

The Labyrinths of Costa Rica

An Experience in Sacred Geometry

By Ronald Esquivel and Jan Hurwitch

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Introduction

Labyrinth walking and meditation is becoming part of a growing spiritual tourism trend in Costa Rica. Considered number one in the world in ecotourism, now the yoga/spiritual tourism segment is rapidly growing in the country.

In this article, we wish to introduce you to the labyrinths of Costa Rica, which currently number fourteen in this small Central American country located between the Atlantic and the Pacific Oceans and bordered by Nicaragua and Panama.

The size of West Virginia, USA, (51,100 km² / 19,653 sq. mi.) one fourth of Costa Rica's territory has been designated as protected areas for its biodiversity. Its population of 4.6 million has been designated the happiest people in the world. They still enjoy hearing howler monkeys greeting the morning in tropical rain forests throughout the country.

The interpretation of the geometrical elements and forms of the following labyrinths are based on the book [*Labyrinth Design*](#).

Wisdom Labyrinth

EARTH University in Guácimo, Costa Rica.

"I am troubled, sometimes I do not know where to start, my way is not clear. What should I do with what I'm learning?" It is a good time to go... It is there at a short distance, like a great giant lying impressive, patient, attentive to my visit; we call it Wisdom Labyrinth. Amid the humid tropics with vibrant shades of green, where water vapor embraces the day and cloudy skies reign at night, there it lives, its home is EARTH University...
Melissa Arce, Student Wellbeing Officer at EARTH University

Polarity and duality are characteristics of the personality or archetype of number two. Number three's archetype speaks of resolution: a third element that overcomes or balances that polarity.

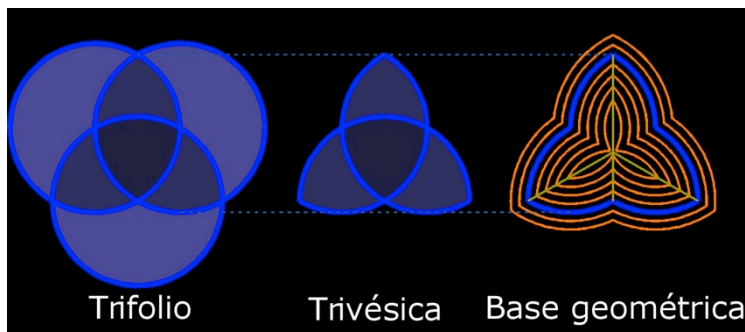
Intellectual problems, troubled relationships and general imbalance can be approached from the perspective that somewhere there is still unknown or unavailable a third element, a suitable solution.



Wisdom Labyrinth design

Many times this "solution" is just a compromise between the conflicting positions. In these circumstances, you can leap even higher into the territory of **wisdom**, where the solution is one that satisfies and enhances all perspectives.

Albert Einstein's words can be applied here: "*Problems cannot be solved at the same level of consciousness that created them*".



The Vesica Piscis (intersection of two circles) has been regarded as the matrix of creation since ancient times. In the case of the trefoil, we have a triad of Vesicas,

intersecting in perfect harmony. It symbolizes the Trinity (tri-unity), the multidimensional creative source.

The geometric elements within this labyrinth are:

- One center, which implies that the target is to reach the essence of my being - "the best of me" - where my greatest potential resides.
- Four partitions, which indicate that the attitude is to achieve a specific purpose.
- Eight layers (seven circuits) imply that the extent of the experience is to reach a higher level, as the next "C" in the musical scale.



Wisdom Labyrinth path



The energy of this labyrinth is summarized as follows:

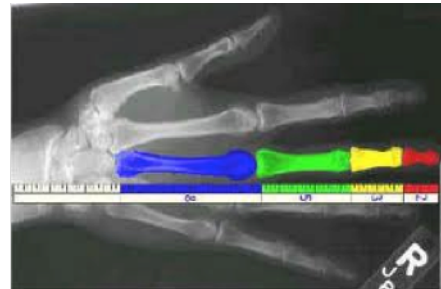
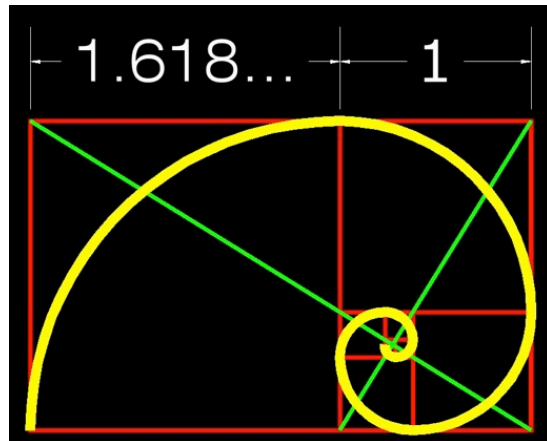
I walk through the triad - thesis, antithesis and synthesis -
intending to connect with my essence and from there
generate a superior comprehension- wisdom
of the subject that interests me.

