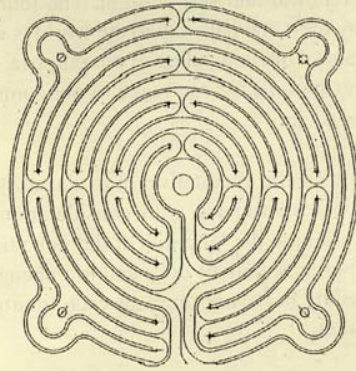


The Seaton Labyrinth



Not a maze but an amazing experience!

Unlike a maze a labyrinth has no false turns or dead ends. Your journey to the 'still centre' and back to 'the world' is assured.

This is an eleven-circuit, traditional but unique labyrinth situated in Seaton's Cliff Field overlooking the Bay and Beer Cliffs. Pathways are soft grass and the divides are made from seven different stones from the adjacent World Heritage Coast. This links the evolutionary story of coastal geology with our own evolutionary journey through time. Instead of walking one hundred miles of coast the Seaton Labyrinth journey can be made within a 60 foot diameter spiral.

The symbolic, often sub-conscious purpose of this living sculpture is to relate the twists and turns of the pathway to life's own meandering journey – with all its changes of direction, ups and downs, sadness and joy.

To come to the centre is to find peace, well-being, renewal and self-de-light. The journey back, by the same pathway to the world is with an enhanced understanding of our purpose, and the contributions we can make to our community and society.

The walk can be meditative, or a relaxed stroll done at one's own pace, with consideration for others walking the labyrinth at the same time. The experience may be deep and life-changing but possibly not every time, as each 'journey' is different.

This project, to mark Seaton's Millennium in 2005, was initiated by **The Spiral Centre** to enable us to sense the deep, evolving connection between us and our beautiful, sustaining environment.

The Spiral Sanctuary at Combe Farm, Axmouth is a 'healing place and a place for healing'. Its programme includes weekly meditations, healing, bereavement counselling and a library which includes books about the history and uses of labyrinths. Everyone is welcome. Contact Christina Bows on 01297 23822 or Elizabeth Richie on 01297 21443 for further **Spiral** information.

Visit the labyrinth at Cliff Field in Seaton, Devon. For more details contact David Kelf on 01297 24192.



Local Heritage *initiative*