

## Additional Thoughts and Offerings

**S**ometimes, during special occasions at Camp, you might find a box of blessed stones/crystals in the center of the Labyrinth. You may choose one for yourself or to share with a loved one in need.

We have an excellent supply of stones / crystals in our bookstore for purchase and you could carry your own stones with you on your walk and then share with friends at home.

You may carry a cover, jacket or blanket for a dear one in need. On your return home you can share the blessing of the Labyrinth with someone in the Hospital, nursing home, or home care.

A Special opportunity to carry your flute, drum or any special item you wish to be blessed/dedicated — walk it through the Labyrinth.

Just engaged, married or a new addition to your family? Bless/dedicate your special occasion with a walk through the Sacred Labyrinth.

### Indiana Association of Spiritualists

#### A Spiritual Center of Light

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# Walking Our Labyrinth



Just down the walking path on the right

A quiet place for Meditation, Reflection, Comfort, and Transformation—sometimes to just listen to the birds sing or watch a passing butterfly. Just by standing or sitting (you do not have to walk) one receives the blessing. This space is not ordinary, It is SACRED!!

Take three deep breaths; leave the 10,000 things at the entrance and Carry On!

Sometimes called the *Path of Prayer*, *A Walking Meditation*, *A Crucible of Change*, *Fresh Fire for the Spirit*. This Labyrinth will share the wisdom you seek.



**Historic Camp Chesterfield**

# Camp Chesterfield Welcomes You to Our Sacred Labyrinth

**W**alking the Labyrinth is a useful means to release, center, and rejuvenate your body, mind and spirit.

We offer the exercise below as a way to get started:

Tradition suggests that when you enter the path, begin by standing still. Listen to and become aware of your breathing. As you start your journey, know that you are walking with your Loving Creator. You are in Grace and Blessing at this place.

Walk slowly and deliberately. Release your worries and fear as you wind along the path. Let them go with your breath as you exhale. With each step, as you place your foot down, let loose of that which troubles you. As you breathe in, acknowledge that you are in the presence of the Holy. You may offer words of thanks to the Presence. You may wish to say a prayer or contemplate a verse or scripture. Walking

toward the center is the time and place you reconnect with God and Your Higher Self.

At the center, sit or stand. Take your time and ask God and Spirit Loved Ones for guidance, healing and strength. Rest here, there is no hurry. When you feel it is time, begin your journey back.

With each step walking toward the outside, feel God's grace encircling you. Feel God filling you with strength as you wind your way back. Feel Spirit's presence reaching out to you, giving you the knowledge you need to deal with difficulties. Know that you no longer need to fear what is outside this circle, as God has met with you and gives you all that you require. As you exit thank God and Spirit for your renewed Courage, strength and determination.



**O**ur Labyrinth was birthed in the fall of 2009 and first dedicated as our newest addition to Camp's Sacred Monuments at the 124<sup>th</sup> season opening 2010.

We are blessed to share this stunning Entity with all who visit our grounds. The vision of a generous and loving servant of Camp, this Labyrinth was carefully constructed by the hands and backs of many volunteers; created to the specifications of the Great Chartres Labyrinth in France.

Upon your entrance to the Labyrinth, placed underground, is a large Rose Quartz Crystal, linger a moment and receive her blessings.

The Great Universal Powers that "Be" surly impressed the donation of this Grand Labyrinth to our grounds—This same Universal Power impresses many to be caretakers of this most Sacred Labyrinth—as you stroll by pull a weed—as you are impressed—donate a new bench for those who cannot walk the Labyrinth but receive by setting close.

**Is it possible to walk the Labyrinth incorrectly? No!!**

**We are all truly Blessed!! Amen, Amen, Amen!!**