

## Niagara-on-the-Lake Public Library Labyrinth

The Labyrinth is located behind the Niagara-on-the-Lake Public Library near the garden area. It is 68' in diameter and is meant to bring the community together and enhance our well-being.

In memory of Hilja Rannala. Located behind Public Library Garden.



## What is a Labyrinth?

A meandering path, often unicursal (singular) and leading to a centre, labyrinths date back over 4,000 years and are used symbolically as a walking meditation, choreographed dance, or site of rituals and ceremony, among other things. They are tools used for personal, psychological, and spiritual transformation, as well to enhance right brain activity. Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, mindfulness, environmental art and community building.

Currently, there are over 5,300 labyrinths in more than 80 countries around the world. The Ontario Labyrinth Directory alone lists approximately 200. Some of these labyrinths have been situated in locations such as public parks and recreation sites, health care facilities, retreats, schools (universities & colleges), churches, prisons and many other settings.

To date, over 150 events in 19 Countries have registered celebrating Labyrinth Day on Saturday May 6, 2017. The [labyrinthssociety.org](http://labyrinthssociety.org) has a list of events, gatherings and many other resources.

Many groups hold workshops, talks, events (such as Earth Day, Spring/Autumn Equinox, Summer/Winter Solstice), open walks, pet walks and programs for kids...the list is endless.