

The Labyrinth at Rolling Ridge is a double seven-circuit classical path marked with stones from around the world. It is a pathway for walking, praying, and reflecting...a journey of twists and turns leading to the center, to discover something about ourselves and about God.

You must give birth to your images.

They are the future waiting to be born...

Fear not the strangeness you feel.

The future must enter you long before it happens.

Just wait for the birth... for the hour of new clarity.

Rainer Maria Rilke

For information about a labyrinth retreat or open walks, call Rolling Ridge at 978-682-8815 or email us at thestaff@rollingridge.org

Visit our website:

www.rollingridge.org

The Labyrinth at Rolling Ridge was built by Dot Irwin, Lesley University IRO Student and was completed in October 2002

TO GET TO ROLLING RIDGE

From BOSTON

Travel north on Interstate Route 93. Take the exit for Rte. 125. Turn right off exit and follow Rte. 125 to the junction of Rte. 114. Turn left onto Rte. 114. At next traffic light turn right onto Rte. 125. At next traffic light turn right onto Andover Street. Continue on Andover Street to Olde North Andover Center. Go across traffic circle onto Great Pond Road. Unitarian Church will be on your left, Top of the Scales Restaurant on your right. Stay on Great Pond Road past church, go through next intersection and continue straight. At stop sign turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

From THE NORTH SHORE

Travel west on Route 114. In North Andover turn right onto Johnson Street. Continue on Johnson Street to 4th right. Turn right onto Marbleridge Road. Continue on Marbleridge Road which becomes Great Pond Road for approximately 2 miles. Rolling Ridge is on your left.

From RTE 495

Take Exit 43 (Mass Ave). If coming from the South, Go right off the end of the ramp. If coming from the North, go left at the end of the ramp. Go thru 2 sets of lights to the Rotary in Old North Andover Center. Go 3/4 around the Rotary and exit onto Great Pond Road. (Unitarian Church will be on your left, Top of the Scales Restaurant on your right.) Follow on Great Pond Rd. to a stop sign. Turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

UPON ARRIVAL AT ROLLING RIDGE; PLEASE park in the "Guest Parking" and follow the signs to the entrance.

IF ARRIVING UNEXPECTEDLY, please check in at our office to let us know you are visiting.

Thank You!

THE LABYRINTH



*Pilgrim, pilgrim, pilgrim,
There is no way, there is no way,
there is no way.
You make the way,
you make the way,
you make the way
by walking, walking, walking.
ancient Peruvian saying*

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road
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THE LABYRINTH IS



- a spiritual tool for prayer and meditation, for healing, conversion and transformation.
- a wondrous pathway that may become a mirror for our own lives and metaphor for our spiritual journey.
- a circle and a spiral, each a powerful and ancient symbol of heart, body, mind and spirit.
- an ancient pattern found in Crete, Greece, Celtic traditions and rediscovered on the floor of Chartres Cathedral in France, dating from medieval times.
- a place to walk with an open mind and an open heart.
- A space where walking can help us touch sorrow, release joy, find balance, gain clarity, shed guilt.

*Guide me Holy One,
along the everlasting path.*

Psalm 139

WALKING THE LABYRINTH

The Labyrinth is a single path maze so there are no tricks to it and no dead ends.

There is no one way or right way to walk a labyrinth. The only choice you need to make is to enter the path. As you walk, consider what is your natural pace and find your own rhythm.

You do not need to think about anything. You may simply want to be open to the energy and spirit of the place and design. Or you may walk with a particular focus: a question, a problem, a person, a situation.

In walking the labyrinth it is possible to discern 3 stages of the walk.

Shedding—letting go, releasing cares and concerns which distract us or block the work of the Spirit. In the mystical tradition this is called purgation. Quiet your mind and soul. Be present to what is happening now.

Illumination—receiving insight in the center, we ask for clarity about our lives and holy energy for the journey. The center is a place of prayer, meditation and inspiration.

Union—journeying out from the center, we take the experience back to our ordinary lives. We give thanks for any insights or gifts. We may carry a refreshed spirit, a renewed vision, a calm gratitude, a deep awareness, a grateful forgiveness.

GUIDELINES

1. Take a moment to breathe deeply and quiet down before you begin.
2. If there are others at the labyrinth, please allow the person ahead of you to get into the labyrinth (about a minute or 2-3 turns) before entering.
3. You are welcome to pass persons in front of you. Don't worry about appearing to be in too much of a hurry. Your pace is your pace.
4. Likewise, if you are moving slowly, you may wish to step aside to allow others to pass.
5. Because the labyrinth is one continuous path, you are likely to meet people on their way out when you are on your way in and vice versa. Simply step aside to allow another to pass, being mindful of where you are.
6. Listen to your body—does it feel like dancing or going slowly, skipping or pausing at the turns?
7. Walk as you wish, with shoes or barefoot.

*“We are not human beings on a spiritual path but
spiritual beings on a human path.”*

Lauren Artress