

Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice

By Lauren Artress


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'Walking the Labyrinth' has reemerged today as a metaphor for the spiritual journey and a powerful tool for transformation. This walking meditation is an archetype, a mystical ritual found in all religious traditions. It quiets the mind and opens the soul. **Walking a Sacred Path** explores the historical origins of this divine imprint and shares the discoveries of modern day seekers. It shows us the potential of the Labyrinth to inspire change and renewal, and serves as a guide to help us develop the higher level of human awareness we need to survive in the twenty-first century.

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Editorial Review

Amazon.com Review

Psychotherapist and priest Dr. Lauren Artress says, "To walk a sacred path is to discover our inner sacred space: that core of feeling that is waiting to have life breathed back into it through symbols, archetypal forms like the labyrinth, rituals, stories, and myths." In her eloquent treatise, she champions the use of the labyrinth as a way of rediscovering one's spiritual center. In *Walking a Sacred Path*, written in 1995, Artress tells the story of her own spiritual seeking and how a labyrinth came to be built at Grace Cathedral in San Francisco. Sharing the vision of sacred geometry through the ages, she poetically recounts its wonderful effects. The author is deeply concerned about the environmental and spiritual crisis near the end of the millennium and offers illumination on the path to greater self-understanding, healing, and true spirituality. "Religion," she says, quoting an unknown source, "is for those scared to death of hell. Spirituality is for those who've been there." --P. Randall Cohan

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This is a meditational account of the rediscovery of an ancient meditational technique, the labyrinth, a "spiritual tool" that predates Christianity and was widely used in Christian spirituality until the sixteenth century. Artress, canon of Grace Episcopal Cathedral in San Francisco, combines an interesting historical account of the labyrinth and its inclusion in medieval cathedrals--particularly the one at Chartres--with a devotional account of its re-creation and use at Grace Cathedral and elsewhere. The book--which is full of suggestive possibilities, from the transformation of tourists into pilgrims to the reclamation and celebration of sacred space--is an intriguing mixture of New Age spirituality and traditional Christian mysticism that will appeal to a broad range of spiritual seekers, mystics, and students of mysticism. *Steve Schroeder*

About the Author

The **Reverend Dr. Laura Artress** is Canon for Special Ministeries at San Francisco's Grace Cathedral. She is also the founder of Quest: Grace Cathedral Center for Spiritual Wholeness and the creator of the Labyrinth Project. In keeping with Quest's vision of addressing the spiritual hunger of our times, she lectures and leads the Labyrinth workshops nationwide. Dr. Artress earned her master's degree in religious education from Princeton Theological Seminary and her doctor of ministry degree from Andover Newton Theological School, and received her analytic training at the Blanton Peale Graduate Institute. A licensed psychotherapist in the state of California, she lives in San Francisco.

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Larry Artz:

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