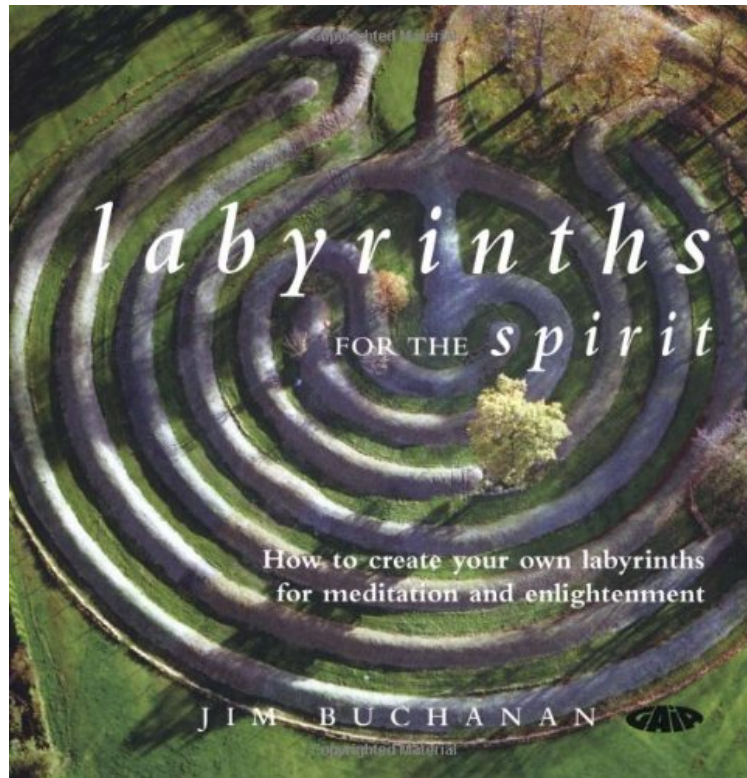


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# Labyrinths for the Spirit: How to Create Your Own Labyrinths for Meditation and Enlightenment

*Jim Buchanan*

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**Jim Buchanan : Labyrinths for the Spirit: How to Create Your Own Labyrinths for Meditation and Enlightenment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Labyrinths for the Spirit: How to Create Your Own Labyrinths for Meditation and Enlightenment:

3 of 3 people found the following review helpful. Eye candy and much more  
By Sharyn Woerz  
Jim Buchanan's book Labyrinths For The Spirit is a pictorial book showing labyrinths using everything from sand to chalk to plastic forks for temporary settings to the big guns requiring professional plans and serious heavy equipment for laying out. Mr. Buchanan is a landscape architect and has designed and built a number of labyrinths and that specialized viewpoint is shown to advantage in the many full color images of labyrinths. I also enjoyed his idea of taking a city map, mark out a labyrinth on it and then walk it. I got my money's worth in this book, what more could I ask?  
6 of 6 people found the following review helpful. Nuts and bolts  
By Toni A. Cox  
A step by step guide for a buffet of labyrinths - something for everyone. As a garden designer - it is a keeper.  
3 of 3 people found the following review helpful. Great book!  
By C.F. in GA  
Great book! I would love to build a labyrinth and this book is very inspiring.

"By moving in a focused and directed way through the labyrinth, we begin to relax, and our sixth sense becomes

heightened. That's how the author, a renowned labyrinth-maker and land artist, describes the effect of walking the traditional and contemporary labyrinths explored here. Examples range from classic Greek and medieval designs to patterns used in Native American basketry, as well as the author's distinctive creations, which push the boundaries of the form. Connecting the spiritual aspects of walking the labyrinth to the creative act of construction, the guide offers illustrated instructions for making more than 20 different labyrinths.