

## The seaside allure of Southern Maine, Part 3, labyrinth by the

### Discovering a labyrinth near the sea:

I expected to see my share of lobsters, clams, fishing boats, wooded paths and ocean views when I arrived in Ogunquit, Maine after driving an hour north from Boston. Maine has all of these in abundance. The labyrinth, however, was a surprise. I spied the labyrinth shortly after checking in to the [Cliff House Resort and Spa](#) when I stepped out on the sea view balcony of my room to breathe in the fresh salt air and watch waves cascade upon the rocky shore

Between me and the sea were arranged the infinity pool, the out-



© 2015 Lee Daley



Wikipedia Photo, Candlelit labyrinth, Chartres Cathedral, France

Between me and the sea were arranged the infinity pool, the outdoor hot tub, lots of chaise lounges, all the customary amenities of a resort. But then, off to one side in a quiet place, I saw the stones laid out in a symmetric circle and realized that an unusual amenity was part of the resort package

**“Enter the labyrinth and listen to the ocean.** Let your breathing synchronize with the sounds of the sea,” Dan told me as he slowly massaged my back. My first order of business was a massage appointment and Dan, a master healer, turned out to be well versed in the history of labyrinths and the healing arts

**The resort’s labyrinth** is built outside the Spa on a wide terrace. Its design is based upon an ancient form used as a metaphysical device associated with the spiritual quest and search for new meaning. Evidence of labyrinths has been found in Siberia and Central Asia dating from 20,000 BC. The form has evolved and become more elaborate, perhaps at its most intricate pattern in the 13th century French cathedral at [Chartres](#)

**Here atop a cliff in Maine,** I let the sounds of the sea and the day’s weather fill my senses. Allowing my mind to focus, I left behind the distractions of everyday life. In this spiritual journey, as one travels inward, it helps to pause and reflect in the center. Once you begin the journey outward, perhaps the inner journey will renew your outlook

**According to Greek mythology,** Ariadne gave Theseus a thread with which to find his way in and out of the labyrinth. In today’s uncertain, often chaotic times, we, too, must find a thread of meaning and a sense of peacefulness. In this serene space, among the stones, beside the sea and beneath the mantle of the sky, I found that connection

**The pattern of the Cliff House labyrinth,** the only one of its kind in southern Maine, is based on the labyrinth at **Chartres**, outside of Paris.

**Recommended reading:** *Walking a Sacred Path*, by Dr. Lauren Artress, Berkley Publishing Group. The book is available to guests in the Quiet Room at the Cliff House Spa. The book is clearly written and can be opened and read at any page

**Quote:** “When we play music the playing itself is the point. And exactly the same thing is true in meditation. Meditation is the discovery that the point of life is always arrived at in the immediate moment.” Alan Watts.

Lee Daley - Travel Writer / Photographer

[www.leedaleytravelwriter.com](http://www.leedaleytravelwriter.com)

[www.epicureandestinations.com](http://www.epicureandestinations.com)