



Walking the Labyrinth

The labyrinth is a divine imprint found in many cultures around the world. The labyrinth has only one path so there are no tricks to it and no dead ends. The path becomes a mirror for where we are in our lives. The rhythm of walking, placing one foot in front of the other, quiets the mind, relaxes the body and refreshes the spirit. Walk it with an open heart and an open mind.

There are three stages to the walk:

Releasing

Walking into the labyrinth

This is the time to quiet the mind, let go of the details, distractions and extraneous thoughts. Open your heart to feel whatever it might feel. Become aware of your breathing. Relax and find your natural pace.

Receiving

Standing or Sitting in the Center

When you reach the center, sit or stand there as long as you like. This is a place of reflection, meditation and prayer. Receive what is there for you to receive.

Returning (Reflection)

Walking out of the labyrinth

When you are ready, follow the same path back out. Walking out, integration of your experience can occur. You take back out into the world that which you have received.

Each labyrinth experience is different. You may feel nothing or have a powerful reaction. Sometimes a labyrinth experience won't make sense or release its meaning for months after a walk. Whatever occurs, listen to your heart and take all the time you need. The above description is only a thumbnail sketch. You provide the bigger picture.

Guidelines for the walk:

- Feel free to move around others or let others move around you. This is easiest to do on the turns.
- The path is a two-way street: you will meet people coming out as you go in. Do what feels natural when you meet.
- Let your gaze be soft as you walk.
- If others are beginning the walk with no facilitator present, allow one minute before you start.
- Parents are expected to supervise their children, especially if others are walking.
- Experience your experience, which cuts through expectations

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