

LifeQUEST Labyrinth

Before Beginning – An Overview

Developed in 2002 by Bill Ressler for a class presentation on ritual process at Chicago Theological Seminary, the “LifeQUEST Labyrinth” is a way to explore one’s deeper self. It is beneficial to walk *LifeQUEST* with a life coach or therapist – it is not intended to replace the expertise of a mental health professional but rather offer another tool in exploring possible new life paths. The *LifeQUEST* labyrinth has a front (existential path) and back (optimal path) which is intended to be printed back to back. As an individual reaches the center of the front (existential path) they are invited to punch a hole in the center, flip the paper, and begin walking out the back (optimal path).

Walking The Existential Path

As one comes to *LifeQUEST* they are invited to define a concern they carry which is written down at the top left corner of the existential path. Then they are invited to walk the outside perimeter of the design starting at A, where one jots down a word or two about how one’s physical attributes and religiosity influence the concern at hand. As one continues and reaches B, they are invited to jot down a word or two of how their parental values influence their concern. Further at C one is invited to offer a few words on how their family values, racial history, and cultural experiences influence their concern. Further still at D one is invited to discern what role their social status plays on their concern.

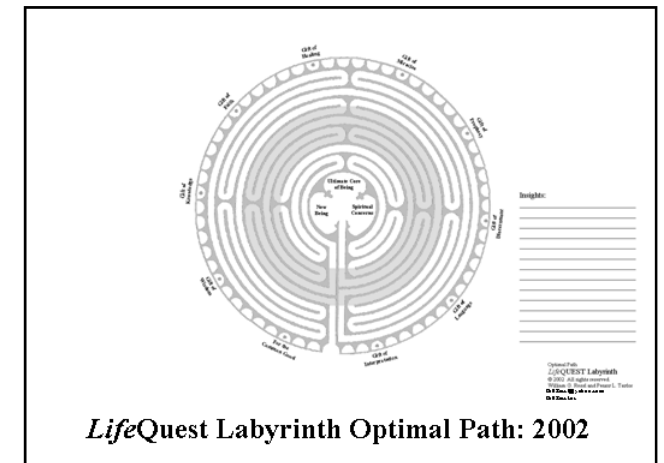
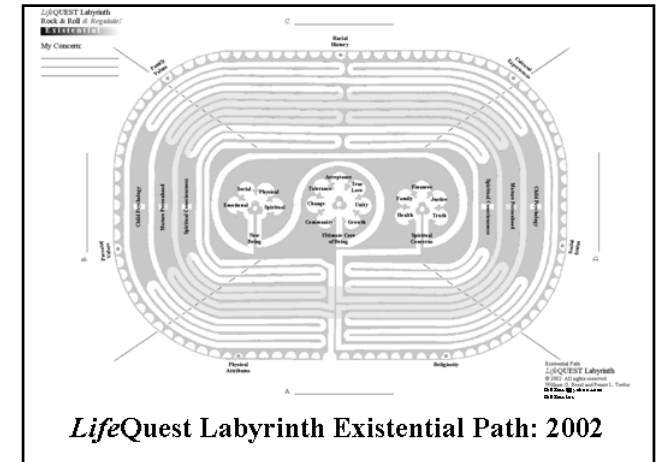
As one enters the existential path at the bottom center of the design they will follow a winding path through A, B, C, and D. As the path winds one is encouraged to explore their inner beliefs – on the far outer paths one is encouraged to ponder how their understandings of A, B, C, and D were understood as a child; towards the middle paths they are encouraged to discern their perceptions of A, B, C, and D from the perspective of a mature personhood; and as one moves into the path closer to the center the opportunity to examine A, B, C, and D from the perspective of one’s spiritual consciousness is offered.

As one enters the center of the existential path they move toward the center Ultimate Core of Being. Along the path you will first encounter the Spiritual Concerns – a place to explore your concern by looking at it through the concepts of health, family, finances, justice, and truth. As one continues on they move into New Being – a place to examine the emotional, social, physical, and spiritual aspects of one’s concern. Last, one moves into the center, the Ultimate Core of Being, where the concern is examined in relationship to the ideas of community, change, tolerance, acceptance, true love, unity, and growth. Then one is invited to stop, take a deep breath, and when ready for change, when one is ready to move towards a solution and new being, punch a hole in the very center with the pencil or pen and then turn the page over to begin walking the optimal path.

