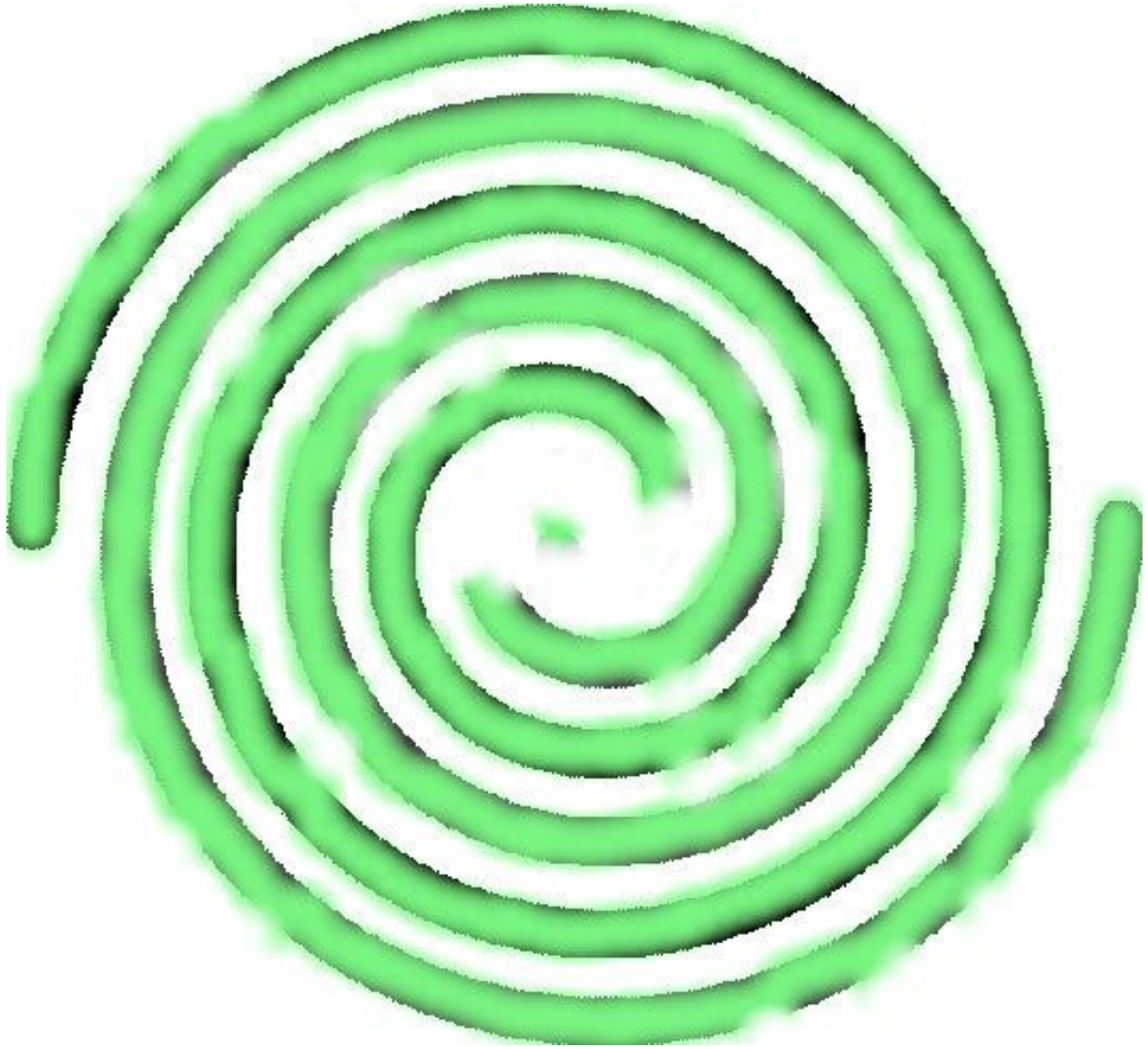


Ancient Sea Island Continuum



Yule Labryinth
December 21st, 2024

Labyrinths

The labyrinth is a spiritual tool that awakens us to the deep rhythm that unites us to ourselves, regardless of our traditions. When we choose to enter a labyrinth, the path becomes a metaphor for our journey through life, as the winding path provides a firsthand experience of the Divine.

