

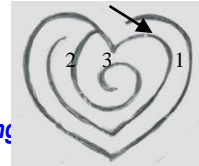


## *The Symbolic Journey into the Labyrinth of the Heart<sup>™</sup>*

Like the Chartres Labyrinth, the journey of the walk through the Heart Labyrinth is unique to each person, yet the people who come and walk and share their experience enrich the totality of its purpose. Having said this, I offer my interpretation and inspiration of the Labyrinth of the Heart as I have experienced it. There are three distinct phases to this labyrinth to reflect the spiritual journey of the soul: The Descent travels down through three hearts to reach the center heart. The center heart is the Heart of Transformation. The ascent is the realization of the affects of the transformation.

### **The Descent**

*(Movement to the Center/towards conscious living)*



The journey begins by entering the (Path 1) Heart of Sorrow; which is in the encounter of the personal cross we each bear. Through this anguish and pain we experience emptiness and surrender, which is the *second* (2) heart path, the Heart of Emptiness. We travel this course until we reach the path of Understanding. In the journey of the third (3) heart path, the light of wisdom begins to displace the darkness, we open to the opportunity to transform and heal.

### **The Center/Transformation**

The Center of The Heart is a place to contemplate the mystery of the eternal, infinite presence of God. In the center there is the sense of being both very small and very great. There is an awareness that inspires humility and Awe. Here, in the mystery of being united with the One, we drink deeply of the water from the Living Well, which sustains and nurtures life. It is in this place of Center that our courage is strengthened, our hope renewed and the commitment to transform is embraced.



### **Resurrection**

*(Journey from the center/the place of Integration)*

The three hearts encountered as you leave the center of the heart are the Heart of Forgiveness, the Heart of Mercy and the Heart of Compassion.

The first (1) path leading out of the center represents the Heart of Forgiveness. Forgiveness begins when the stone of unyielding is shattered, leaving us vulnerable to the warm and gentle breath of God's forgiveness. It is through God's forgiveness that we embrace self-forgiveness.

The second (2) path enters into the Heart of Mercy. This is the transformation from the desire to retaliate when we have been injured. In the words of *William Shakespeare*:

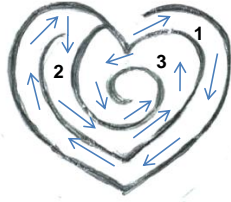
"The quality of mercy is not strained, It droppeth as the gentle rain from heaven upon the place beneath: It is twice blessed; It blesseth him that gives and him that takes: 'Tis mightiest in the mightiest: It becomes the throned monarch better than his crown."

Mercy naturally flows into Compassion, which is the third (3) and largest heart. It is where we recognize ourselves in one another's journey and extend the forgiveness and mercy that have the power to mend the broken and restore peace.

This growth from sorrow to the joy of compassion is a continuing process. With each experience of this transformation we are propelled more deeply into the Heart of Divine Love where we live the Resurrection.

The Labyrinth of The Heart was inspired in the year 2001, by a retreat entitled "Enter the Labyrinth of The Heart" presented by Dee Curci. The Labyrinth of The Heart was created on the grounds of The Blessed Foundation in June 2001.

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A Journey of Transformation/A Journey of Life

## **THE DESCENT**

movement towards conscious living.

1. Heart of Sorrow
2. Heart of Emptiness
3. Heart of Wisdom

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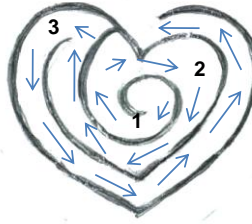
A Journey of Transformation/A Journey of Life

## **CENTER**

THE PLACE OF TRANSFORMATION

The place where we sit in silence, allowing the depth of who we are,  
to be still in the embrace of God.

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## **RESURRECTION/RESTORATION**

Embracing the Transformation – Living our God-being

1. Heart of Forgiveness
2. Heart of Mercy
3. Heart of Compassion