

Walking the Labyrinth

While preparing to walk, you may wish to take a moment to reflect on where you are in life. Clear your mind and become aware of your breath. Allow yourself to find the pace your body wants to go. There are no right or wrong ways to walk the labyrinth.

You are invited on three stages of the Walk:

Release – as you walk the path to the center, release. You can release what burdens you. You can let go of “me” details of your life. This is an act of shedding thoughts and emotions.

Receive – when you reach the center. Stay there as long as you like. It is a place of meditation and prayer. Receive what God is trying to pour into you.

Return – as you follow the path out, you are joining the healing power of God at work in the world. Each time you walk the labyrinth, you become more empowered to find and do the work for which your soul is reaching and for which God has gifted and empowered you.

Some Approaches to Consider:

Attentiveness – Quiet your mind, letting all thoughts go as they present themselves. Allow a gracious sense of attention to flow through you, being aware and accepting of what you feel during the walk.

Asking a Question – There may be something on your mind in the form of a question. A burden you are carrying or a decision you need to make. As you walk the labyrinth, focus on this question that you’ve been asking yourself. Questions need only be asked from the heart and soul of our being. There is nothing magical about the labyrinth- it simply allows to open up more deeply, so that God can speak to us more thoroughly.

Repetition - Repeating a word or phrase over and over to yourself while you walk can be a helpful way to focus our attention and listen to God speak to us. Some of you know this habit as centering prayer.

Prayer – Simply pray through your walk, with words if necessary, or with an openness and listening to God, or whatever combination of words and silence seems right on that day.

If you wish to read more about labyrinths, here are two resources:

[Walking A Scared Path: Rediscovering the Labyrinth as a Spiritual Tool](#) by the Rev. Dr. Lauren Artress.

[Creating a Life with God: The Call of Ancient Prayer Practices](#) by Daniel Wolpert has a chapter on walking the labyrinth.