Growth Labyrinth

Instituto Educativo Moderno, Concepción de Tres Rios, a suburb of E. San José

Since the time of the ancient Greeks, the golden mean ratio has astonished mathematicians, philosophers and artists. The golden mean spiral is derived from this unique ratio.

It is present in many growth patterns of living creatures, from seashells to galaxies as well as in human bodily proportions.



That is why in sacred geometry, the golden mean is key to understanding the codes of creation and growth in nature.

Dan Winter states that Φ - the golden ratio - based geometries generate a predominant life giving force unequalled in the universe.

Growth Labyrinth, based on the golden spiral, was made with bricks that children brought with a written or drawn message of peace.



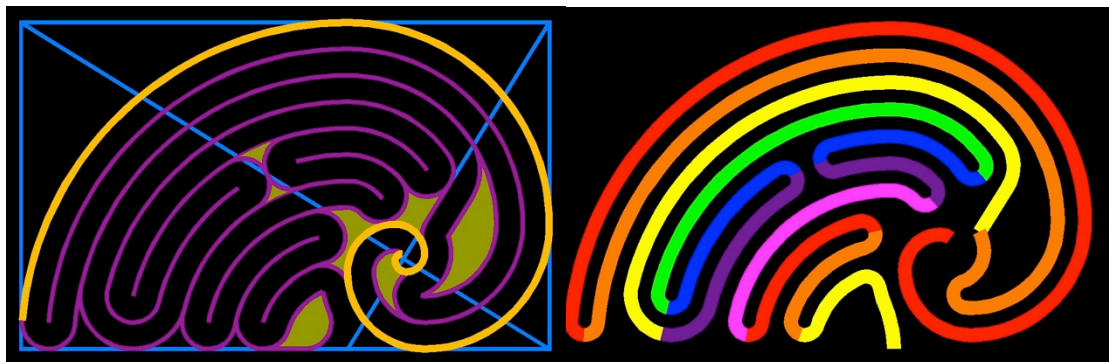
Growth Labyrinth design



Every brick that is part of the labyrinth carries a message that represents each family in their desires, intentions and values associated with peace and love of nature, launched forward by the expansion energy of the golden spiral.



The spiral is generated from the golden rectangle as well as the always-present two diagonals, which indicate the center of the spiral. These diagonals also mark the entry point and the partitions that generate changes in the path. The final portion of the path runs precisely along the golden spiral.

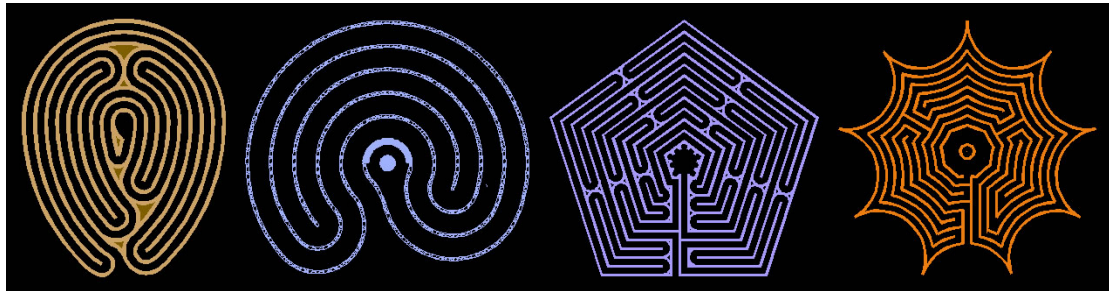


Growth Labyrinth base geometry

Growth Labyrinth path

The four elements series

The four elements labyrinth series – earth, water, air and fire – honors many traditions that celebrate this vision of the world. In this review we will focus on the Earth Labyrinth.



