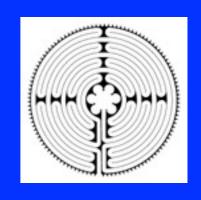


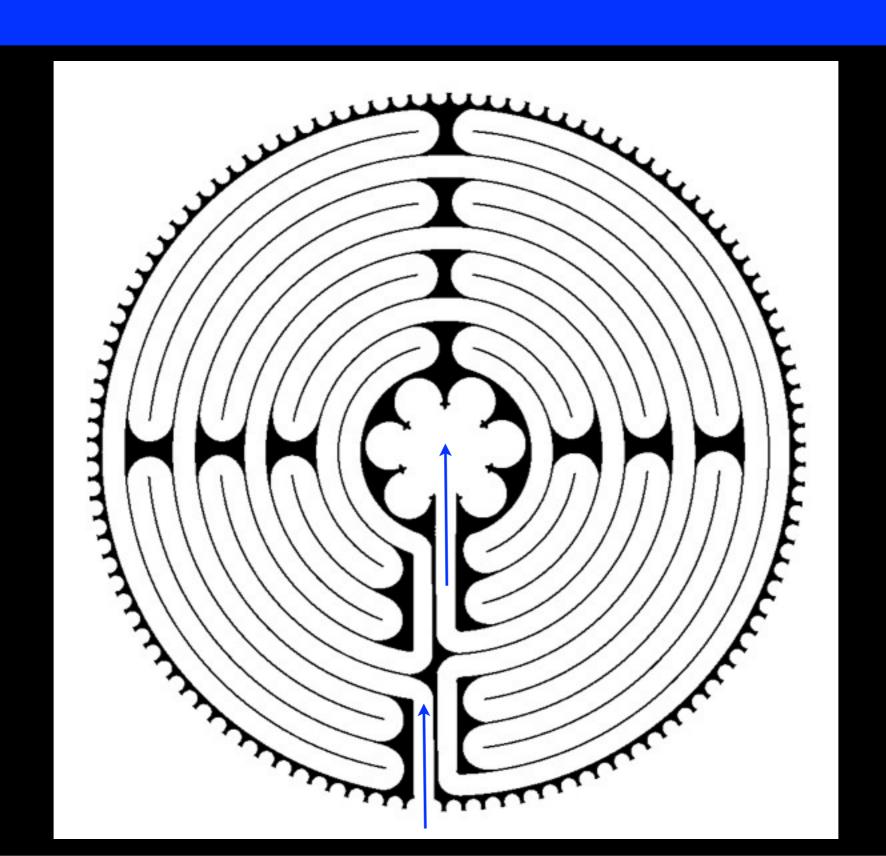
Labyrinths have one path and leads to a central space. The way out is on the same path, but in the opposite direction.



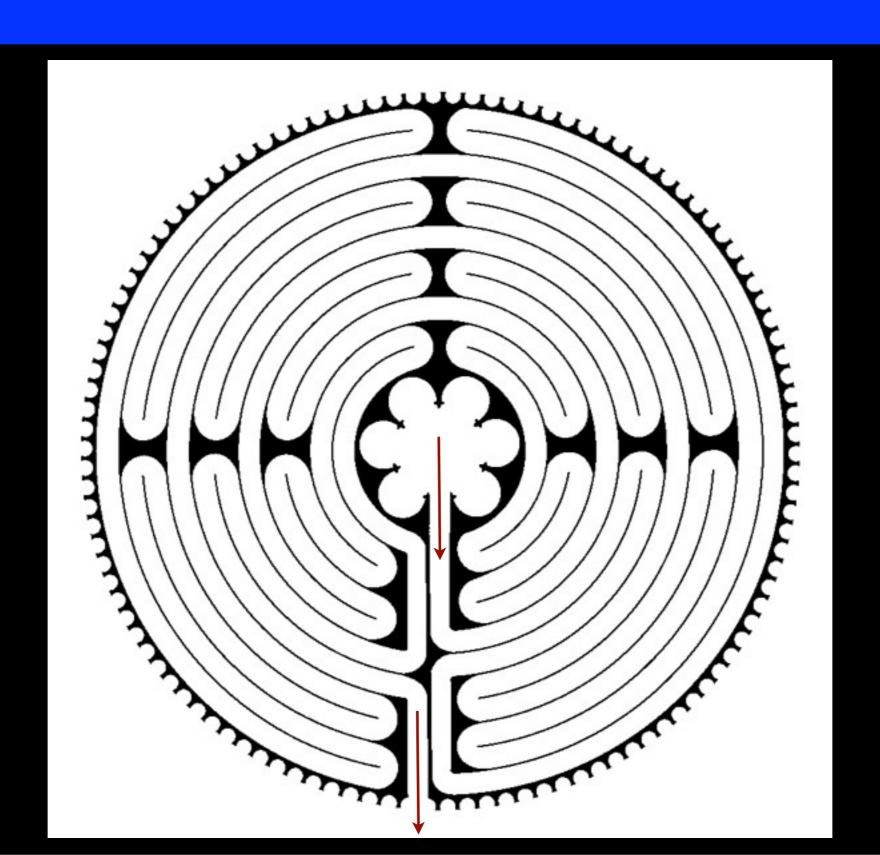




You enter the labyrinth through its "gate" or "door." Then, you follow its pathway to the center while you pray.



The same path is used as you continue your prayer when returning to the single opening in the perimeter.







You can get turned around, but it's not a problem.

You will end up either in the center or at the gate.

You can choose what to do next.

Historical labyrinths exist all over the world. The oldest is approximately 4,000 years old. It is found in Goa, India.

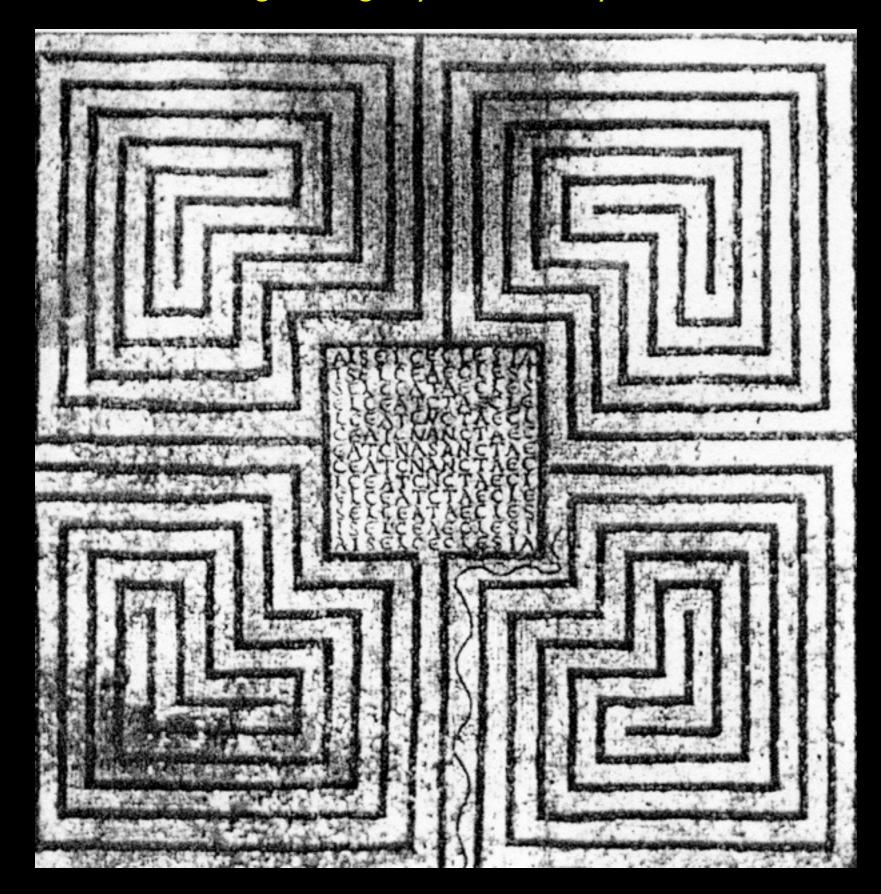




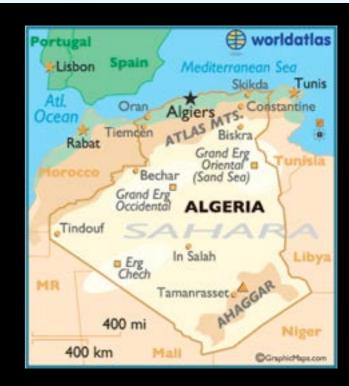


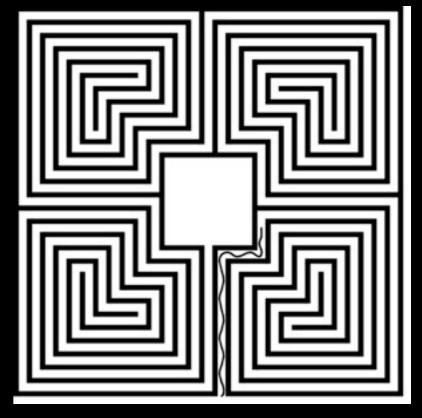
Goa, India 2,000-2500 BCE
Pansaimol Labyrinth
©Jeff Saward see Labyrinths and Mazes & www.labyrinthos.net

Christians began using labyrinths as early as 324 A.D.









