

Harmony Farm

...a sacred space
that brings together
the energies of the land,
the gifts of healing arts,
the wisdom of teachers,
...guiding one back to their inner self
to heal mind, body and spirit.



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A natural place to be



Harmony Farm Invites You to Walk the “Labyrinth in the Woods”

Call to Confirm Availability

Walking the labyrinth is a practice...there is a not right or wrong way to use it. In our culture of enormous pressures, walking the labyrinth allows us to find a quiet place within, to slow things down and direct our thoughts inward...a walking meditation. Enjoy the beauty of nature and connect with your own healing, creativity and intuitive abilities.

Rates/Hours

- Mon-Sat. 9am-4pm: Donations accepted for personal labyrinth walks. Call to confirm availability.
- Labyrinth Facilitator services: \$25.00
- Call for after hour availability, group pricing and handicap accessibility (937-667-8311)

Preparing for the Journey

- Park in the large gravel lot
- Check in and out at the main entrance of the Discover Building
- Verify directions to the labyrinth, the path is approximately 260 yards through the field and down into the woods.
- Share your experience with us-info@harmonyfarmonline.com



What is a Labyrinth?

The labyrinth is not a maze. There are no tricks to it and no dead ends. It has a single circuitous path that winds its way into the center. The person walking it uses the same path to return from the center and the entrance then becomes the exit. The path is in full view, which allows a person to be quiet and focus internally.

Generally there are three stages to the walk: releasing on the way in, receiving in the center and returning when you follow the return path back out of the labyrinth. Symbolically, and sometimes actually, you are taking back out into the world that which you have received.

To prepare, you may want to sit quietly to reflect before walking the labyrinth. Some people come with questions, others just to slow down and take time out from a busy life. Some come to find strength to take the next step. Many come during times of grief and loss.

There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit and a mirror of the soul.

Excerpt from: Veriditas: Guideline for Walking the Labyrinth (<http://www.veriditas.org/about/guidelines.html>)

Other Labyrinth Resources:

<http://labyrinthlocator.com/home>
<http://labyrinthociety.org/>

