

The Labyrinth is

a spiritual tool for prayer and meditation, for healing, conversion and transformation.

a wondrous pathway that may become a mirror for our own lives and metaphor for our spiritual journey.

a circle and a spiral, each a powerful and ancient symbol of heart, body, mind and spirit.

an ancient pattern found in Crete, Greece, Celtic traditions and rediscovered on the floor of Chartres Cathedral in France, dating from medieval times.

a place to walk with an open mind and an open heart.

A space where walking can help us touch sorrow, release joy, find balance, gain clarity, shed guilt.

*Guide me Holy One,
along the everlasting path.*

Psalm 139

Guidelines

1. Take a moment to breathe deeply and quiet down before you begin.
2. If there are others at the labyrinth, please allow the person ahead of you to get into the labyrinth (about a minute or 2-3 turns) before entering.
3. You are welcome to pass persons in front of you. Don't worry about appearing to be in too much of a hurry. Your pace is your pace.
4. Likewise, if you are moving slowly, you may wish to step aside to allow others to pass.
5. Because the labyrinth is one continuous path, you are likely to meet people on their way out when you are on your way in and vice versa. Simply step aside to allow another to pass, being mindful of where you are.
6. Listen to your body—does it feel like dancing or going slowly, skipping or pausing at the turns?
7. Walk as you wish, with shoes or barefoot.

*"We are not human beings on a spiritual path but
spiritual beings on a human path."*

Lauren Artress

The Labyrinth



Walking the Labyrinth

The Labyrinth is a single path maze so there are no tricks to it and no dead ends.

There is no one way or right way to walk a labyrinth. The only choice you need to make is to enter the path. As you walk, consider what is your natural pace and find your own rhythm.

You do not need to think about anything. You may simply want to be open to the energy and spirit of the place and design. Or you may walk with a particular focus: a question, a problem, a person, a situation.

In walking the labyrinth it is possible to discern 3 stages of the walk.

Shedding—letting go, releasing cares and concerns which distract us or block the work of the Spirit. In the mystical tradition this is called purgation. Quiet your mind and soul. Be present to what is happening now.

Illumination—receiving insight in the center, we ask for clarity about our lives and holy energy for the journey. The center is a place of prayer, meditation and inspiration.

Union—journeying out from the center, we take the experience back to our ordinary lives. We give thanks for any insights or gifts. We may carry a refreshed spirit, a renewed vision, a calm gratitude, a deep awareness, a grateful forgiveness.