Walking The Optimal Path

After punching a hole in the paper, one begins the optimal path in the very center. In the center one begins focusing on solutions to the concern raised during the existential path. One explores how the concern can be understood as an opportunity for growth – What new being does the concern offer? – What can be one’s ultimate core of being as one heals and grows through the concern? – What spiritual concerns and/or challenges and/or new ways of thinking are raised by different solutions? As one walks the path out they are once again challenged to explore various solutions. On the most inner paths, that are not shaded, what solutions are raised by a new spiritual consciousness? As one walks through the shaded paths ask: “What solutions are raised through understandings of mature personhood? And as the outer clear unshaded paths are walked: What solutions are raised through the eyes of a child, through our child psychology? As one exists the optimal path you are invited to take a walk around the outside of the design stopping at each of the 10 gifts that offer the opportunity to ask: “What new solutions are possible through the gift of ...interpretation ...language ...discernment ...prophecy ...miracles ...healing ...faith ...knowledge ...wisdom ...and common ground? As one completes the walk they are invited to jot down any insights that arose – a gift for one’s future review as well as a place for continued conversation with a trained professional.

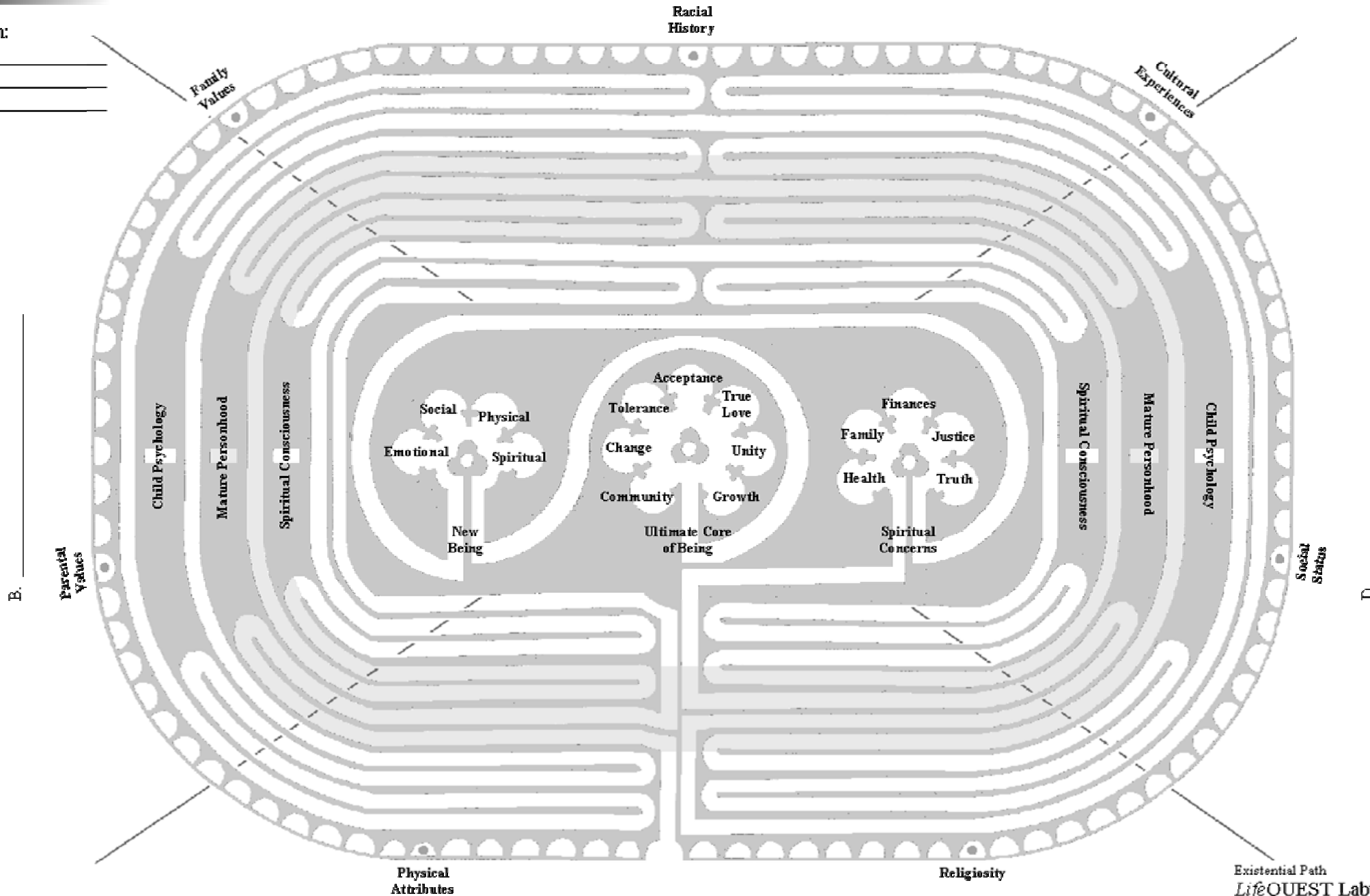
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*Life*QUEST Labyrinth
 Rock & Roll & *Regulate!*
Existential

My Concern:

C. _____



A. _____

