



Labyrinth – A Sacred Space

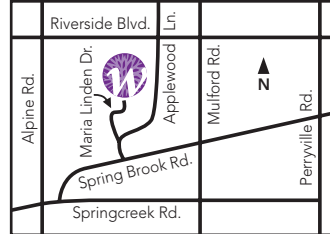
Labyrinths have been in use for over 4000 years. Our eleven-circuit design is modeled after the labyrinth in medieval Chartres Cathedral in France and features an echoing energy vortex at the center. The basic design is fundamental to nature as well as many cultures and religious traditions.

Our labyrinth is a sacred place; a place built with love, a place where we feel connected to each other and to the earth, a place of beauty in every season and in every kind of weather, a place of peace and harmony, a place of love and healing, a place of understanding and knowing. This walking meditation path can be both therapeutic and energizing. It is our gift to the community – available to anyone seeking quiet and reflection.



Labyrinth Etiquette

- If others are on the labyrinth, please be respectful of their presence
- Begin at the entry point.
- Time your start so that others do not feel rushed or crowded.
- Set your own pace.
- Allow others to pass you; pass others as necessary.



Connecting, empowering, creating and transforming our world—one woman at a time.

Situated on a seven-acre campus between Alpine and Mulford Roads in Rockford, Illinois, Womanspace has art studios, galleries, Gallery2Go gift shop, beautiful gardens and a labyrinth, and operates as a not-for-profit 501(c)(3) organization.



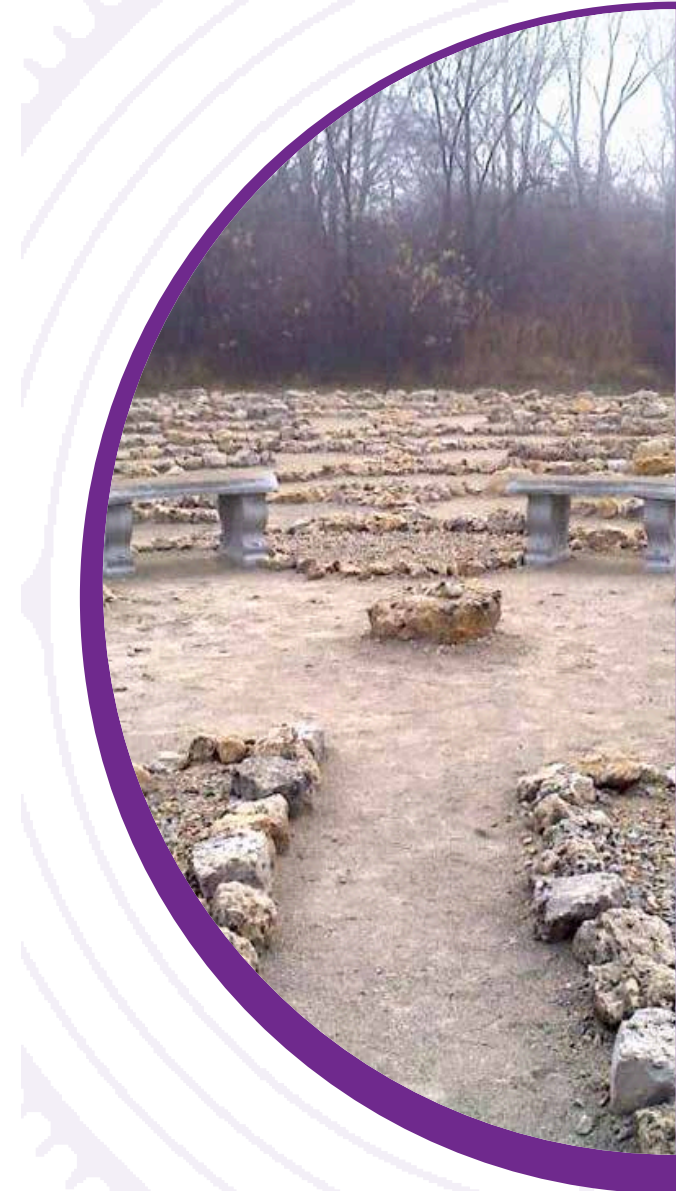
womanspace

3333 Maria Linden Dr., Rockford, IL 61114
815-877-0118 • womanspace-rockford.org



womanspace

about our labyrinth





Womanspace Labyrinth History

As a labor of love, the Labyrinth Committee, consisting of a team of 12 Womanspace members, began to plan a Chartres-style labyrinth on July 10, 2002. Mark Estabrook developed the original dimensions – 100 ft. diameter. Member Susan Lee, serving as a dowser, located the center of the sacred space from which energy seemed to emanate, and a circle developed naturally. Volunteers worked tirelessly that summer to clear the area of invasive shrubs. It was then left dormant for the winter.

In the spring of 2003, the committee continued to clear the area, and downsized the dimensions to a 72 ft. diameter to fit the space and require less maintenance. The circle was then covered with landscape fabric to help limit invasive weeds. Member Sue Hoople directed the layout of the circle and paths using nails and string. Practical math and geometry were applied, resulting in the seamless paths.

Factoids

- 72 feet diameter
- 80 tons of aglime & pea gravel
- 20 tons of limestone rocks
- Rocks laid end to end equal 2200 feet (7 football fields)
- 2000 feet of string
- 3000 nails

Richard Estabrook, son of Mark and Elsie, helped us with the revised dimensions. First aglime was spread, and then the rocks which were placed one by one to define the walls on the pathway – all by a team of volunteers. Pea gravel was later added to help prevent erosion on the paths.

As work progressed, workers heard an echo in the area around the center rock, an echo of timeless patterns, powerful energies, and the ancient feel of the new space. The whole process provided a wonderful connection with each other, the land, the earth, and ancient creatures in the fossilized limestone.

When the Womanspace labyrinth was dedicated in 2003, it was the only 11-circuit Chartres-style labyrinth in Rockford. It is open to the community most days of the year from dawn to dusk. The history of this labyrinth can be viewed in a picture album in the William Reif Gallery at Womanspace.

The Labyrinth Today

Except for times when special events are scheduled, the Womanspace Labyrinth is open to visitors seven days a week during daylight hours. To reach it, follow the ribbon hoops at the entrance to the woods on the right side of the circle drive.

It is not a maze, so once you reach the center, you will have walked on every part of the path. There are no rules, but most prefer to walk to the rosette at the heart of the design, contemplate the experience, leave a symbol of their walk intention on the large limestone rock, and then retrace each step as the path unwinds. Both inward and outward trips offer powerful life metaphors and insights.



Groups interested in renting/reserving the labyrinth for special events or ceremonies should contact us at 815-877-0118.