

Maze vs.

Labyrinth

A labyrinth is not a maze. It has one entry that is the same as the exit. It has one path that leads to a center. A person walking twists and turns but does not get lost. There are no tricks and no dead ends. It has a single circuitous path that winds its way into a center. Generally there are three stages to the walk: releasing on the way in, receiving in the center and returning when you follow the return path back out of the labyrinth. Symbolically, and sometimes actually, you are taking back out in the world that which you have received. There is no right way or wrong way to walk a labyrinth. Use the labyrinth in any way that meets what you need while being respectful of others walking.

You may want to sit or stand quietly to reflect before beginning your walk. Some people come with questions, others just to slow down, some find strength, and others find comfort during times of grief or loss.

History, Locations

and Uses

Labyrinths like the one here at Rockhound State Park have been found from Peru to Siberia, India to Arizona and Africa to Scandinavia. Labyrinths have been found dating back 5,000 years. The labyrinth is an ancient pattern found in many cultures. Designs have been found in pottery, tablets and tiles. Many patterns are based on spirals and circles mirrored in nature. In Native American tradition, the labyrinth is identical to the Medicine Wheel and Man in the Maze. One feature labyrinths have in common is that they have one path that winds in a circuitous way to the center.

Stars in Parks is one of the many events held in New Mexico State Parks. The opening to our labyrinth is set to the North Star.

Let's get outside and walk; unwind and re-energize; listen to the birds; feel the breeze; smell the desert.

Some General

Guidelines

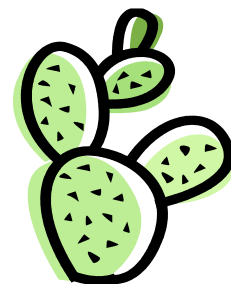
While this labyrinth is open the same hours as the Park, you may wish to reserve it for a special event— anniversary celebration, birth of a first child or any other special event in your life.

Donations are welcomed as we hope to add benches and shade structures.

Visit with Park staff or Friends members for more information.

Children enjoy the labyrinth and we ask that parents supervise their young children so all may enjoy the meditative aspects of the walk.

Friends of Rockhound State Park, Inc., is a nonprofit public benefit New Mexico Corporation with a 501C3 status from IRS. Contributions may be tax deductible but please check with your tax preparer also.



Friends of

Rockhound State

Park, Inc.

**INVITE YOU TO TOUR OUR
SEVEN CIRCUIT CLASSICAL
LABYRINTH**

Take a Walk

Renew your spirit

Let go of stress

Be one with nature



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Our mission is to
promote, preserve and protect
Rockhound/Spring Canyon
State Parks through education
and sharing.

General Information

Labyrinths are currently being used world-wide as a way to quiet the mind, recover a balance in life, and encourage meditation, insight, self-reflection, and to discover innovation and celebration. They are open to all people as a non-denominational, cross-cultural blueprint for well-being. The practice of labyrinth walking integrates the body with the mind and the mind with the spirit. They can be found in medical centers, parks, churches, schools, prisons, memorial parks, spas, cathedrals and retreat centers as well as people's backyards.

There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit and a mirror of the soul.



Friends Group

Active members and sponsors are always welcome. Visit the web site to print out a copy of the membership application for mailing. Visit the web site at www.FriendsofRockhound.org for more information.

We have an informal gathering the 3rd Wednesday of each month for garden care and labyrinth care. Summers hours 8:00 a m; winter hours 9:00 a m.

Our regular meetings are the last Wednesday of each month with the Board meeting at 9:00 a m followed by the General meeting at 10:00 a m. Everyone is invited to attend both meetings.

We have frequent guest speakers and cover a wide range of interest from geology to owls.