

## Infinite Being, Infinite Peace



Photo: from Scarritt Bennett Center Labyrinth, Tennessee [scarrittbennett.org](http://scarrittbennett.org)

Our deepest desire as human beings is to be at peace within and with our environment. This is because *peace* is our natural state of being. If we are not accessing this peace within, it is because we are living from a space in consciousness that is not in harmony with who we are. We are living from a belief in a self that is separate and apart from itself, from others and from God.

We live in a world that externally does not reflect peace to us. This is because true peace comes from within and is not found outside of ourselves. Living from a space of inner calm, from the knowing of ourselves as pure light that transcends the slightest expression of disturbance within or without, is a *choice*. The moment we choose to let go of beliefs that bind us to the sense of separation from self and other selves, the doorway to infinite being opens before us. We awaken to inner peace. True peace then extends out to the world from this center of our being.

There are many ways of moving into the present, of awakening to this peace within. We have on this page a voice recorded meditation that offers a first step into being. *Letting go* of distorted beliefs, images and memories of the past frees us to move into the present moment, to the knowing of ourselves as infinite beings of light. For those of us who find it difficult to quiet the mind and move into a meditative state, we offer the avenue of walking the sacred path of the *labyrinth*.

The resurgence of labyrinths is a gift to us living in the 21st century. The Universe in its loving kindness saw that we in this time would need a way to

access this inner knowing of ourselves as infinite beings of peace, and so inspired thousands of visionaries to cover this earth with labyrinths. There is probably one within a 5 mile radius of your home! They are built in nature, in church grounds, hospitals, parks, schools, and private residences. Most are open to the public 24 hours a day. We invite you to visit one.

Below is an article that introduces you to these sacred circles that await you. There is also a link to locate a labyrinth in your neighborhood.

**The Labyrinth: A pathway to the God within**      **by Gillian Corcoran**



*Photo from primalbeauty.wordpress blog*

To walk a labyrinth is to enter a pathway to presence; it is a “coming home” to who we truly are. As we put one step in front of the other, trusting the path as it leads us to the center, we are “traveling” to the center of our being, which is God. As our bodies follow the path, our minds are quieted, thus allowing us to access our heart and spirit. From this space of inner calm we hear the voice within.

Labyrinths are archetypal symbols transcending religion, time and cultures. Their designs incorporate the principles of sacred geometry, the utilization of geometric forms and ratios to create harmony and balance. Walking a labyrinth awakens the right brain, where intuition, spirituality and creativity reside, bringing both left and right brain into balance. Labyrinths create order out of chaos. They provide us with clarity and reveal to us thought and behavioral patterns that may be holding us back in our lives.



*Photo from: [peacesanctuary.org](http://peacesanctuary.org)*

There is a three part process built into the labyrinth design which unfolds as we walk. After setting an intention for the walk, the first process is releasing and letting go (of the busy thoughts in our minds, the emotions that bubble to the surface, even of expectations of the walk itself). When we reach the center, we have emptied out and now have inner space to receive insights and illumination from God. Each person is free to walk the labyrinth at their own pace and to spend as much time as they need in the center. The third stage of the walk is integration or union. Here we take what we have received in the center and make it a part of who we are. As we step out of the labyrinth and back into the world we are renewed, with inspirations and new understandings of how to live our lives from this presence. It is important to recognize that although this process is described in three stages, the labyrinth is not linear. Any of these processes can happen anywhere in the labyrinth at any time during the walk.

The first time I stepped into a labyrinth, I felt as though I had entered the womb of God. I experienced deep joy and a feeling of being “free to be me.” I felt seen, understood, and appreciated, but most of all, I felt held in the warm loving embrace of God. I was loved for exactly who I was in that moment. I truly came home.



Photo from: oregonlive.com

My knowledge of labyrinths to this point, was from reading Dr. Lauren Artress' book, *“Walking A Sacred Path”*, but this experience with God prompted me to learn and experience more. In the last twelve years I have walked this sacred path numerous times. I conduct labyrinth retreats and also build these sacred circles. I love to introduce labyrinths to people who are seeking inner peace and contemplation in their lives. Labyrinths have become an integral part of my spiritual journey, providing me with a pathway to the God within.

Labyrinths can be found all over the United States and around the world. To find a labyrinth near you, go to: <http://labyrinthlocator.com/> and enter your location. Labyrinths within the mileage range you want to travel will be listed. For more information about labyrinths you can go to: <http://www.veriditas.org/> or <http://www.labyrinthsociety.org/>

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