-- GOVANS -- PRESBYTERIAN CHURCH EST. 1844

SUNDAY WORSHIP 930AM & II:00 COME WALK OUR LABYRINTH

Labyrinths are used by Christians to deepen their relationship with God through walking prayer.



There are 4,225 labyrinths in over 77 countries that are currently listed on the world-wide labyrinth locator at www.labyrinthlocator.org. The labyrinth from the chapel at MIT in Yangon is there too!

Organization:						
Contact last name:						
City:						
State:	(US and Canada only)					
Zip/postal code:	(OS and Canada Only)					
Country:	Myanmar ‡					
	(Only countries in the labyrinth database are listed.)					
Search radius:	miles (US only — use in conjunction					
	with city and state, or with zip code.)					
Categories:	Artistic Installation Camp Grounds and Recreation Facilities Church or Place of Worship Commercial or Retail Farms & Agriculture Historic Monument Hospital, Hospice, or Healthcare Hotel, Guest House or B+B Miscellaneous					
Availability:	O Public O Private O By Appointment O Any					
Situation:	○ Indoor ○ Outdoor ● Any					
Material:	•					
Type:	> typology of labyrinth types					
Wheelchair accessible:						
Designer:						
Builder:						
Show simplified, text- only results:						
	Search					

Myanmar Insti	tute of Theology					ID#4993
Church or Place	of Worship; School or Educational Centre	By appointment	Indoor	Permanent		
Address:	Seminary Hill, Insein Yangon 11011 Myanmar view map					
Directions/notes:	Located on the seminary campus in Insein Township, about 20 minute taxi ride from downtown					
Contact:	Dr. Maung Maung Yin Peace Studies Center Phone: 95-1-643115/640168 Email: m.i.theology@mptmail.net.mm					Chapel Labyrinth, Global
Web:	http://mitheo.com/index.html	Education Building				
Private owners:	The labyrinth is located in the Faith, Hope					
Admission:	Donation welcome					
Type:	Medieval Chartres replica					
Material:	Terrazzo					
Designer:	Jill and Tim Geoffrion					
Builder:	Jade Construction					
Size:	36 feet					
Date installed:	March 2012					

In the first ten months of 2013, the WWLL received 3,608,000 hits from 105,336 unique visitors who accessed 162,064 pages.







Symbols help us to grasp and remember what is most important.

Labyrinths helps us to understand--with our bodies as well as our minds--that God is faithfully leading us and that trust is part of faith.



The underlying structure of a labyrinth is a cross.



The cross defines how we move on a labyrinth.

We are "walking the cross."

"Then Jesus told his disciples,

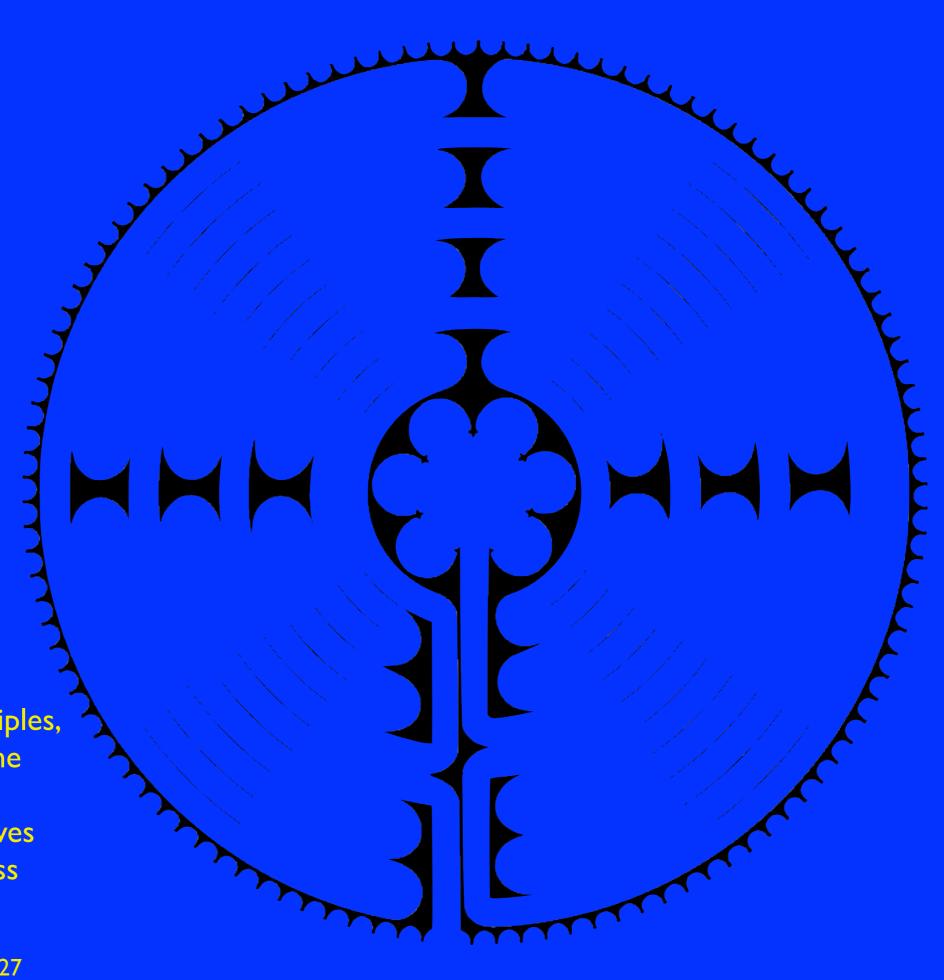
"If any want to become

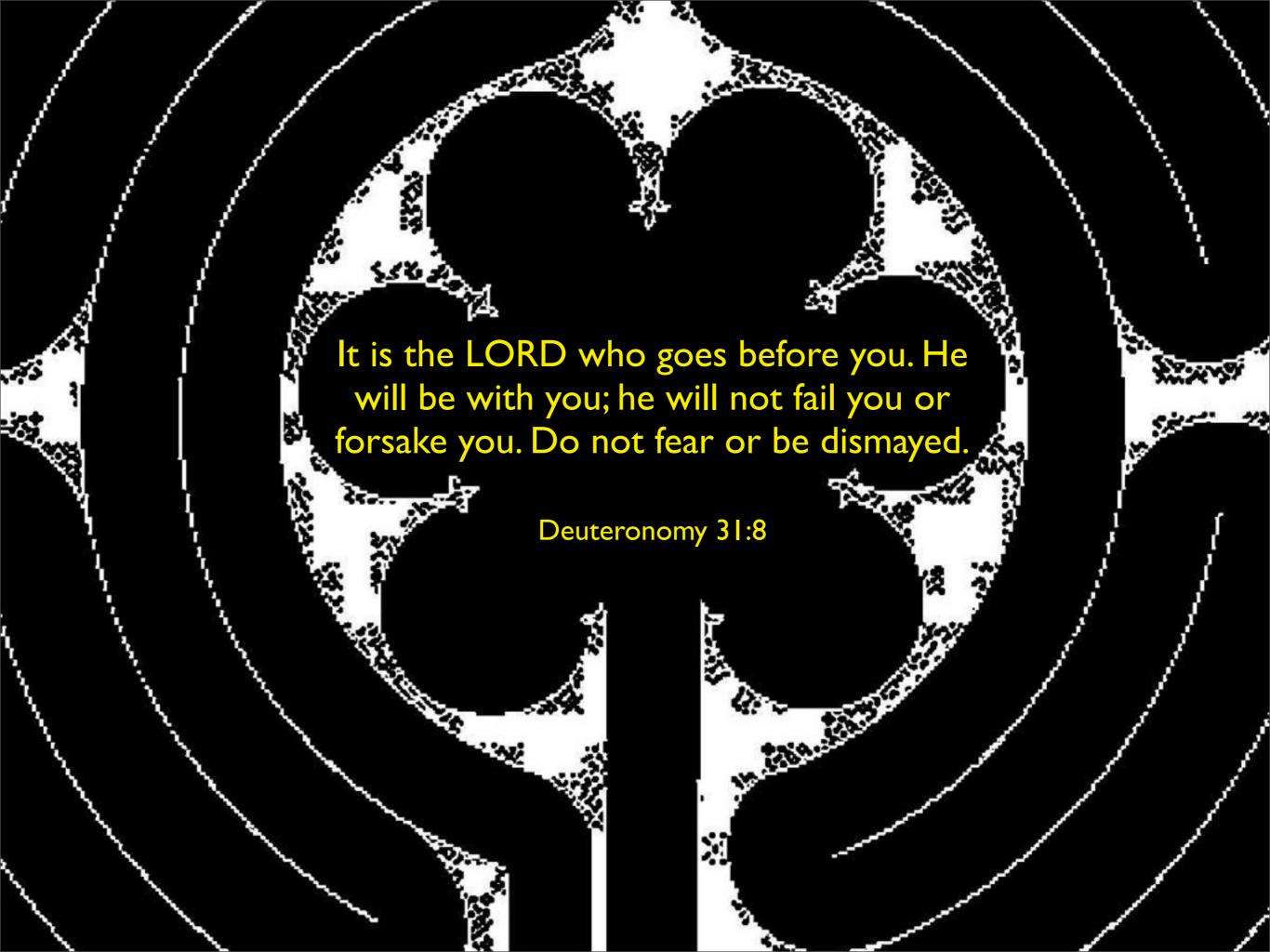
my followers,
let them deny themselves

and take up their cross

and follow me."

