

Walking the Labyrinth

"We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time." —T.S. Eliot

There is no right or wrong way to walk the Labyrinth.

Suggestions for a labyrinth experience:

Walking the Labyrinth –

- * At the threshold, Reflect;
 - On the way in, Release
 - In the center, Receive
 - On the way out, Return.
- * Pray any way that you usually pray.
- * Some like to identify a question to ponder as they walk
- * You may prefer to repeat a simple mantra as you walk along the paths of the labyrinth
- * On the way to the center: pray for the needs of others
 - In the center: rest in God's presence
 - On the way out from the center: pray for yourself
- * At the threshold: What am I leaving?
 - On the way in: What am I taking?
 - In the center: What am I celebrating?
 - On the way out: What will I offer?
- * On the way in: let go and listen
 - In the center: rest and receive
 - On the way out: move towards committing
- * At the threshold: pay attention to your breath
 - On the way in: pay attention to your body
 - In the center: pay attention to your spirit
 - On the way out: pay attention to your mind
- * Feel free to walk the labyrinth in any way that feels natural and supports your spiritual journey.

After your labyrinth walk –

Immediately after you have walked and prayed the labyrinth it can be helpful to journal about your experience. This may take the form of 'stream of consciousness' writing, just noting how you prayed, or writing a letter to yourself about the experience.

