

## Labyrinth Meditation

Archeological evidence reveals the use of Labyrinths for over 3,000 years. Across the ages and the globe, various civilizations use Labyrinths for ritual walking, walking meditation, sacred ceremony, or to mark rites of passage. They symbolically represent the journey of life, for an individual or a collective community.

The concentric circle arrangement of the labyrinth is carefully designed using principles of sacred geometry. That sacred design engages the attention and energy of the pilgrimaging walker through the channels of the Labyrinth inward to the center point, then conversely outward again.

In modern applications, the Labyrinth resurfaced with contemporary relevancy for meaningful experiences such as:

- \* A meditative path for prayer, inspiration, contemplation
- \* A means to honor a particular event or passage in one's life
- \* A way to acknowledge the natural cycle of the seasons and the year
- \* A means of individual pilgrimage
- \* A sacred space for rituals of self-awareness, transitions, blessings, and celebrations

Traditionally, Labyrinths are constructed as a landscape feature. For modern and convenient purposes, traceable "Finger Labyrinths" emerged as effective ways to receive the reflective and contemplative benefits of a Labyrinth when walking one is not possible. Today, in meditation, we will join together in finger-tracing a labyrinth walk, using the image provided (on page 2; sourced from [www.relax4life.com](http://www.relax4life.com)).

### **Guides for a Labyrinth Meditation experience**

- Create an intention for your walk: pose a query for wisdom or clarity; name a concern you wish to receive guidance for; state a prayer you hold for a loved one...
- Pilgrimage into the center of the labyrinth to release, clear, or ask per intention;
- At the center hold your intention for a few moments of mindful awareness;
- Journey out with clarity and spaciousness for the info of wisdom or perspective.
- At the completion of the Labyrinth, offer gratitude; you may wish to journal any wisdom, awareness, or experiences from the Labyrinth meditation.