Matthew 16: 24; Mark 8:34 See: Matthew 10:38; Luke 14:27

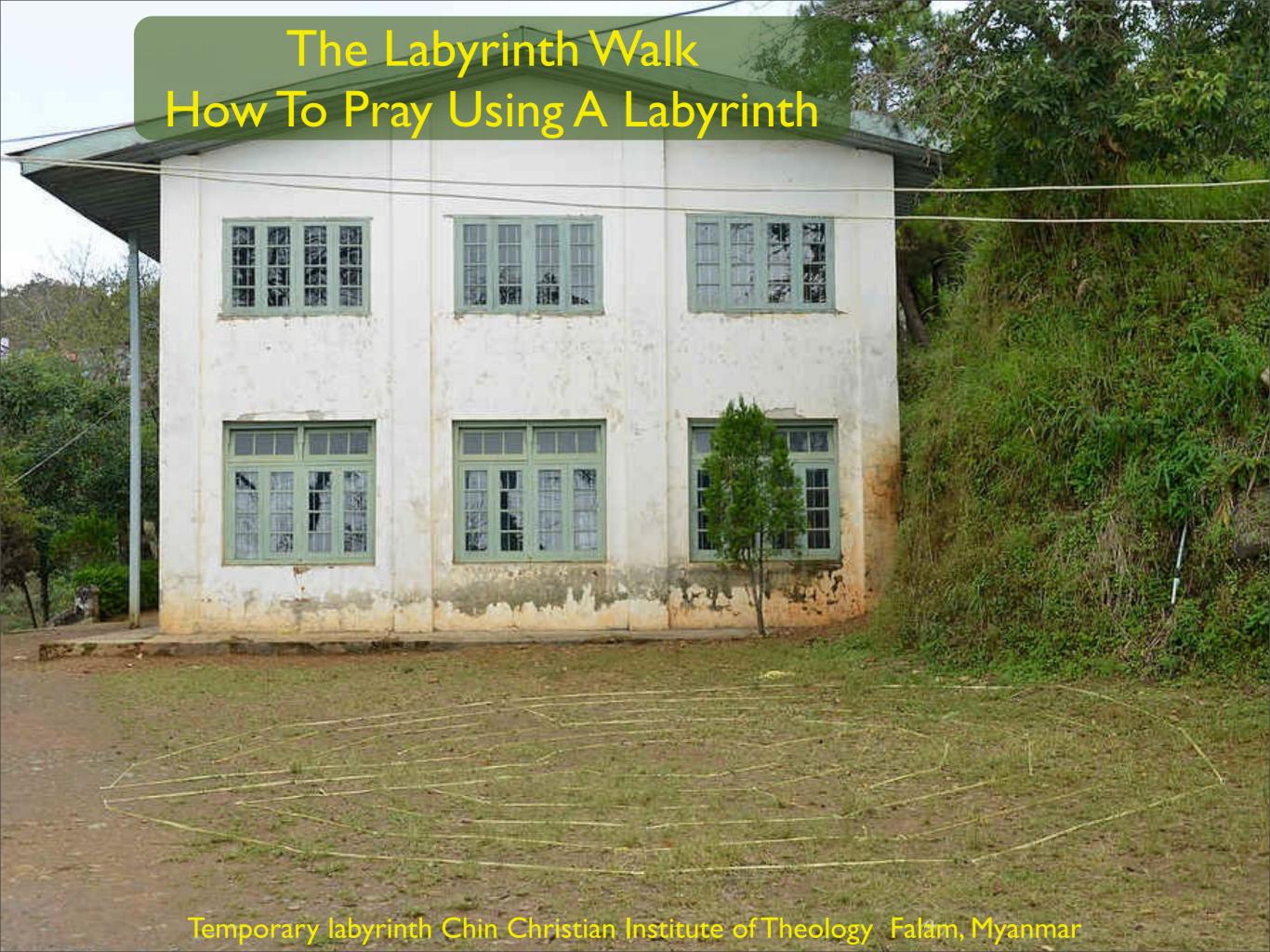












Before entering: Prepare yourself and begin your prayer.



Pause.

Take a breath.

Listen with your heart.

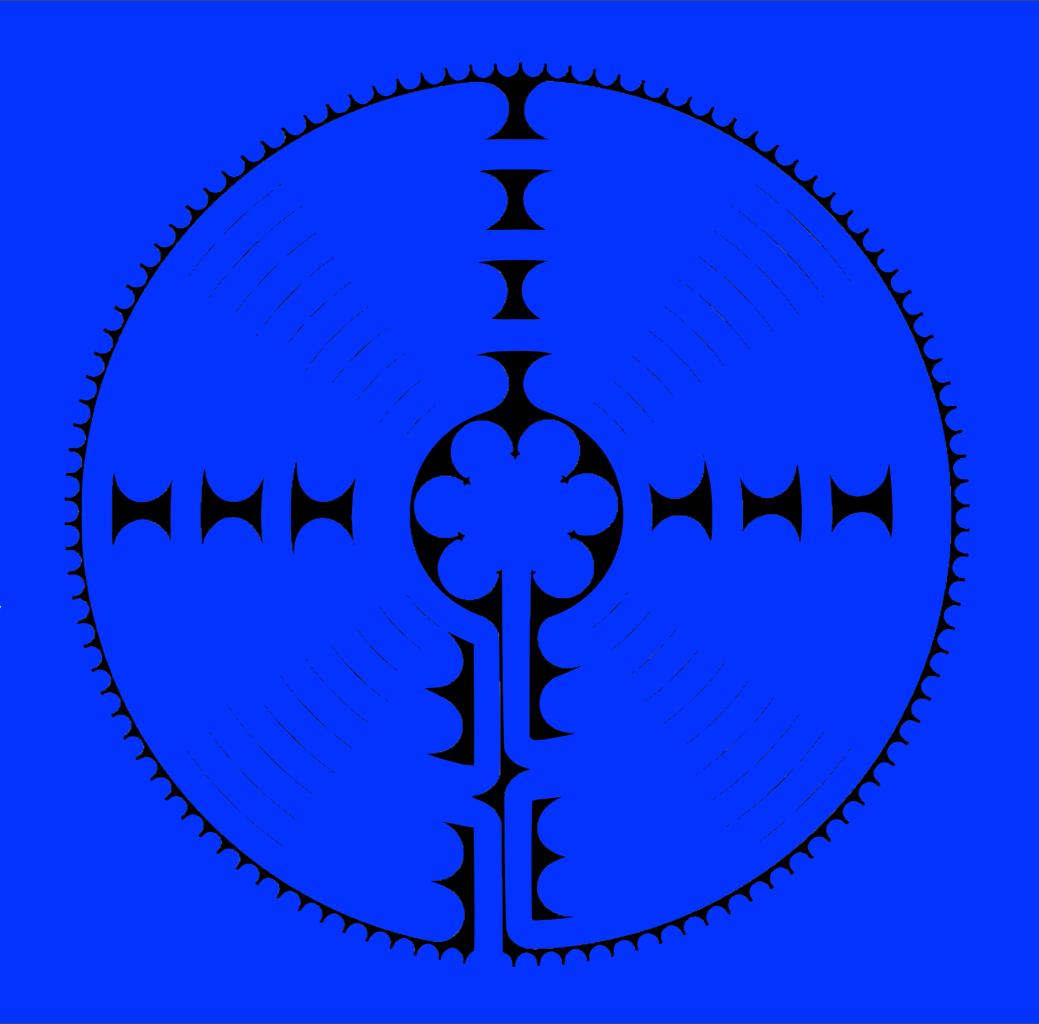






You are being led to the center.

