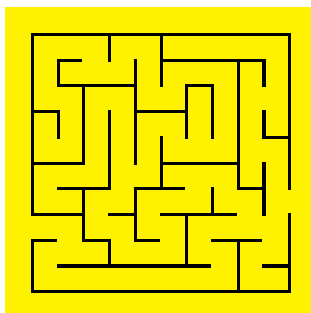


**A labyrinth is amazing
...but it 's not a maze**

A maze is a puzzle where you try to find your way from the entrance to the exit, but there are lots of paths and dead ends.



A labyrinth is a journey where you travel from the entrance to the centre and back again, but it has only one path. There is no puzzle to solve, but it gives you time to think.



This leaflet is one of a series which explain in detail about labyrinths and their uses:

- 1. What is a Labyrinth?**
- 2. Labyrinths of celebration and joy**
- 3. Labyrinths of meditation and spiritual experience for individuals**
- 4. Labyrinths of meditation and spiritual experience for groups**
- 5. Labyrinths for children**
- 6. Labyrinths for schools**
- 7. Labyrinths and Christian living**
- 8. Labyrinths and healing & wholeness**

**These are to be found on our website at:
www.friends-of-rcp.co.uk**



**Nottinghamshire
County Council**

Rushcliffe Country Park The Labyrinth



**The Labyrinth at
Rushcliffe Country Park is
available for everyone to
enjoy**

**Read on to find out more and
visit:**

www.friends-of-rcp.co.uk

LABYRINTHS

Labyrinths are:

- * Prehistoric
- * Found all over the world
- * Carved on rocks and on
- * Cathedral floors

A labyrinth:

- * Unlike a maze has only one path
- * Is a journey
- * Gives you time to think
- * Opens your mind

Labyrinths are for:

- * People of all ages and abilities
- * Faith and secular communities
- * Groups and individuals
- * Games and play
- * Meditation and prayer
- * Dance and joy walks
- * Problem solving and healing
- * Parties and celebrations
- * Faith and festivals
- * Team building

RUSHCLIFFE LABYRINTH

Features:

- ◆ A seven circuit classical layout
- ◆ Access for wheelchairs and bicycles
- ◆ A focal central seat
- ◆ A raised bank meeting area
- ◆ Benches for users



There is a finger labyrinth outside
Bradmore Community Hall
one mile south just off the A60. Give
it a go by following the path with your
finger, staying within the raised lines.

USING THE LABYRINTH

One use is to think through a problem.
There is no right or wrong way - use it
the way that works best for you.

Many people think of the walk as a
journey in three stages.

On the way towards the centre you
become quiet and think about why you
are there.

At the centre you think about the real
you that people don't see. You have
time to sort out what is on your mind.

On the return journey decide what you
are going to do differently when you are
back in the real world.

Please be careful and respect people
who want to use it differently to you -
whether they want to be quiet or noisy