



Active Sage provide labyrinth presentations and workshops; labyrinth design, construction and supply –both portable and permanent– design and manufacture of personal finger labyrinths.

Our aim is to nurture the well-being of the community, and the oneness of spirit by providing everyone with an opportunity to benefit from a labyrinth experience.

Labyrinths have been used in various forms for centuries in many cultures around the world, as a personal meditative tool and as a focus for ceremony.

Walking the labyrinth refreshes and relaxes the body, relieves stress, quietyens, declutters and focuses the mind to assist in gaining clarity.

A labyrinth holds no expectations, it provides us with a safe space to develop self-knowledge, to contemplate and reflect on any aspect of our lives; a place to complement and enhance spiritual practice, a place of healing for the mind, body and spirit.

Anne and Glenn Conroy are Veriditas trained labyrinth facilitators.



Anne Conroy

021 781 873

anne@activesage.co.nz



[www.facebook.com/
walkthelabyrinth](http://www.facebook.com/walkthelabyrinth)

Glenn Conroy

027 578 1871

glenn@activesage.co.nz



The Active Sage 6mtr portable labyrinth



A deeply meaningful commUnity experience



Labyrinths can be created anywhere



"Walk the path" anytime with your own Active Sage finger labyrinth



The medieval labyrinth in the Chartres cathedral France

What is a Labyrinth?

There are two main kinds of labyrinths; the *classical* labyrinth is an ancient meditative tool that has been used by many cultures around the world for over 4000 years. The *medieval* style follows the rules of sacred geometry developed in the 13th century by Europe's cathedral builders, the most famous example being in Chartres Cathedral, France. Both styles invariably have an odd number of circuits. Modern-day designs essentially follow the traditional rules but can be made from a wide variety of materials. The way to walk the labyrinth, however, remains the same, offering a singular path to the centre, with the same path also used to exit. It's not a maze, you cannot get lost!

Walking the Labyrinth

There is no right way or wrong way to do it. Like a pilgrimage, there are three stages to the walk;

Releasing: on entering the labyrinth, try to let go of all distractions as you focus the mind and open the heart. Keep any question or life-concern uppermost in your thoughts. Enter at a pace that is natural to you as you relax into the experience.

Receiving: on reaching the centre, stand or sit quietly for as long as you wish, taking time to reflect or meditate. Be receptive to what may be offered.

Return (Reflection): When you are ready, leave the centre and follow the same path out, reflecting on what you may have received. Allow this to integrate into your being.

Feel free to move gently around others on the walk, allowing space between walkers. Keep your eyes soft, your heart focused, your mind open. This is a highly personal time so make each walk your own, with intention but without expectations.

Each experience is different for everyone, and outcomes not immediately apparent. Your labyrinth experience may be profound or you may feel that "nothing happened". Something did!

Please be kind to our labyrinth.

Remove all footwear and step onto the surface with stockinged feet only, – we have socks available.

For the safety of everyone, no food or drink is to be taken onto the labyrinth.



Active Sage®