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**VOICES | KYM GORDON MOORE**

## **Finding tranquility while walking labyrinth**

**Path focused me on problems I mistakenly felt were best ignored**

I never heard of labyrinths until I watched a segment about them on a health-related program.

I saw participants go through some emotional changes while walking in one and I became curious to find out why. After some research, I was invited to a privately owned labyrinth nestled under an umbrella of tall trees, surrounded by lush green slopes cascading throughout the property.

Water circulating in the owner's nearby pool created background music of serenity. I didn't know what to expect next. The objective of the labyrinth is to walk extremely slowly and release any emotional baggage that may be hindering your spirit.

Aware that this was my first time, the labyrinth keeper suggested I say a short prayer before entering and ask God for guidance and clarity regarding any challenging issues I was preoccupied with.

Quickly, I began feeling different. What was happening to me? I wasn't afraid, but for that moment, I peacefully co-existed with the beauty of the natural surroundings.

Focusing on my walk, I unexpectedly began a mental shift that made me face several situations that I had unsuccessfully tried to bury within.

Reflecting on my mother's death, my job and some personal challenges I was facing, a series of emotions caught me off guard as I immediately and uncontrollably began crying and praying. I was spiritually regurgitating some suppressed burdens that I thought, once buried, would not bother me.

But this wasn't the case as I approached the labyrinth's center. After several minutes of meditation, prayer and reflection, I began my journey outward.

Glancing down I noticed remnants of nature (branches, twigs, walnut shells and pebbles) sporadically scattered on and along the pathway. I compared the representation of those elements to the obstacles we face daily. This epiphany gave me a sense of victory over my adversities.

We are indoctrinated by a fast-paced society. Once we slow down, we will be able to receive a new perspective on our life's purpose, greater empowerment and the exhilaration of celebrating life by living it passionately.

This experience rejuvenated me in a different way. I couldn't change my past, but discovered the ability to transform my attitude and spirituality. Stepping out made me see within. The symmetry of the labyrinth allowed me to slow down, reflect, release and heal in solitude.

### **Want to Write?**

The Union Observer is looking for first-person articles about events in your life that made a difference or taught you something important.

They can be serious, funny, dramatic or descriptive.

We want to feature a variety of Union County writers in this column and publish it regularly.

Please send your 400-word (or so) submission to: Union County Voices, The Union Observer, 132 S. Main St., Monroe, NC 28112. The submission does not have to be typed.

We cannot return articles, so please keep an original.

Most important, include your name, address and a daytime phone number.

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