



Five Circuit Triple Spiral Design

Credits:

Myra Smith/The Laughing Flower
Labyrinth & Landscape Co.

Laughing Flower Installs 1st Triple Spiral

The unique design is the second known walkable triple spiral in the world.

Laughing Flower Labyrinth Co. of Bellingham installed its first triple spiral labyrinth this summer at a private home north of Seattle. The walking triple spiral is thought to be the first of its kind in the United States.

According to Jeff Seward, Owner of Labyrinthos and Administrator of the [World Wide Labyrinth Locator](#), "I have seen designs for these, and I have seen them mown in grass as temporary installations, but searching through the Labyrinth Locator, I am unable to find a permanent example anywhere."

Further research obtained confirms that the triple spiral joins only two others in the world, one just noted in Canada, and another under construction in Ireland.

Origin and Symbolism of the Triple Spiral

There are many different spiral arrangements containing multiple whorls. The circle, spiral and wheel are all powerful symbols representing death and rebirth, and the seasons of life. Some spirals have an equal number of whorls, or arms, and symbolize balance. The most common of the multiarmed spirals is the triple spiral or triskele. The ancient structure has been found both in pre-Columbian America and in Bronze Age Europe. In Europe it is especially associated with Celtic Christianity. It is considered to be a sign of female power and especially power through transition and growth. There are a myriad of three-pronged meanings for the triple spiral, which is sometimes called the spiral of life:

- Body, Mind, Spirit
- Maiden, Mother, Crone
- Sea, Land, Sky
- Father, Son, Holy Ghost
- Mother, Father, Child
- Past, Present, Future
- Power, Intellect, Love
- Creator, Destroyer, Sustainer
- Creation, Preservation, Destruction
- Other World, Mortal World, Celestial World

Each aspect ever flows outward and always returns to the point from which it starts. The beauty of the symbol is that none of its original meaning is known for certain; and we might choose which trinity holds the most significance for us, or make up our own as we go.

"The power of this symbol works me every time I walk it and move from the material world, through the world of vision into the heart of stillness and back again. It reminds me of the importance of spending time in each of the worlds everyday. Further I sense that I serve our precious Mother Earth as I caress her skin with the soles of my feet and plant my prayers into the surface that support all life. I create a blessing as I am blessed." –Angela Mercy, triple spiral owner

Labyrinth Design & Construction

The basic structure for the symmetry of the design is an equilateral triangle. Designed by Myra Smith of [The Laughing Flower Labyrinth Co.](#), the labyrinth was installed by Myra and the labyrinth's new owner in summer 2011, after they were inspired by seeing the design as a finger labyrinth on the iPhone app "iPause."

"I owe a debt of gratitude to Tony Christie, a labyrinth builder from Ireland, for sharing his 'seed pattern' for his three circuit triple spiral shamrock design with me. Thanks to Tony, I was able to discern a new seed pattern for the five circuit triple spiral, after discovering the equilateral triangle underlying the ancient pattern. I look forward to sharing the new seed pattern in the same way that Tony shared with me so that others might enjoy creating and walking this sacred pattern." –Myra Smith

The stone chosen for the project by the property owners was Argulite Mini Ledge. The walking paths are grass and moss. The paths are one foot wide with two inch wide lines. The labyrinth measures about 25 feet across in three directions. The labyrinth was purposefully situated near the street and an entrance to a city park, so that neighbors might enjoy walking the labyrinth too.



“The process of building the triskele labyrinth with Myra was every bit as fine as the resulting product. As we placed and secured the stone to mark the paths we shared stories from our lives and our spiritual journeys. We planted tears, laughter, birth, death and transformation into the earth as we worked.” –Angela Mercy

The homeowner has enjoyed educating neighbors and passers-by about the spiritual practice of labyrinth walking. The triple spiral joins a new raised bed vegetable garden, native fruit plants and trees and other landscaping improvements that make the property a sustainable sanctuary in an urban setting.

For more information, contact Myra Smith at 360.927.8803 or [email](#), or visit the Laughing Flower [website](#).

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