

## FOR IMMEDIATE RELEASE

### Thousands Walk in Moving Meditation for Peace on World Labyrinth Day



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GLOBAL EVENT -- SATURDAY, MAY 4<sup>th</sup> 2019:

What do you call the journey of a thousand footsteps that winds up exactly where it began? The answer lies in the labyrinth: an ancient archetype recently rediscovered as a path of prayer and walking meditation.

This spring the Labyrinth Society (TLS) invites the world to cross mental borders in a shared symbolic walk for peace in celebration of the 11<sup>th</sup> Annual [World Labyrinth Day](#) (WLD). Held on the first Saturday in May, individuals or groups can participate by holding private walks or public events on the labyrinth.

“As mindfulness and meditation have gone mainstream, people around the world have been turning to labyrinths as a spiritual exercise or for stress relief,” says [Lars Howlett](#). “Based on an informal event survey in 2018, over 5,000 people participated in WLD from more than 35 countries.” TLS encourages participants to be counted by taking a [WLD Participation survey](#).

Existing for more than 4,000 years, labyrinths are mythological designs used for fertility rituals, symbolic pilgrimages, and spiritual practice. In a hyperactive world of constant connectivity, labyrinths are in resurgence as more people seek out sacred spaces that promote insight and inner wisdom.

“While many use labyrinths for personal reflection, WLD is an opportunity to ‘Walk as One at 1’ in the afternoon (local time) in solidarity with others around the world to promote peace. It’s heartwarming to think of hundreds of people walking in Australia, Poland, Scotland, and Colombia, among other countries where participants organized local events last year,” notes Howlett. “The first person to sign up in 2014 was from Zambia!” Participants can share their photos and stories on the [Labyrinth Society's Global Group on Facebook](#).

Labyrinths are also found in diverse environments, from schools, parks and prisons to corporate campuses in Silicon Valley (Google offers two for employees in Mountain View and a golden snail greets visitors at the center of the walking path at Electronic Arts in Redwood City). Churches are also building labyrinths as an alternative way to engage their community and facilitate spiritual practice. Celebrations of World Labyrinth Day can be posted and found via the [events calendar](#) of the Labyrinth Society. The [World Wide Labyrinth Locator](#) is another resource for finding labyrinths in your local community or while traveling throughout the world.

“We have an ambitious goal this year for participation in 50 countries as well as all 50 United States. As governments and armies seem to further polarize world peoples, the labyrinth has been a bridge between cultures throughout history,” notes Howlett. “World Labyrinth Day is for everyone and, like the labyrinth itself, is an opportunity to develop tolerance and compassion for others from different walks of life.” For more information and to view photos see: <https://labyrinthociety.org/world-labyrinth-day>