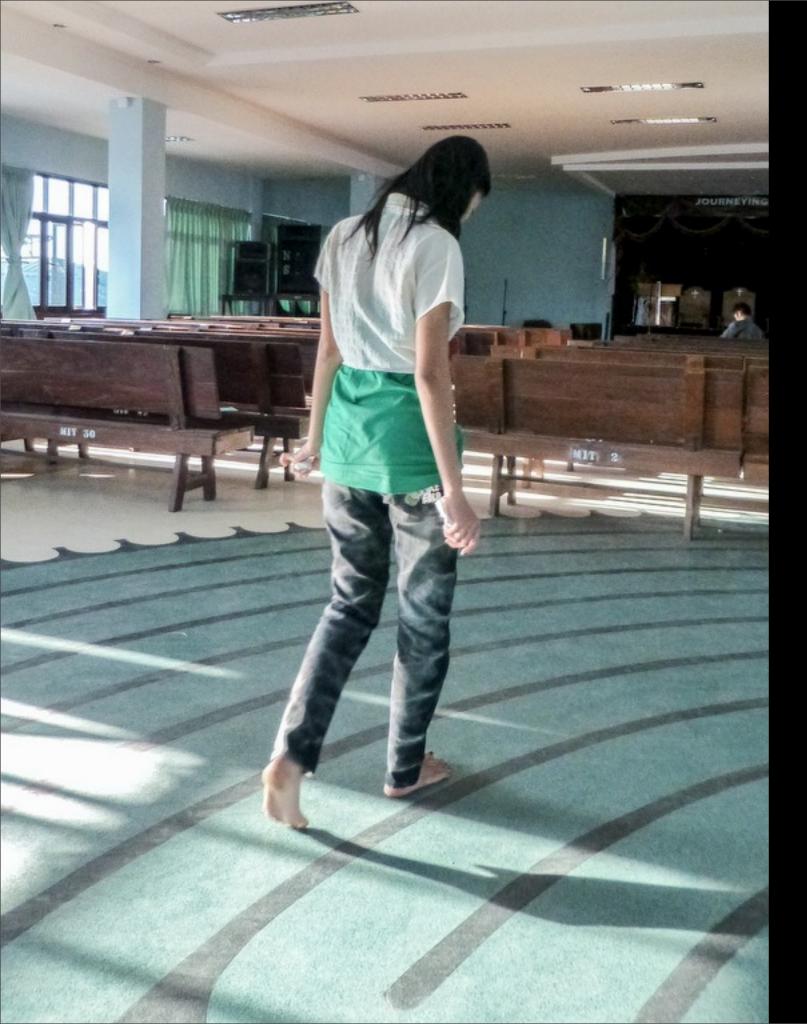
No matter how lost or alone you feel, God is with you, guiding.









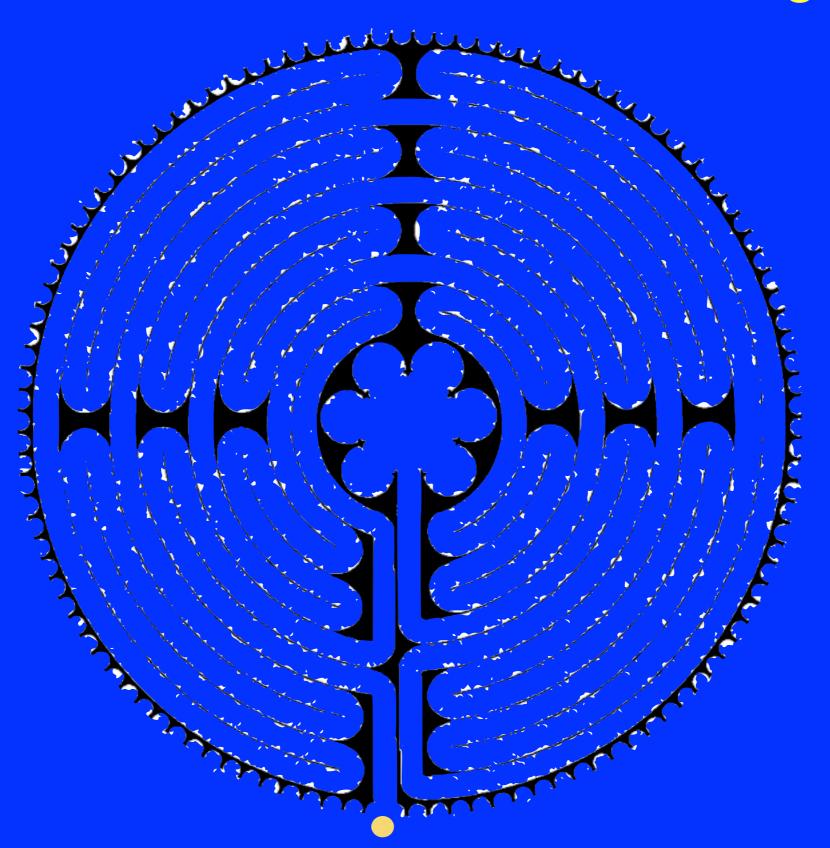


Continue to pray after you leave the center.

You return to the door of the labyrinth by following the pathway in the opposite direction.



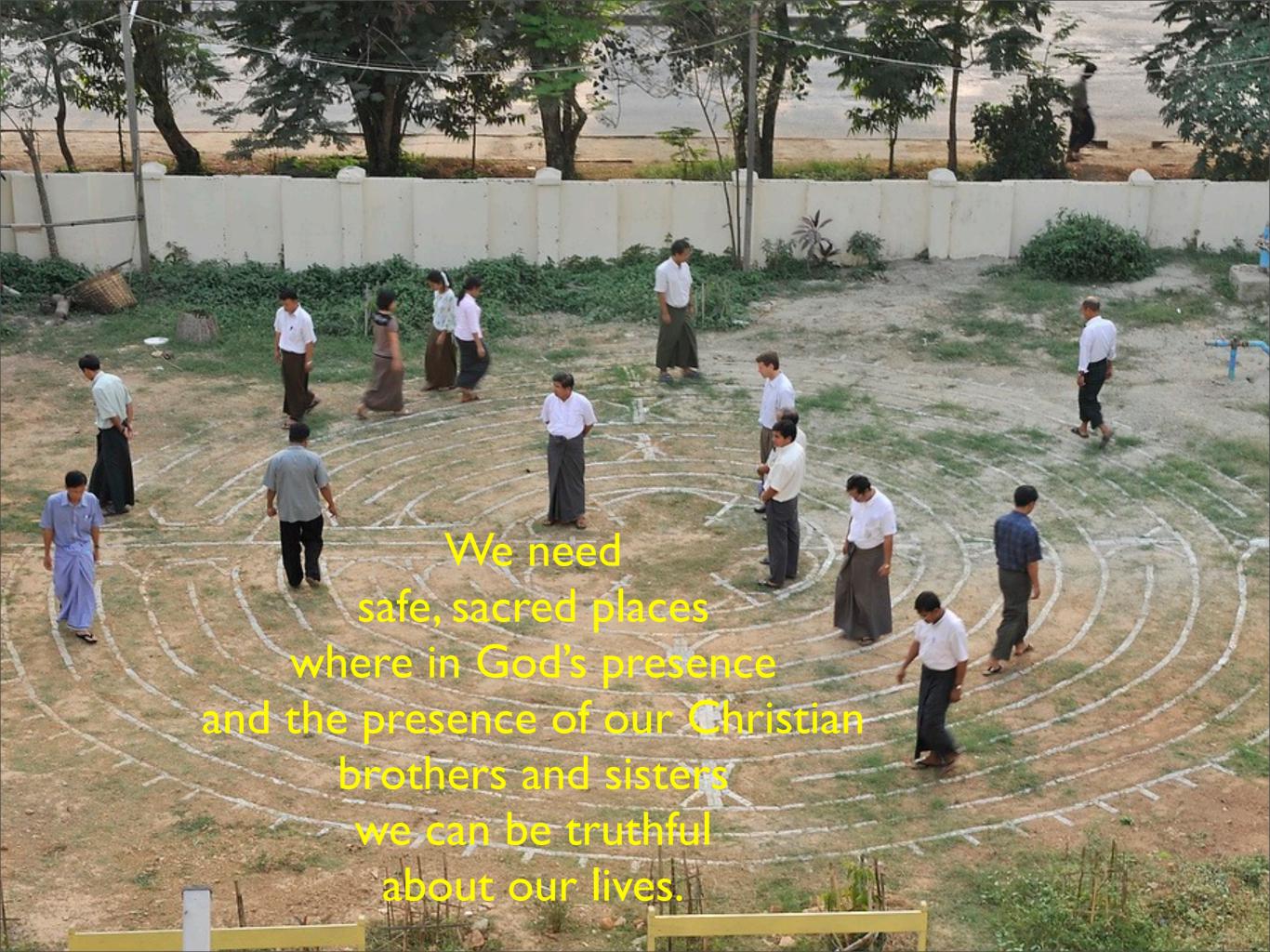
Your Next Step: Personal Reflection and Growth and Integration.





