

Shalom Path
Peace, Prosperity, Wholeness



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by Karen Hahn, PhD, RN, APN
President, Center for Faith and Health Initiatives
www.centerforfaithandhealth.org

Labyrinths are mazes with only one path in and out of the center. They have only one entrance and one exit, which are the same, no dead-ends and no circuits crossing. Labyrinths facilitate prayer and meditation. They are used for sacred ceremonies in many faiths around the world. Walking or tracing a labyrinth's path helps people become still and centered.

Unlike the maze in the ancient Greek myth of the Minotaur, one can never get lost in sacred labyrinths. One may feel lost in the circuits just as in life, but they are part of one path only—the path of our sacred purpose, oneness with the Divine.

The labyrinth is a metaphor for the journey of life. The circuits going into the center represent letting go. The center is the place of filling and receiving. The circuits going out signal the going forth in everyday life.

The oldest known labyrinth is the classic, 7-circuit labyrinth found in a cave in Sicily and painted around 3000 BC. The oldest found in the United States is in Galestee, New Mexico, dated about 1500 BC. The oldest known existing labyrinth in a Christian church was found in the fourth-century Basilica of Reparatus in Algeria. The most famous Christian labyrinth, built in medieval times, is in the floor of the Chartres Cathedral, an 11-circuit labyrinth found in northern France. It uses the more elaborate design developed by the Romans.

Labyrinth practices can support our journeys in daily life. They can help us in purposeful living, connecting with the Divine, birthing, moving through transitions, healing, relationships, discernment, and self-awareness. The many designs of labyrinths differ primarily in their shape and the number of circuits.

This Shalom Path design features a very large center with the classic seven circuits. The large center represents our core purpose, unity with the Divine. Circles are sacred in faith traditions worldwide. The center circle calls the seeker to peace, prosperity, and wholeness, a place of receiving abundance, harmony, and unity from and with the Divine. Seven is a sacred number in many faiths throughout the ages. Similarly, the core journey symbolized by the labyrinth has been the purpose of all people from the beginning.

The Shalom Path is simple and direct, just like our life's path when we live our true purpose. May we trace this path to the Divine center in unity with all peoples and in harmony with our deepest, truest self.