Various cultures and religious traditions throughout the world have built labyrinths. The Cretan labyrinth is the oldest known on the planet, 4000 to 5000 years old. The Celtic Knot or Never-Ending Path is a labyrinth. Based on the Tree of Life, the Kabbala is a labyrinth in the Jewish mystical tradition. The Hopi Medicine Wheel and Man in the Maze are two Native American forms of the labyrinth.

A unicursal labyrinth follows a single path into the center and back out again, a journey that opens both heart and mind. Entering the labyrinth, one steps out of clock time and into Dreamtime. Walk the path to celebrate Yule, the Winter Solstice, the longest night of the year, and invite the return of the light as you honor the turning of the seasons.

Elemental Meditation

Remember that you are AIR.
Observe. Breathe. Focus. Decide.

Remember that you are FIRE.
Burn. Tame. Adapt. Ignite.

Remember that you are WATER.
Cry. Cleanse. Flow. Let Go.

Remember that you are EARTH.
Ground. Give. Build. Heal.

Remember that you are SPIRIT.
Connect. Listen. Know. Be Still.



Labyrinth Etiquette & Suggestions

1. Take some time before you begin. Disengage from the concerns of your day and relax. Think about issues, concerns, questions, or wishes you will reflect upon during this journey. You may decide to quiet your mind and put yourself into a receptive state.
2. Purgation begins when you enter the labyrinth: You release and let go of the details of your life. The act of walking quiets and empties the mind. Maintain silence throughout your walk for your own and others' reflection.
3. Proceed at your own pace. Some walk at one speed; some vary their steps and pace, and some even dance! You may pause at any place where a delay feels right. You may pass others who are moving at a slower rate. Feel free to step to one side, if necessary, to provide space for passing. Be aware of your process and feelings about speed and passing others while on the labyrinth: everything instructs!

4. At the center, pause and take several slow, deep breaths. Here, many believe you are the closest to the center of your spirit, and greater insight is available to receive guidance. You may stand in the center as long as you like and meditate, face several directions, or silently read from this guide. When ready to leave the center or feel satisfied (*as if after eating a good meal*), follow the path out of the center.
5. Union begins as you follow the path out. Each time you walk the labyrinth you may become healed and strengthened for your work in the world.
6. As you leave the labyrinth, you may wish to turn and pause to express silently your gratitude for its gifts. Upon leaving the labyrinth, be grateful for the opportunity to bring divine strength and insight back into your daily life.
7. We invite you to remain in the vicinity of the labyrinth after your walk for further reflection and meditation.

Ancient Sea Island Continuum, the Earth-centered spirituality circle of the Unitarian Universalist Fellowship of Beaufort, SC, is one of the 70 chapters of the Covenant of Unitarian Universalist Pagans (CUUPS). ASIC educates people about Paganism, develops Pagan liturgies, and supports Pagan-identified religious professionals.

The term "pagan" comes from the Latin word for "country dweller." Most people today encounter Paganism in folk traditions rather than as a complete spiritual practice. Ancient Paganism informed our lives with hundreds of familiar words and activities from the days of the week (*Sun day, Moon day, Tyr's day, Woden's day, Thor's day, Freya's day, Saturn's day*) to seasonal celebrations (*such as Halloween, Christmas, Groundhog Day, Mardi Gras, Easter, and May Day*).

Today, ASIC draws from this heritage to create new worship styles within the Unitarian Universalist (UU) community. If you want to learn more about Earth-centered beliefs, we invite you to attend our celebrations and participate in their planning. You will discover that contemporary Paganism is a growing, genuine, and vital spiritual path that builds authentic values for healthy living.

Sources of the UU Living Tradition

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life
- Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love
- Wisdom from the world's religions which inspires us in our ethical and spiritual life
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



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