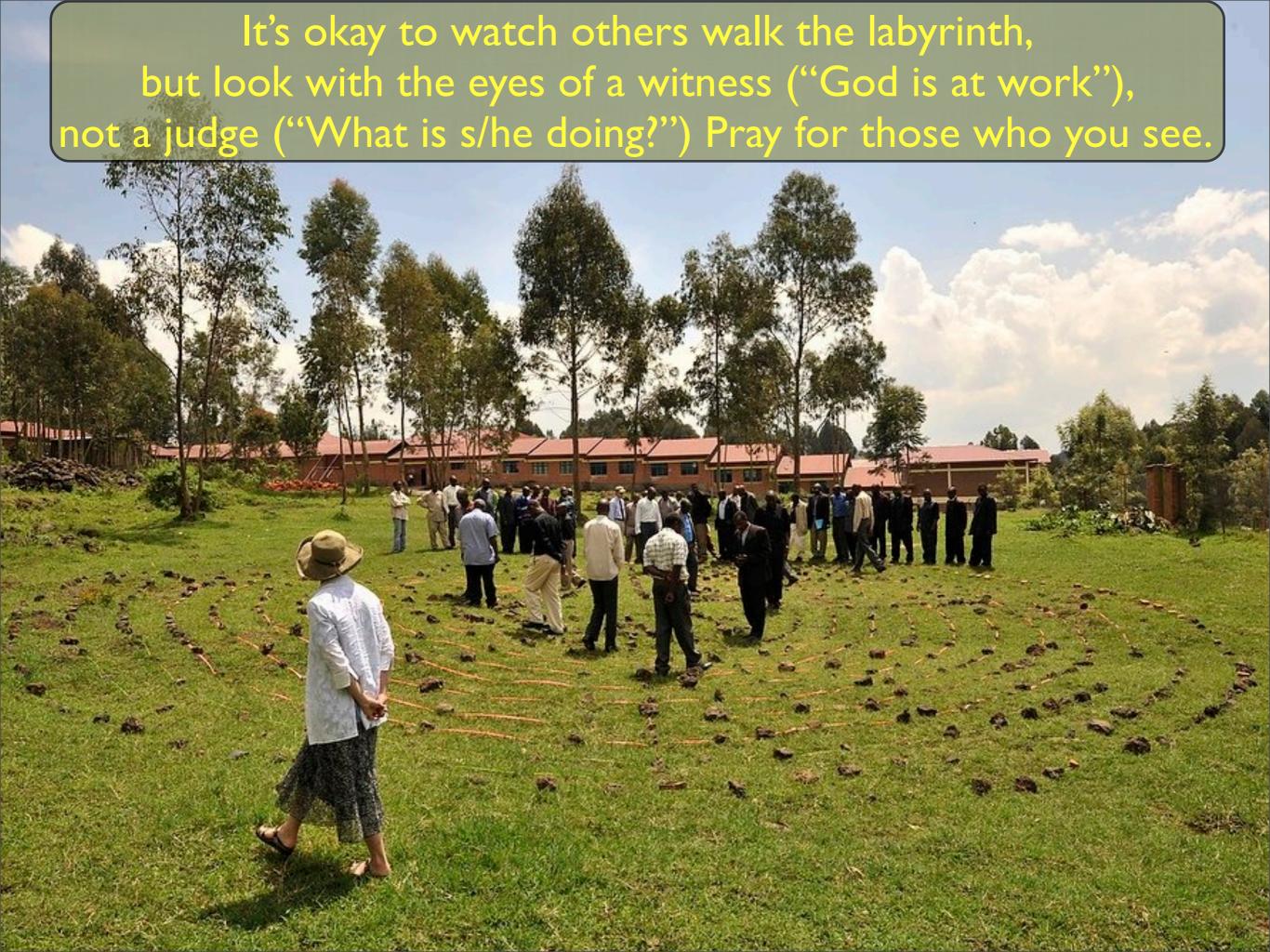




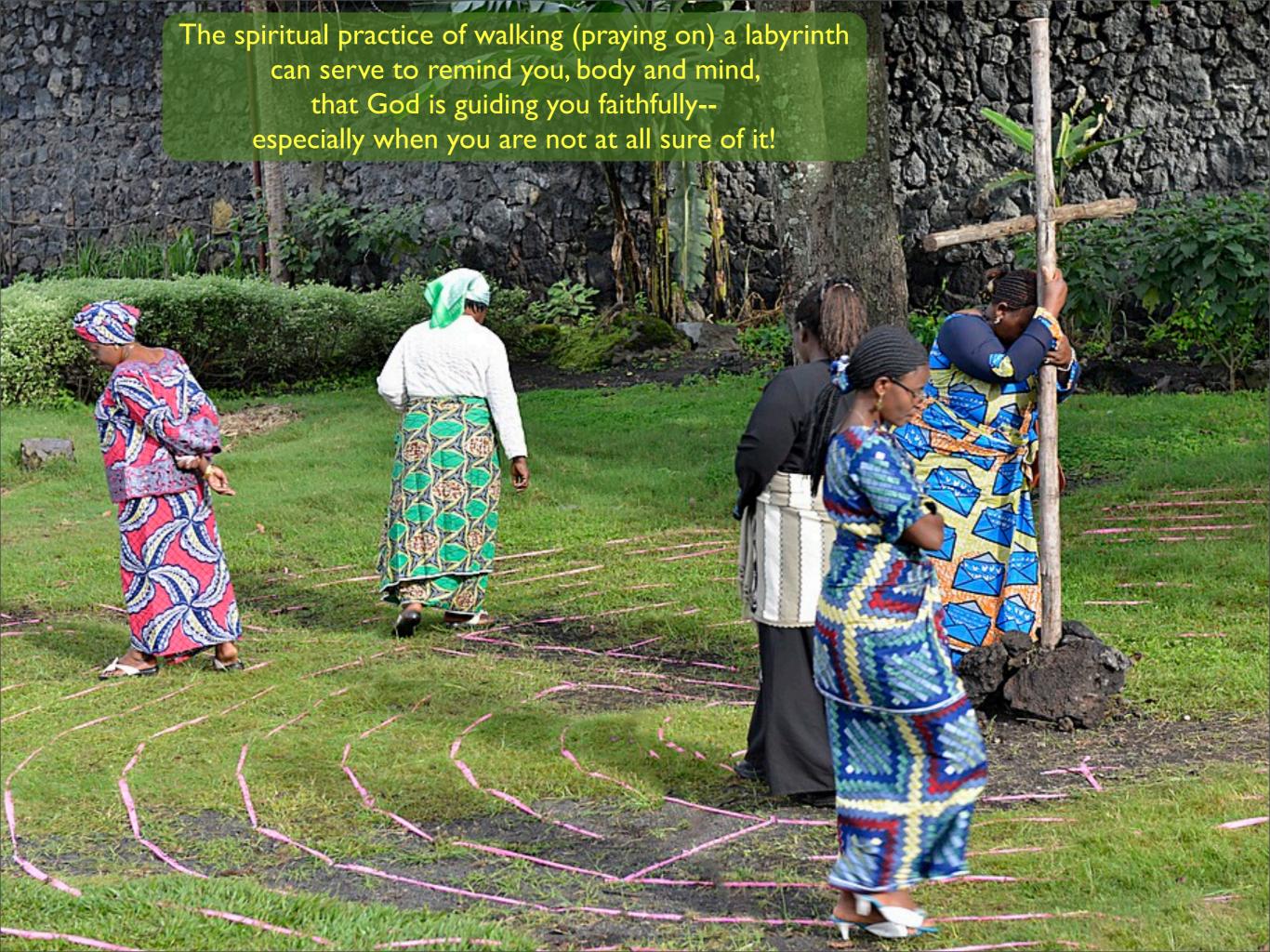




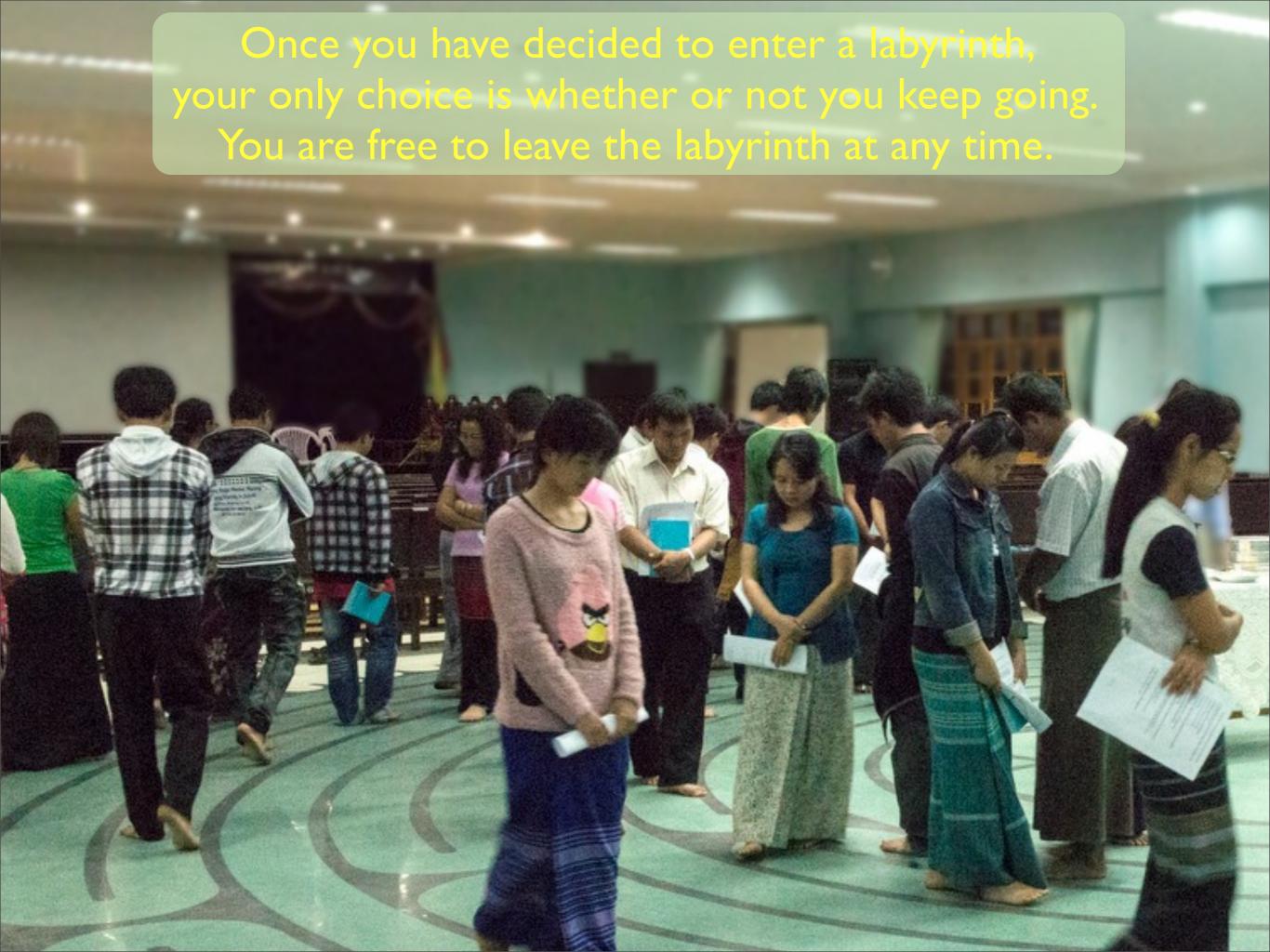






