

Check Out the New Labyrinth at Rainbow Park!



A new, one-of-a-kind accessible labyrinth is being created for Rainbow Park in San Jose by SF Bay Area artist Lars Howlett. The idea for the labyrinth was proposed by community resident Pat Richards through the [D1 Decides](#) participatory budgeting program in 2019. Labyrinths offer people of all ages space and time for play, problem solving, community building, walking meditation and spiritual practice. In stressful and uncertain times, labyrinths provide a sense of order, balance, and harmony. Unlike a maze with choices and dead-ends, the labyrinth offers a single meandering path to a center where one can pause before retracing their steps back out again.

The labyrinth was created by master builder Lars Howlett / [DiscoverLabyrinths.com](#) who designed the 5-Circuit 'Chakra Seed of Life' pattern with a pathway that progresses through a rainbow of colors. Pat and Lars collaborated on the design process to imagine a labyrinth that would resonate with the park and people. The center features a sacred geometry pattern that is calming and focusing. The labyrinth is also accessible to wheelchairs, walkers, and pairs with an innovative design allowing for two feet of free space on either side of the path. The labyrinth is two-dimensional, painted in eight colors with industrial strength concrete enamel/stain. A separate proposal for a native plant garden was also accepted and will surround the labyrinth.

Already the labyrinth has drawn much interest and support from people in the park. Children are sure to enjoy running its path and a staff member from Lynbrook High School intends to teach mindfulness to students and staff with the labyrinth. Neighbors often practice Tai Chi and Qigong in the area, so the labyrinth will expand and support the spirit of place. Local resident Pat Richards is a Veriditas trained labyrinth facilitator and will offer group walks and promote awareness and understanding of the many uses of labyrinths. Lars created four labyrinths nearby at Christa McAuliffe elementary school in 2017 and two similar public labyrinths featuring the Seed of Life pattern at parks in Vallejo and Rohnert Park. The Labyrinth at Rainbow Park set to be complete by next week. I hope that this installment will bring joy to all!