



Media FAQ

What is a labyrinth? A labyrinth is a design with a single path (unicursal) that leads to the center and back out again. Labyrinths are typically round and are considered to incorporate a circle with a spiral.

What is the difference between a labyrinth and a maze? While the terms are sometimes used interchangeably and there are exceptions to the rule, for our purposes we distinguish the labyrinth as being a pattern having a single path (unicursal vs. multicursal) that has no tricks or dead-ends. The term maze thus refers to a pattern that has multiple choices and a challenge to solve.

How are labyrinths used? They are generally used as a tool for personal, psychological and spiritual transformation through contemplative walking. Labyrinths are thought to enhance right brain activity and invite relaxation, offering an opportunity for centering the body/mind/spirit. The labyrinth is often viewed as a metaphor for the path we walk in life and therefore may provide a time and space for personal reflection on life issues.

Is the labyrinth a religious device? The labyrinth is not associated with any one religion. Labyrinths naturally seem to elicit a spiritual response; however, it is the choice of every individual as to how they might integrate their personal theology.

How old are labyrinths? Labyrinths can be traced back over 4,000 years. For more information, see founding member, Jeff Saward's website, www.labyrinthos.net/introduction1.html.

How many labyrinths are there in the United States (or Canada, or New York, or wherever you live)?

We can't tell you for certain, but a good way to find out is to check out the *World Wide Labyrinth Locator*, www.labyrinthlocator.com and search for the area for which you want statistics. The Locator will give you the number of labyrinths that have been entered into the site. There will be many more labyrinths than have been entered, but the Locator will give you a base number to start from. You will know there are at least as many as that number.

Where are labyrinths located? Labyrinths are found in many places, such as parks, schools, hospitals, retreat centers, churches, back yards, etc. Some are permanent and some are brought in temporarily for events. Visit www.labyrinthosociety.org/labyrinths-in-places for more information.

How do you make a labyrinth? Labyrinths can be temporary or permanent structures. Any number of materials can be used. A popular way to make a portable labyrinth is to draw and paint it on canvas.

How do you draw a labyrinth? Please see www.labyrinthosociety.org/make-a-labyrinth-detail/detail/1317-overview for instructions on drawing a classical labyrinth. Directions for drawing a Chartres labyrinth can be found at www.Labyrinth-Enterprises.com/tapec1.html

Where can I learn more about the labyrinth? Visit www.labyrinthosociety.org, where you will find many educational resources, as well as an extensive bibliography and links to other informative websites.

How did The Labyrinth Society get started? It was formed on November 6, 1998 by unanimous agreement of 43 founding members in St. Louis, MO.

Who are the members of The Labyrinth Society? We have a very diverse membership of artists, writers, labyrinth builders, mathematicians, ministers, business-people, health-care workers, etc., all with a single common interest, labyrinths. Our membership includes some of the world's foremost experts on labyrinths as well as newly interested individuals.

How many members are there? We have had over 1500 people join The Labyrinth Society since its inception in 1998.

What is the fascination with the labyrinth, anyway? The labyrinth seems to serve as an effective tool for people of different religions and cultural backgrounds, encouraging community building. The labyrinth is also a stunning visual symbol that can invite a wide variety of creative applications. However, *recognizing that there are broad applications for the use and potential benefits of labyrinths, The Labyrinth Society does not make any specific claims regarding their use.*

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