

# CREATIVITY MEETS WELLNESS

## Using the Labyrinth as a Wellness Tool

Every May, on the first Saturday of the month, people around the world gather to celebrate World Labyrinth Day. For the past 17 years, this global event invites participants to “Walk as One at 1,” creating a rolling wave of peaceful intention that begins in New Zealand and ends in Hawaii.

In honor of this meaningful day, I want to share how the labyrinth can be used year-round as a powerful tool for wellness, reflection, and inner peace.

Labyrinths have been part of human culture for over 4,000 years. Unlike a maze, a labyrinth is not meant to confuse or challenge you. It is a single, winding path that leads to the center and then returns you back out. There are no tricks or dead ends—just one continuous route that encourages mindfulness, grounding, and inner focus. Historically, labyrinths have been used for spiritual pilgrimage and quiet contemplation. The famous Chartres Labyrinth, laid into the floor of Chartres Cathedral in

France around 1201, is one of the most well-known and frequently walked in the world. The classical labyrinth design has appeared in ancient rock carvings, ceramics, and artworks across Europe, Africa, Asia, and the Americas.

Walking the labyrinth can be a moving meditation. A simple way to deepen your experience is by following the “Four R’s”: Remember, Release, Receive, and Resolve. Begin by centering yourself, quieting your mind, and finding your natural walking pace. Let go of stress or distractions as you walk inward, open yourself to insights in the center, and return feeling more grounded and clear.

The labyrinth is a metaphor for life—its winding path holding space for our emotions, hopes, and healing. May your walk bring you peace, clarity, and even a deeper connection to yourself.

*Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindie is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!*



PHOTO: ©2025 Lisa Kindie of the Solquest Retreat Labyrinth in Hereford, Arizona

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