

# Welcome to The Labyrinth: Spirit of the Healing Wind

## History and Purpose

Dating back 4000 years, labyrinths have been integral across cultures. They are found in cathedrals, hospitals, universities, and sacred spaces worldwide, fostering peace and relaxation. Hospitals use labyrinths to reduce anxiety and lower blood pressure with ongoing use.

## Symbolism and Spiritual Dedication

The pattern of a labyrinth and the material used to make them can vary. This Labyrinth is dedicated to abused women globally, unseen and unheard. It is an inspiration offering healing and peace and stands testament to resilience and compassion. This labyrinth represents life's paths, with rocks symbolizing people and experiences that impart wisdom.

## Walking the Labyrinth

There is no right or wrong way to walk through a labyrinth. This activity is a form of walking meditation or body prayer, which offers moments of introspection.

Start at the entrance, quiet your mind, set intentions and embark on a mindful journey. Follow the path and embrace the unknown. Pause at the centre and give thanks before retracing your steps.

Embrace the journey, share insights, and leave enriched by its gentle beauty.

## Artistic Contributions

This Labyrinth was built in 2022 by Trudie Pieterse and Elsa Davids, overseen by her Staffie Dog, Zeus. It was crafted with reclaimed materials, local garden plants, and memory trees donated by pilgrims.

The Sculpture featured is "Uhuru Mamma - Healing Mother" by Maryna Human, Lynda Murison and Christine Jordaan.

Cultural Guidance was received from Khoisan elders of Riemvasmaak and Poem Mooney of Oudtshoorn.

A special Thanks to all visitors and caretakers who nurture and maintain this beautiful and tranquil space.