Earth Labyrinth

Water Labyrinth

Air Labyrinth

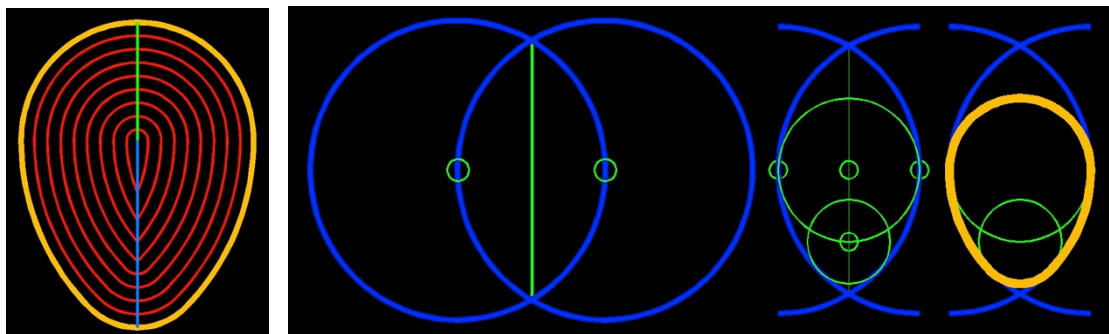
Fire Labyrinth

Earth labyrinth

El Prado Park in Curridabat, Costa Rica (eastern San José)



From the geometric perspective, its starting point is the egg shape, a figure whose energy is to contain everything inside, like the circle, but with a gesture of expansion, of reproduction. Its shape, a pregnant circle, indicates that it is in a transformation process creating something new.





As it has a single center, it attracts us in an obvious manner and represents the intention to connect with the essence of our most authentic being.

The two partitions - one that generates the entrance and the second, which generates the returns on

the opposite side - evoke our earthly condition of contrast (yin-yang, abundance-scarcity) from which we can, if we assume a constructive attitude, embrace it and achieve balance.



With its nine layers (eight circuits), which indicate the extent of the experience, the Earth Labyrinth drives us towards the horizon of our potential, to the frontier of our creative ability.

In short, we are facing...

a geometry that evokes the expansion
and creation of something new,
connecting with essence
and lovingly embracing daily contrast
to flow toward the frontier of our human potential

It's called Earth to honor Gaia, our mother, from which we were created and where I can create "the life of my dreams."

Transformation Labyrinth

La Colina Yoga Garden, Orotina, one hour west of San José

The circuits of the Transformation Labyrinth evoke some of the trigrams of the ancient Chinese tradition of the I Ching oracle - the Book of Changes. This book describes the cosmos as dynamic events, the processes that link all earthly things.

The polarity of yin/yang is expressed as solid and dashed lines. This ancient system is constructed from this polarity, combining and progressing to give birth to all possibilities.



combining and progressing to give birth to all possibilities.

In the figure known as Bagua (early version), we

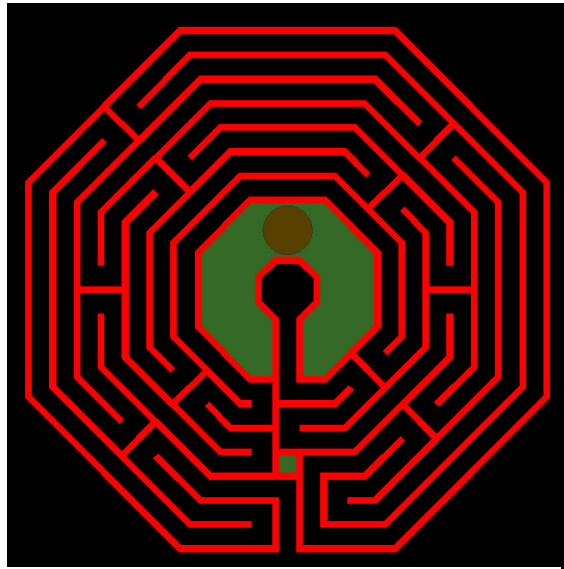
see the first source of general inspiration for this labyrinth.

The geometric character of the Transformation Labyrinth involves a design process which began by basing all its geometrical elements on the number eight, albeit with only one center.

When looking for the ideal location, a mango tree and a ring of vegetation were situated around the center. This generated nine instead of eight layers, though keeping the seven circuits.



Transformation Labyrinth path



Transformation Labyrinth design



The shape of the Bagua meant that one side should have solid lines to honor the trigram Ch'ien representing the energy of Heaven. Hence, the top side has no partition.

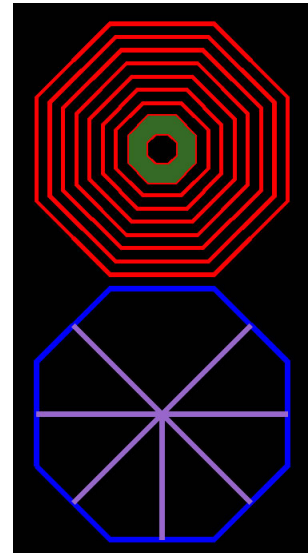
These conditions enrich the character of the labyrinth in unexpected ways:

One center implies that the overall intention is to connect with Unity and this is achieved by connecting with my essence.

