



The labyrinth is an ancient symbol that relates to wholeness. It offers a path for contemplation while being grounded and safe. Walking barefoot while listening to the sound of the ocean's waves is especially refreshing and nourishing for the soul which is why walking a low tide labyrinth provides such a meaningful experience.

When the tide rushes in, it erases all the impressions that have been pushed into the sand by the shorebirds, by our walking, digging or making sand castles. When the tide goes out, it reveals a pristine shoreline. In this way, the area of the low tide on the beach is a rich metaphor for each of our lives. Watching the coming and going of the waves is a reflection of our breathing—in and out—in and out—and the cycles of life itself.

There is no right or wrong way to walk a labyrinth and each participant determines their own pace. For instance, if you find yourself walking faster than the person in front of you, just step aside and pass that person to continue your walk. It is the intention of the participant that informs a labyrinth walk.

Entering the labyrinth is a time for **release** and being watchful. Let go of worries and cares and just be aware of where you are—breathe deeply of the fresh salty air and listen to the waves. Because this is a time of turning inward, please remain silent while walking until you have exited the labyrinth.

When you reach the center, pause and spend some time in **reflection** and contemplation. This is the place to pause and pay attention to your feelings and the thoughts that may have come to you while walking or gazing at the sea.

When you are ready, **return** along the same path. You can't get lost. Return once again, to your life retaining a sense of peace and kindness.

“ . . . we all came from the sea. And it is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea - whether it is to sail or to watch it - we are going back from whence we came.”

~John F. Kennedy, Remarks at the Dinner for the America's Cup Crews, September 14, 1962

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