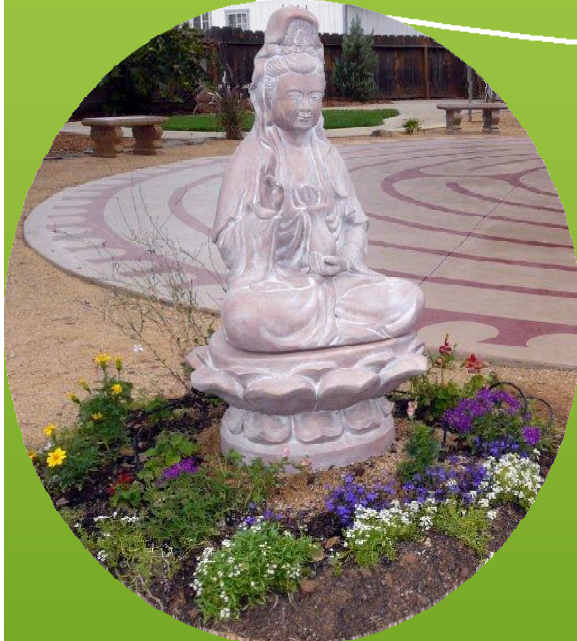
People of all faiths are welcome to our Center and garden.

## Labyrinth

Walking the Sacred Path to  
Connect with Your Soul

## Kuan Yin – Ancient Goddess of Mercy

Although Kuan Yin's origin has transformed over the years, her greatest significance is the embodiment of the divine feminine. In China, Kuan Yin is generally shown in a white, flowing robe and usually wears necklaces of Indian/Chinese royalty. In one hand is a water jar containing pure water. She is seen as a source of unconditional love, compassion, and mercy.



Our labyrinth is registered on the "World Wide Labyrinth Locator" website ([www.labyrinthlocator.com](http://www.labyrinthlocator.com)).

In Kuan Yin we encounter compassion. She is suffused with beauty and grace, love and mercy, gentleness and wisdom. For those who turn to her she is the "One Who Hears the Cries of the World."

This statue has her right hand in a mudra: healing hand yoga. This placement of the fingers is the Prithvi Mudra. It is considered to ground a person, giving self assurance, increasing energy, and strengthening the body and mind.

Walking the labyrinth is an ancient tradition that has its roots in Christianity in the middle ages. It was considered an alternative to taking a pilgrimage to the holy lands. This design is

The labyrinth awaits the sojourner--  
almost calls one's name--  
Will you enter my simple boundaries  
and journey my paths  
One Step at a Time?

Straight ahead, yet winding and crooked  
The curled road beckons to be trod --  
reinforcing the uplifted  
blessing the downtrodden  
Maybe tears, maybe joy, maybe peace  
One Step at a Time.

Excerpt from "One Step at a Time"  
By Suzanne Moody



based on the one found on the floor of Chartres Cathedral in France.

Walking the labyrinth slowly and silently allows for a connection with one's soul and spirit. It is a practice for finding inner peace and harmony.

All are welcome who would enjoy this sacred practice.

If you would like to financially contribute towards the maintenance of the labyrinth and grounds, an envelope and drop station is provided at the labyrinth site or you can mail your donation to the Center's office at 1905 Hartnell Avenue, Redding CA 96002.