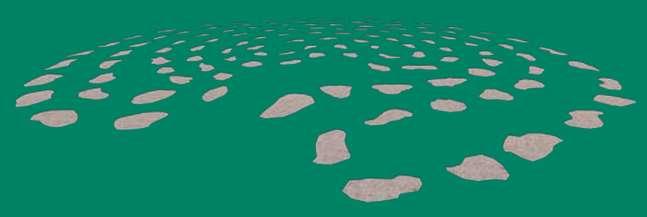

Labyrinth – For the Mind & Body

What Exactly Is a Labyrinth?

A labyrinth is a unicursal (a single path from the entrance to the center and back out again) pattern designed to help us find our way. Many users believe in the power of labyrinths to heal both physically and spiritually. Although commonly linked with religious and spiritual well-being, labyrinths are open to all people as a nondenominational, cross-cultural tool for well-being.

Labyrinth walkers may use the time to pray for people they care about, think deeply about a question or situation in their lives, give thanks for the blessings in their lives, or enjoy the quiet time away from the stress of everyday life. They can walk individually, as a family, or as a group.

Mike Maidenberg

This labyrinth is dedicated in honor of Michael Maidenberg, former publisher of the Grand Forks Herald.

Mike Maidenberg was an active member of the community and devoted his time, talent, and inspiration to the rebuilding of the greater Grand Forks community after the Flood of 1997, particularly the downtown. Maidenberg served on the Board of Directors for the Community Foundation of Grand Forks, East Grand Forks, and region. He was also a member of the Downtown Leadership Group and Empire Arts Center as well as a variety of other committees and visioning groups.

A career newsman, Maidenberg joined Knight Ridder in 1968. He became publisher in Grand Forks in June 1982 and served as publisher and president at the time of his retirement.

Walking a Labyrinth

Begin

Pause and wait at the entrance.

Focus

Become quiet and centered. Give acknowledgment through a bow, nod, or other gesture and then enter.

Experience

Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments.

Exit

Turn and face the entrance. Leave when it seems appropriate. Be attentive on the way out.

Reflect

After walking the labyrinth, reflect back on your experience. Use journaling or drawing to capture your experience.

Walk Often

THE GREENWAY
GRAND FORKS/EAST GRAND FORKS