



The Labyrinth: A Journey to Meet The Goddess Within

by Sharon Turnbull, Ph.D.

The Labyrinth

A labyrinth is a walking path that is similar, but not the same, as a maze. Labyrinths have only one path...one that leads you to the center and out again. A labyrinth is an ancient symbol of wholeness, uniting the circle and the spiral into a path that meanders toward the center of the space. Often used in prayer and meditation, they are places of great archetypal energy, places where spiritual and personal growth readily occur.

Ancient labyrinths have been discovered in most cultures, most thought to have once been used by flourishing goddess cults. One of the earliest, dating back to 5,000 B.C.E. in Mesopotamia, was created to honor the Great Goddess Inanna.

Its design, the 'classic labyrinth', has seven circuits or paths that lead into the center. In her myths, Inanna had to give up a part of her identity as she descended through the seven levels of the Underworld. Inanna dies, is reborn, and returns to earth empowered by her journey.

One traditional meaning of the labyrinth is that it is a spiritual journey into the Underworld. A labyrinth represents a journey to the center of your deepest self and an eventual return to the world with a better understanding of who you are. When you walk a labyrinth you create a sacred space.

If you do not live near a labyrinth consider building one of your own, spray-painting the grass in a field, or using stones or ribbons to mark out the path. Or purchase a handheld labyrinth and let your fingers do the walking.

There are many ways to use a labyrinth. One approach is to walk a 'threefold path' through a labyrinth:

1. **Release negative energy.** As you walk from the entrance to the center concentrate on 'letting go' and emptying your mind of all worries and concerns.

2. **Meeting the goddess and receiving her gift.** When you enter the center in a receptive, meditative or prayerful state, invite a particular goddess to join you. Spend some time in her presence, talk to her (quietly or silently) about the things you find lacking or troublesome in your life and ask for her help. You will find illumination and experience feelings of insight and clarity.

3. **As you leave the center.** Picture yourself empowered by your new insight, successfully integrating it into your life and manifesting that positive energy into the world. As you leave the labyrinth, be sure to turn back to the center and pause to thank the goddess for her help.

For more information on labyrinths, visit these sites:

www.labyrinthsociety.org

A beautiful state of the art online finger meditation tool can be found at:

www.gracecathedral.org/labyrinth/interactions/index.shtml

Read the myths of the ancient Sumerian goddess Inanna at:

<http://www.goddessgift.com/Goddess-myths/ancient-goddess-Inanna.htm>

[Goddess Gift](http://www.goddessgift.com) A website to celebrate and nurture the goddess in every woman.
www.goddessgift.com



Sharon Turnbull, PhD, is the author of *Goddess Gift: Discover Your Personal Goddess Type*, a book about how to connect with your inner goddess and start living the life you were always meant to live.

Sharon also created of the popular online personality assessments, The Goddess Quiz and The Greek Gods Quiz for men.

Sharon invites you to click here to subscribe to The Goddess Gift Newsletter, a free monthly e-zine that combines mythology, archetypal psychology, personal growth and just plain fun.

You're invited to visit her websites at:
<http://www.goddessgift.com> and <http://www.men-myths-minds.com>.