

# Labyrinth

## I walk the Labyrinth

- For meditative prayer and connection to God.
- To calm my anxious soul, to let go of thoughts, worries and allow my mind to be quiet.
- To seek clarity and insight as I discern an issue and self-discovery.
- To pray for others.
- To go on a pilgrimage without the expense or time required in actually going to another place.
- For the healing of mind, body, and spirit.
- To celebrate and express joy.
- To walk with friends, family, children, and partners for a shared experience.
- To walk.

## What is a Labyrinth?

A Labyrinth is an ancient mandala-like symbol that appears in many cultures dating as far back as 2500BC. As you walk the path, it looks like a maze, but it is a well-defined path that leads you to the center and then back out again. The way of the Labyrinth makes twists and turns through the circle but leads you to the center as you follow the path. You follow the path to exit. Remember, the real journey is the interior one of your heart and mind.

The first Christian labyrinths began in the 9<sup>th</sup> century A.D. as a method of pilgrimage. The walk symbolized a walk to Jerusalem for those unable to go to the Holy Land. Today, Christians all over the world are installing labyrinths in their yards and gardens.

## Why Walk?

"You show me the path of life. In your presence, there is fullness of joy." (Psalm 16:11)

Jesus' words, "I am the way, the truth, and the life..." (John 14:16)

## Suggestions on How to Walk a Labyrinth?

1. Stand at the entrance and make an intention for your walk. Are you seeking answers? Peace? Healing? Affirmation? Connection with God? Gratitude?
2. Take a moment to center yourself with a cleansing breath and quiet your mind.
3. Walk slowly and intentionally. Stay present. Listening and aware. Take your time.
4. Respect the quiet of others around you. Do not stop to talk or engage another on the path. You are welcome to greet them with a quiet blessing, such as "peace to you." Or a bow.
5. If you meet someone coming out or going in and there is not enough room to pass by, one of you steps aside. You are welcome to keep one foot on the path to remember where you are. And then return walking. Walk at your own pace. There is no need to hurry.

6. Follow the winding path to the center. You may stop at each turn, or continue walking.
7. As you walk, you may reflect on a hymn, word, phrase, art, prayer intentions, or be.
8. When you arrive at the center, stop and be open to the presence of the Holy. You are welcome to stand, kneel, or sit. Take time for quiet and reflection and stay as long as you desire.
9. Follow the path out and begin to integrate any insights or experiences.
10. Pause at the exit and offer a prayer of thanks.
11. You may choose to process your walk by talking with another, writing in a journal, drawing, or quietly ponder what you have learned.