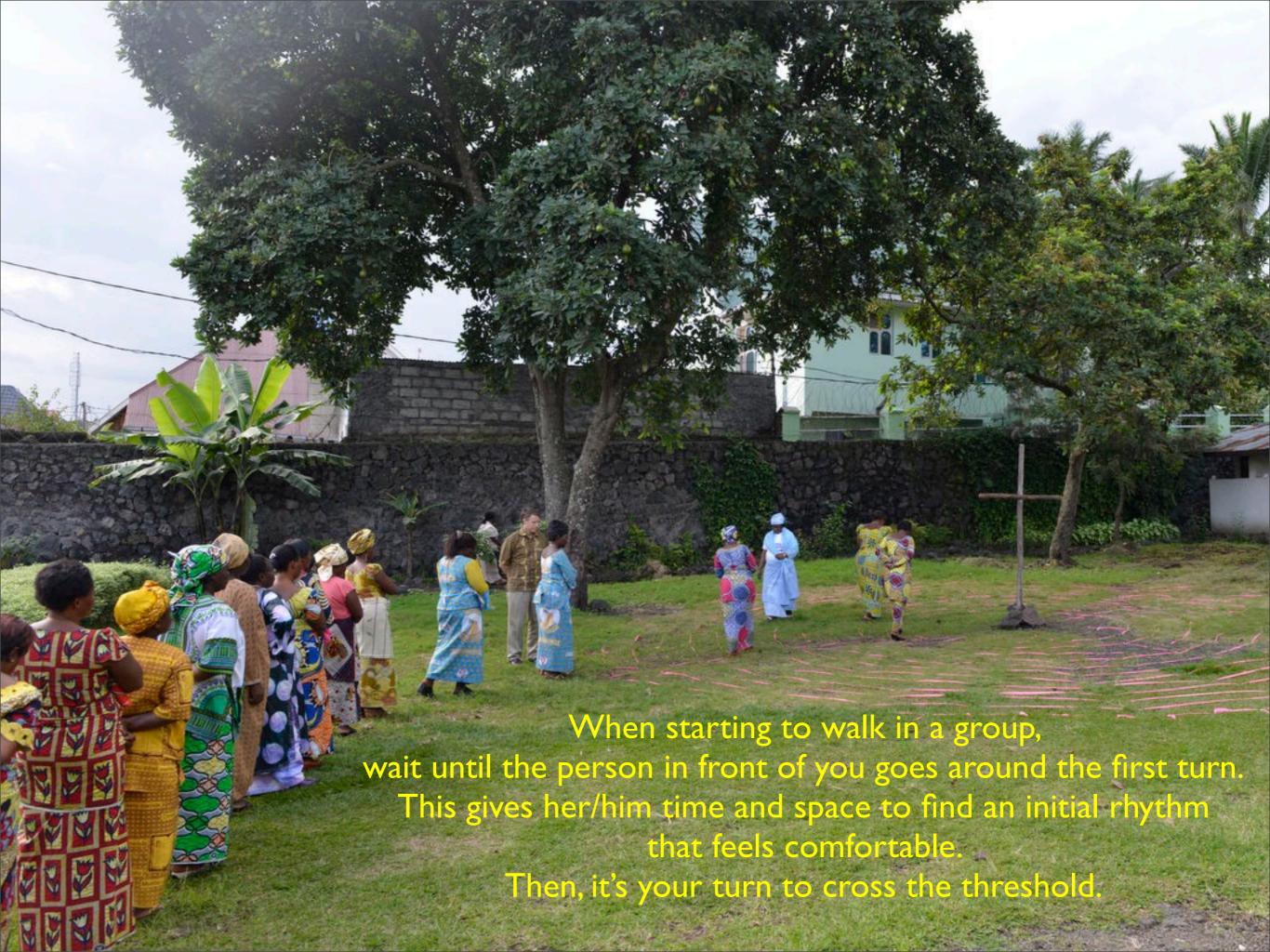






When walking the labyrinth you can move around another person, or let someone "pass" you.

