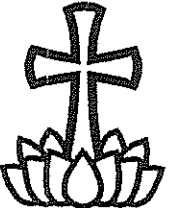


**Why does TFS have a Labyrinth?**

We hope to provide people making a retreat at TFS with conducive environment and facilities for prayer and contemplation. TFS Labyrinth was built on 04 November 2005, which is probably the first one found in Protestant communities in Southeast Asia. We are deeply grateful for Mr. Keith Chau, his design of TFS Labyrinth. We believe that the labyrinth will serve more people in their journey with God.



Tao Fong Shan Christian Centre

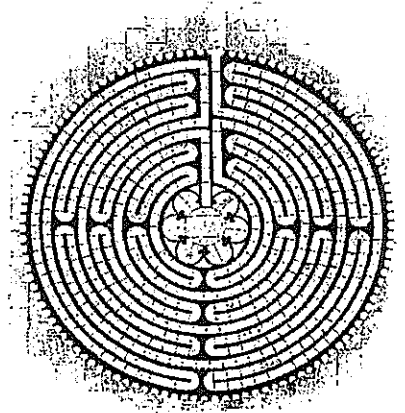
[www.tfsc.org](http://www.tfsc.org)

Tel.: (852) 2694-4038

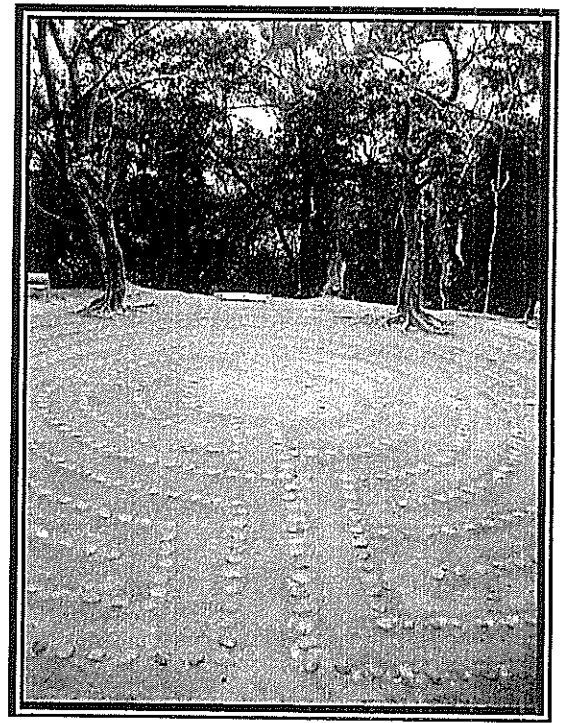
Fax: (852) 2694-4040

**The History of Labyrinth**

Labyrinth-type images have been found for centuries by people seeking to center their lives, to find God, or to seek relief from their day-to-day trials. Labyrinths were a popular spiritual tool during the medieval time when some great cathedrals used them as a form of pilgrimage to Jerusalem. One of the most notable one was built in Chartres Cathedral in France in the 13<sup>th</sup> century. There was a revival of the labyrinth's popularity in North America in the 1990s. It began with the work of Rev. Lauren Artress, the canon pastor at the Episcopal Grace Cathedral in San Francisco.



**A Guide to  
the Tao Fong Shan  
Labyrinth**



## What is a Labyrinth?

A labyrinth is a winding circular path marked on the ground. It is different from a maze because there is only one path to follow with no dead-ends or tricks. Participants follow the path to the labyrinth's center and then walk back out. The goal of walking the labyrinth is connecting with God. One of the by-products is transformation, returning to the world with a renewed mind and spirit.

The act of walking is to induce a contemplative stance for one's solitude and prayer. All the winding and turning reflects the twists and turns of life. The labyrinth is like the unfolding journey to the center of one's innermost and back out into the world with a renewed self. It is a simple tool for meditation, contemplation and spiritual renewal.

## Praying with the Labyrinth

### *I. Preparing to walk the labyrinth:*

- There is no right or wrong way to experience the labyrinth. We bring to the journey the mystery of who we are, where we have been, and where we long to be.
- Let it be a walk of discernment and/or decision-making.
- Pause at the entrance until you are quiet and composed.
- Walk at a comfortable pace.

\* \* \* \*

### *II. Some Prayerful Ways for the labyrinth Walk:*

- Openness- "God, what do you want me to know? What do you want to show me?"
- Intercessory prayer- "God, I walk to communicate with you about this person, situation, need..."
- Walking with a particular concern in your mind and heart that is important to you- "God, I'm wondering what I need to do..." or "God, I need to talk with you and gain new insight about this situation..."
- Use of a prayer phrase- Repeat one of God's names (e.g. "Jesus, Jesus...") or a spiritual word (e.g. Love, love...) or a Scripture that is special to you.

- Be attentive to the parts of the labyrinth: the threshold, the inward path, the center, the path out. Observe whatever thoughts, impressions, or feelings that surface- "God, help me to pay attention to what is going on inside and outside of me..."
- When you reach the center, stay there and focus for several moments.

\* \* \* \*

### *III. Reflection:*

- On the path back, reflect on the experience.
- What do you bring with you to the labyrinth? What do you leave at the center of the labyrinth? What do you take away with you?
- How do you come to the center? What is the center of your life? What happens to you at the center?
- What is the grace you seek at the center?
- Who or what causes you to alter your path?
- How do you meet someone on the path?