Seven partitions imply that the strategy is that I become aware of my ongoing personal growth process and to embrace it lovingly.

Nine layers imply that the extent of the experience is directed toward the horizon of my human potential.

The octagonal shape implies that the intention to reach the upper octave (the C major, the starting of a new cycle) underlies the whole experience.

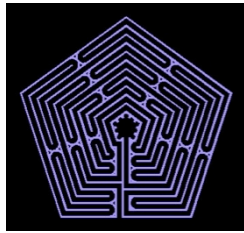


The character of this geometry is summarized as follows:

I connect with my essence
to lovingly accept my current position in my growth process,
willing to complete this cycle in order to
get started with a new stage,
with the intention of reaching all of my potential



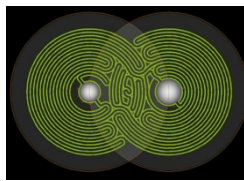
Some of the other labyrinths in Costa Rica are:



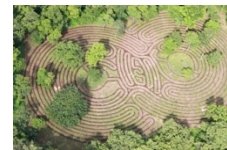
Air Labyrinth: Located in La Sabana, the capital's main metropolitan park. Based on the pentagon, its energy is that of letting go, of lightening up, of expanding and flowing freely.



Water Labyrinth: Located in Parque La Libertad, sponsored by the Ministry of Culture and Youth. It has a bench and a spring water fountain in the center with a soft and peaceful energy. It is apt for wheelchairs.



Tamarindo Labyrinth: The largest labyrinth of its type in the world. Its energy is greatly amplified by the presence of the two telluric energy columns identified in the site.

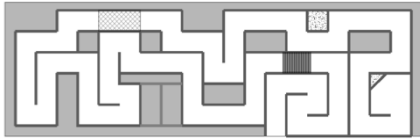


Resolution Labyrinth: Located at the Canadian International School. It is based in an Archimedean spiral with three partitions, intended to build awareness in students of the always-possible resolution of conflict.



Love Labyrinth: Built in Parque La Nopalera of the Municipality of Curridabat. The Vesica Piscis is the geometrical symbol of number two, representing polarity and its most visible expression is the feminine/masculine duality. One of the Vesica series, this labyrinth focuses on love and celebration of polarity.





path, apt for wheelchairs and hospital beds.

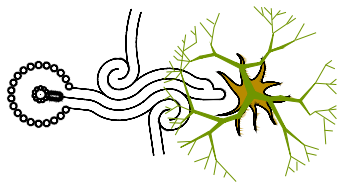
Magic Path: Located in Children's National Hospital. It is a sensorial experience



Dimensions Labyrinth: Conceived as a means to deliberately move into a higher vibrational frequency to do a specific work, and bring that high vibration back to daily life.

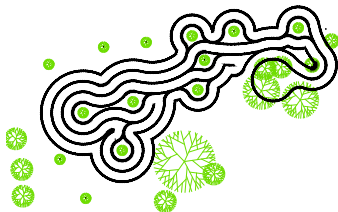
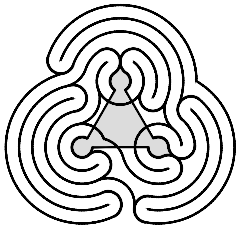


Mystica Labyrinth: Located in a hotel and yoga retreat. Its starfish figure allows for a gentle flow, intended to submerge oneself into the life giving energy, surmounting polarity and contrast in order to connect to one's higher self



An adaptation of this occidental tool to a





1. Tamarindo
2. Resolución
3. EARTH
4. Aspiración
5. Tierra
6. Aire
7. Agua
8. Amor
9. Transformación
10. Crecimiento
11. Hospital Nacional de Niños
12. Convivencia
13. Dimensiones
14. Mystica
15. Térraba
16. Expansión

17. Integración
18. Creatividad
19. Compasión
20. Espirales de la vida
21. Persona/esencia
22. Serenidad

Conclusion

In this short article, we have attempted to provide a sample of Costa Rica's labyrinths along with their inspiration in sacred geometry. For a more complete overview of all of the country's labyrinths, please go to www.LaberintosCostaRica.com.

Enjoying Costa Rica's natural environment connects us with Gaia and when we include labyrinths in this experience, we are sharing the best in ourselves with Gaia, achieving an authentic eco-spiritual state. We invite you to travel this unique labyrinth circuit and enhance your personal journey.

Ronald Esquivel is an architect and personal growth facilitator who is passionate about labyrinths and sacred geometry.