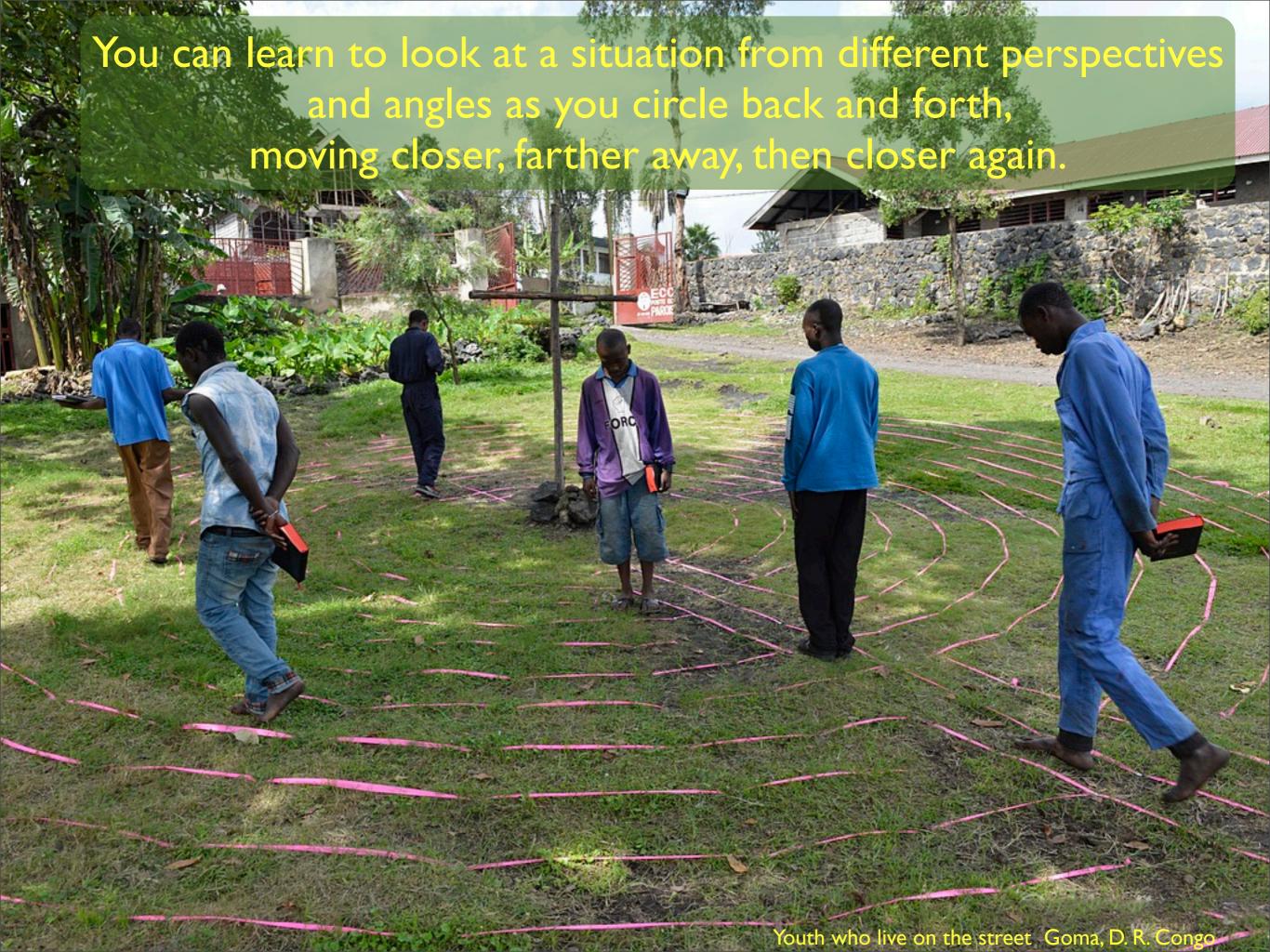






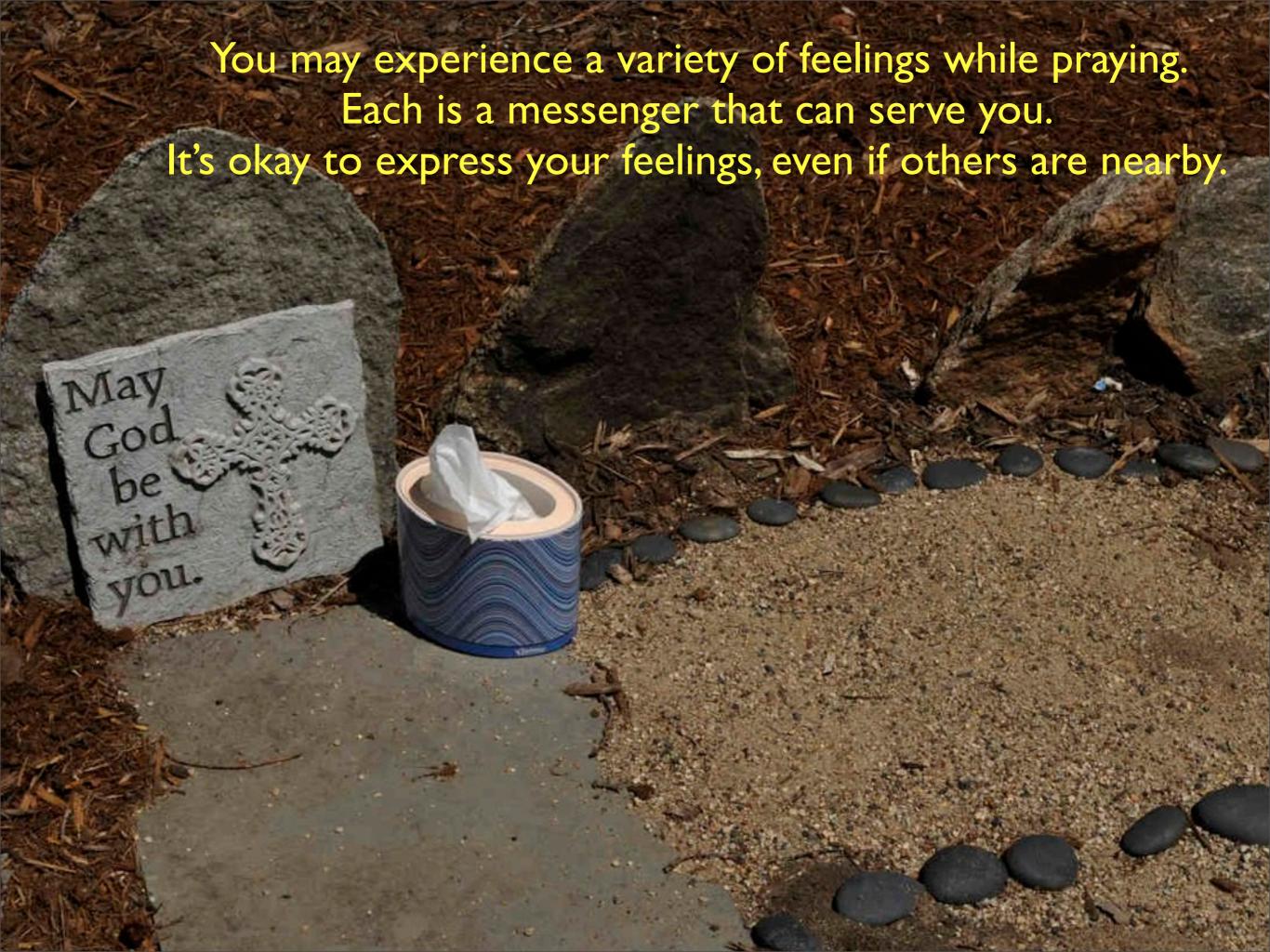








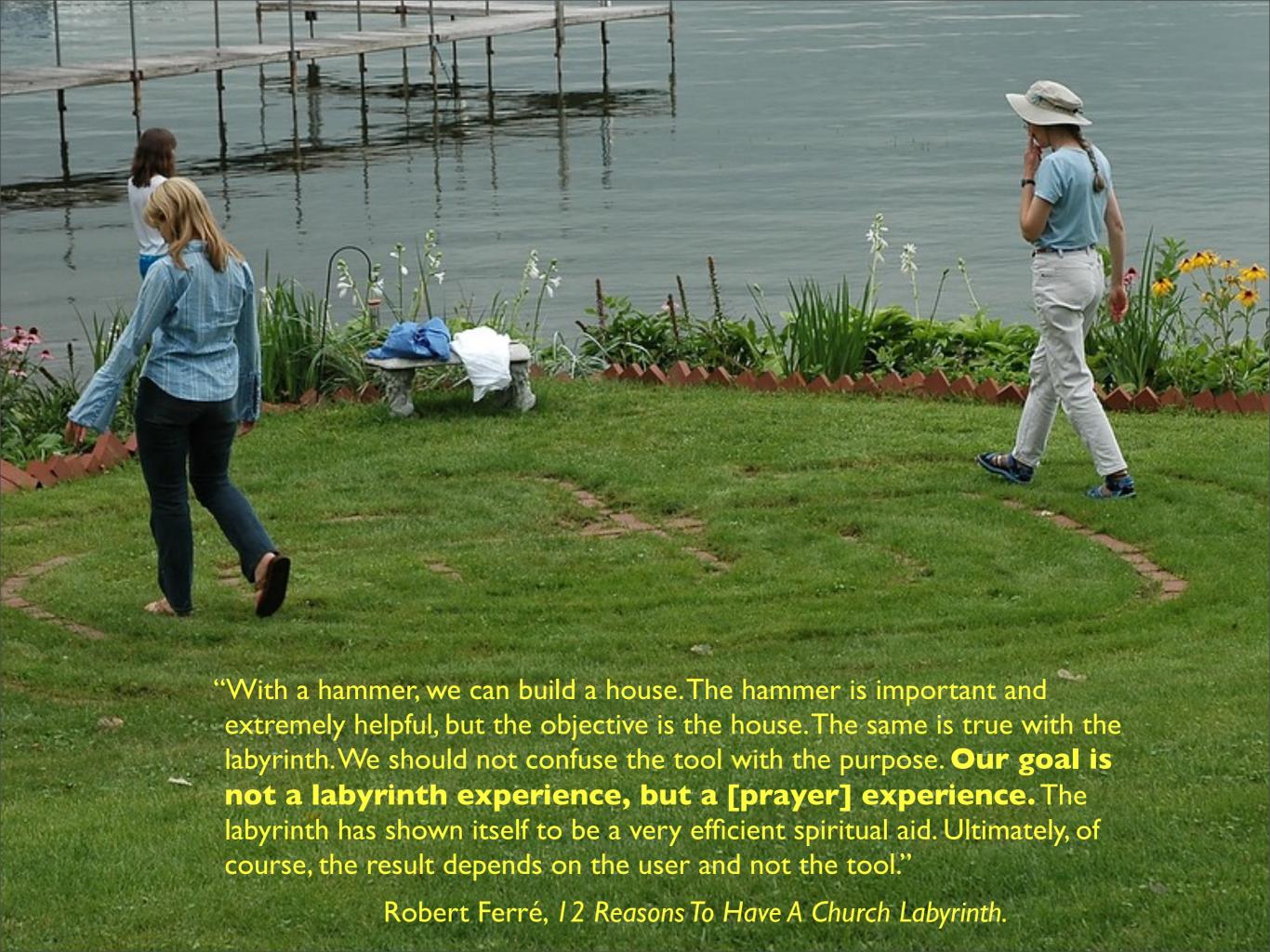








As with all spiritual practices (Bible reading, prayer for others, etc.), the more you "practice" using a labyrinth, the more natural it will become.

