



DREAM WEAVER

LAUREN ARTRESS, 59, Episcopalian priest

"I first discovered labyrinths at a spirituality conference in 1991. In fact, I loved it so much that I did it three times that night. Back home in San Francisco, I created an indoor labyrinth at Grace Cathedral and another in the courtyard, which is open 24 hours. I conduct women's retreats at the Cathedral, and we often end a workshop walking the outdoor labyrinth late into the night. It gives you such a deep and satisfying sense of peace. Even though I go to bed at 10, I sleep less these days—and it's not just because of age. I also have more responsibilities to worry about. When I'm working

on a new book, I'll wake up at 4 A.M. Instead of fighting the insomnia, I'll make my way through the labyrinth and analyze my dreams. You can walk the entire path in about 20 minutes, but when I'm alone at night, I take my time. Mazes are designed for people to lose their way, but the purpose of a labyrinth is to find the right path. It leaves me feeling safe."

"Instead of fighting the insomnia, I'll make my way through the labyrinth and analyze my dreams."