

WALKING THE LABYRINTH



"I began to understand that the goal of psychic development is the self. There is no linear evolution; there is only a circumambulation of the self."

C. G. Jung
Memories, Dreams, Reflections

The labyrinth is an ancient archetypal image of a winding path that, if followed faithfully, leads to a center. Unlike most archetypal images that reside in the psyche/soul only, the labyrinth also resides in the outer world where we can engage with it physically as a sacred walking meditation.

This ritual can quiet the mind, engage the creative imagination and intuition, activate receptivity to deeper layers of our being/knowing and help us to experience our heart's longing.

This workshop will define and explore the value and importance of symbolic life, provide a history of the labyrinth, give participants the opportunity to walk the St. Philip labyrinth and reflect on and discuss this experience.



FACILITATION: Judith Slimmon is a Jungian psychoanalyst who trained in Zurich, Switzerland and has worked in private practice in both Calgary and Victoria since 2001. Judith has lectured in Canada, the United States and in Europe with particular interest in the importance and richness of symbolic life. She has also been part of the training faculty of the C.G. Jung Institute of Colorado.

WHEN: Saturday, APRIL 13th, 2019 10 AM until 4 PM

WHERE: St Philip Anglican Church, 2928 Eastdowne in Oak Bay
www.stphilipvictoria.ca 250-592-6823

COST: \$40 for the day. Please bring a journal, warm clothing and a bag

lunch. Coffee & Tea provided.

REGISTRATION: limited to 12 participants. Email St. Philip office for more information and to register: office@stphilipvictoria.ca