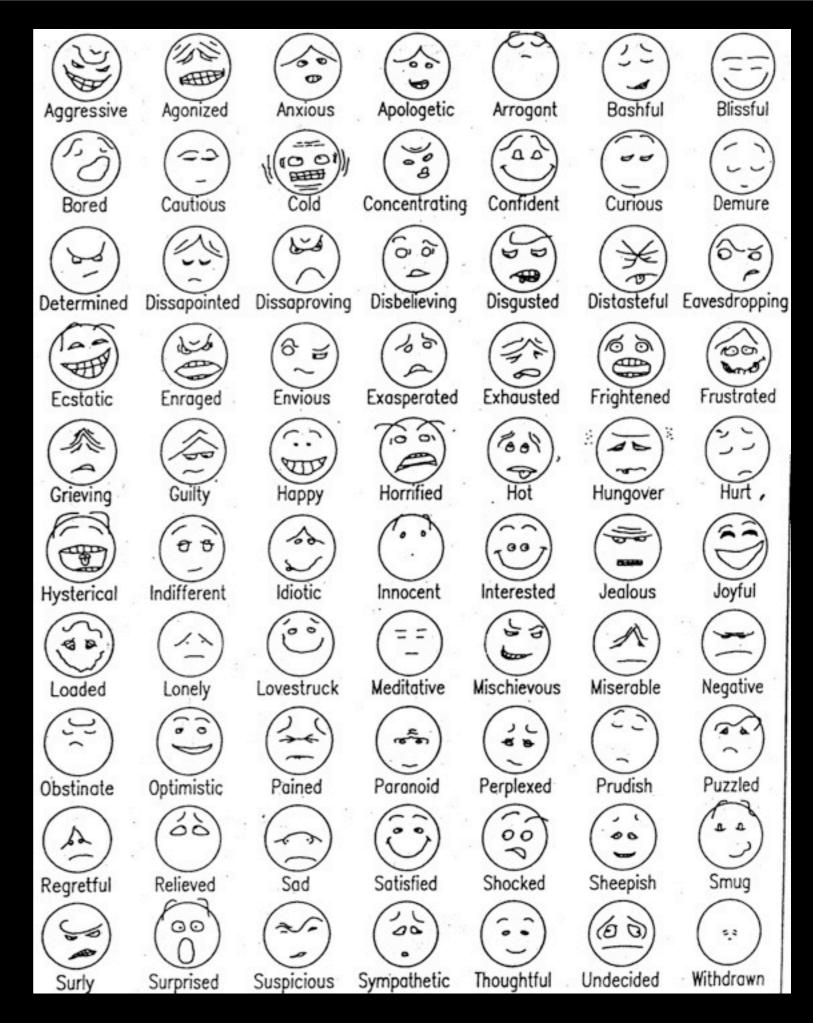




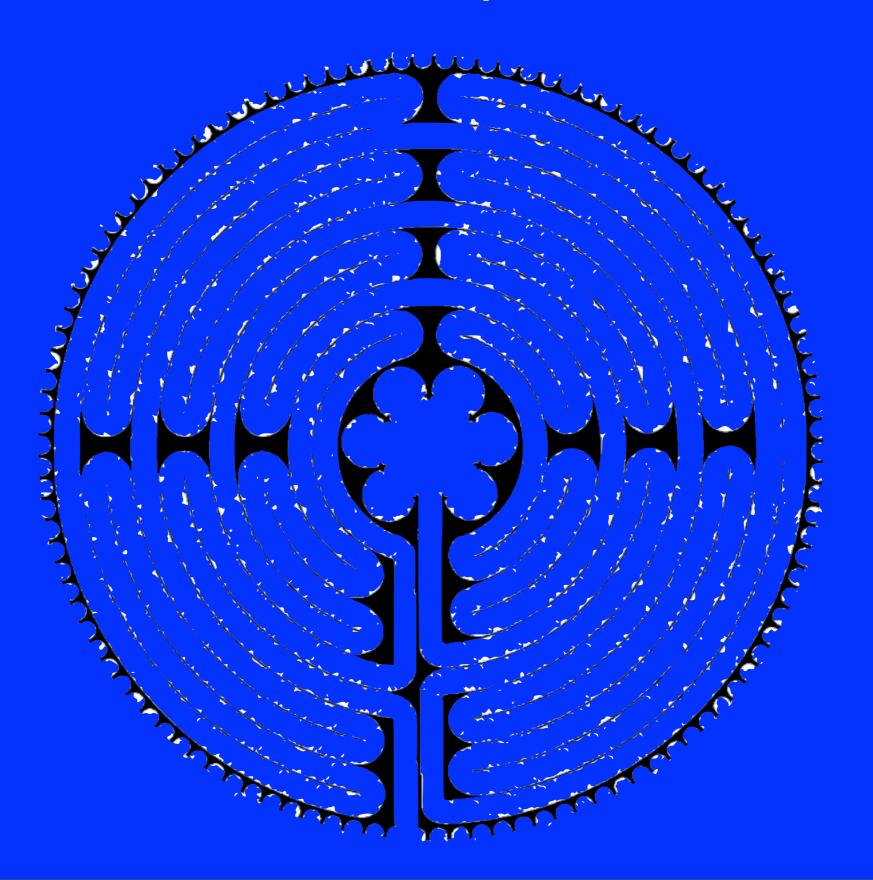


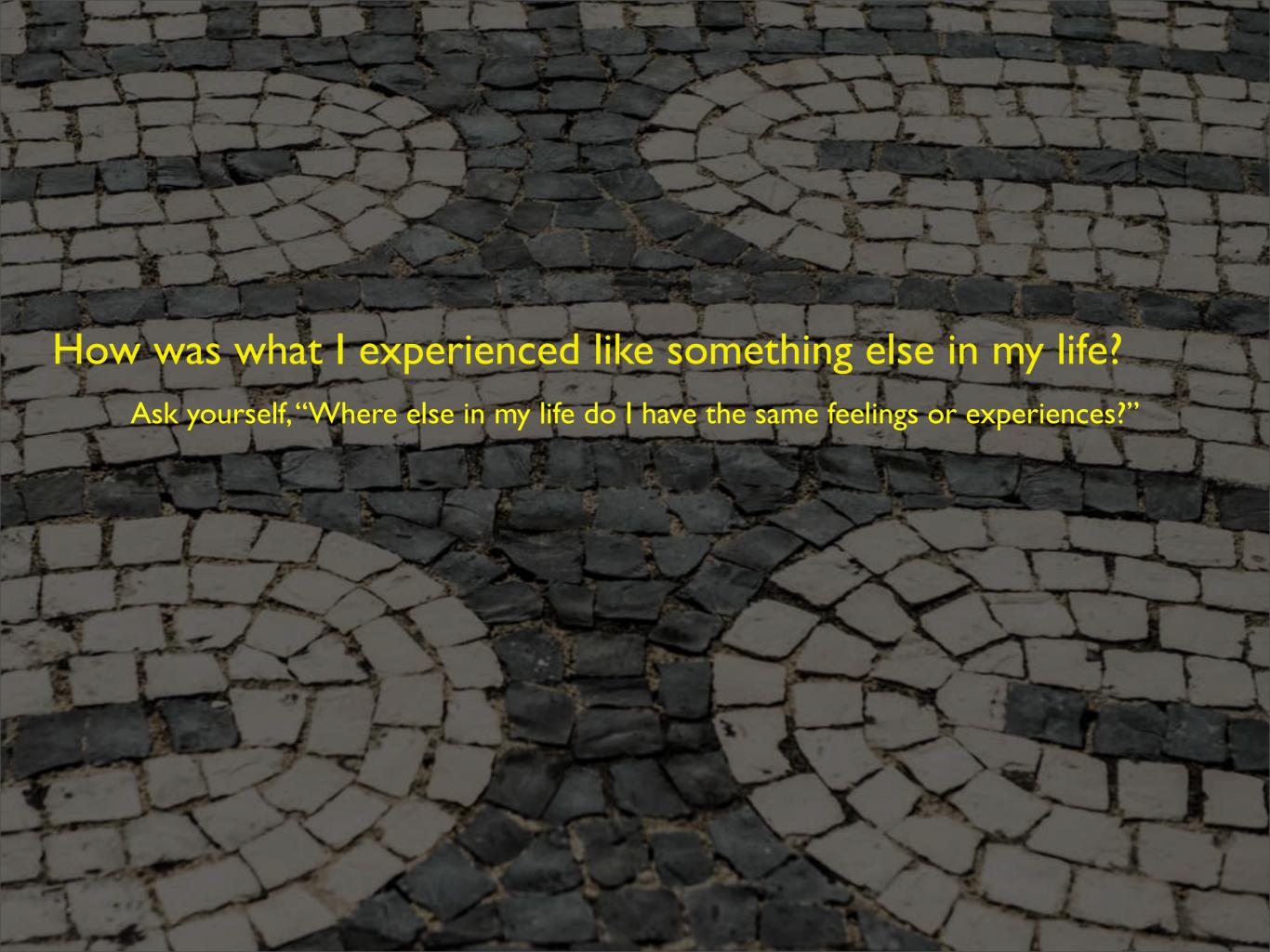
Right now I am feeling...





What did I experience?





What do I want to remember about this experience?

