

How to walk the Labyrinth

Learning to walk the labyrinth is like teaching a fish to swim!

There is no one right way to walk a labyrinth. You only have to enter and follow the path. However, here are some helpful guidelines.

At the entrance. Take a few moments to notice how you are feeling. Pause, and be still. Remember you are blessed. This is your walk with God following where the good way of love goes. Wait at the entrance. Become quiet and centred. You may choose to take a few deep breaths, say a silent prayer, or even bow before you begin your journey.

Setting an intention to be attentive, with a still mind and open heart and try to let busy thoughts go.

Try to walk the path 'sole to soul', one step at a time progressing to the centre at your own pace. Walking at a rhythm that feels right, slowly, intentionally, journeying the spiralling sacred path. Walk with a quiet non-judgemental perspective. You may focus on releasing things that hinder our wholeness and inner approach to God.

You are on the good path exactly where you should be.

There is only one path in and out of the labyrinth, there are no tricks, no dead ends. Treat everything as a metaphor. The labyrinth's sacred path supports your intuitive nature.

As you saunter the unknottting path, you may find yourself distracted by other people, thoughts, or feelings that get in the way. Pray the distractions. Follow the distraction to where it leads. What is your irritation about? Shame, Fear ?

There may be unexpected feelings that arise during your walk, even feelings you did not know you had. There may be a lesson here you did not expect, but if you reflect on it, it may enlighten you.

Hold your distractions softly and consider them with gentleness.

Unexpected feelings are common within and around labyrinths. Let them be present. Don't try to figure them out during the walk.

For more Labyrinth resources visit. www.pilgrimpaths.org.uk

At the centre of the labyrinth. Stop, Rest and Receive, linger a while in this 'breathing space' accept your experience. Be in this present moment, in the middle of your walk, in the circle of love. Leave when you feel ready.

As you walk back the focus of your return journey could be the relationship - with yourself, with others and with this earth seen in the light of your relationship with God

When you find yourself back at the beginning, see how your perspective has changed.

Often a feeling of strengthening ,centring and integration occurs. Thank God for the time set aside to intentionally walk this way of light and seek Gods face.

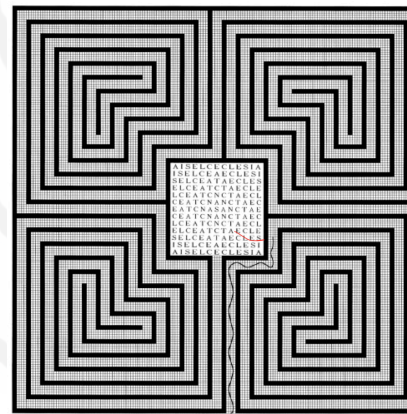
After traversing the labyrinth, reflect on any insights you have had. Write down or draw what came to mind and heart to think and pray about later.

Let your experience be your experience.

Each labyrinth walk is as different as every person who walks it.

Reflecting on your walk by journaling at the end of the walk is always very helpful and beneficial.

The next time you walk the labyrinth it will be different again. As you will be different.



The first recorded church Labyrinth is a Roman style in Algeria, North Africa and dates back to 324 CE.



The Most famous Labyrinth, Chartres Cathedral floor, France. Labyrinths are common in manuscripts and as large walkable labyrinths in cathedrals in the medieval ages.

Show me Your ways , O Lord, teach me Your paths. Psalm 25:4

All about Labyrinths

Labyrinths have been around for over 4000 years. They seem to emerge and re-emerge to capture interest at different times in history in different forms.

There is evidence of the 'Classical', the most ancient labyrinth pattern, from Southern Europe to Northern Africa, in rock carvings , paintings, inscriptions on pottery, tiles and coins. The design began to appear in Asia, Southern Africa and the Americas in all these forms plus wooden sculptures and woven baskets.



The Hollywood Labyrinth

The Hollywood Labyrinth Stone is probably one of the earliest examples of the labyrinth in Ireland. A Classical labyrinth decorates a large boulder dating from the Mediaeval period. Originally located beside St. Kevin's Road, an ancient pilgrim paved pathway, which lead through the Wicklow Mountains to the famous monastery at Glendalough, founded by St. Kevin in the mid-6th century CE.

Happy are those whose strength is in you, whose hearts are set on pilgrimage.

Psalm 84:5

“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”.

TS Elliot

Throughout the long history of labyrinths, whenever and wherever society is going through rapid change and development, the labyrinth has blossomed. Now, humanity is seeking the sure path of the labyrinth in an uncertain and confusing world.

Jeff Saward



Classical 7 circuit Labyrinth

Walking the Labyrinth

The Labyrinth offers a beautiful sacred space and pilgrim path. An invitation to slow down and be still, to connect afresh with your deep inner resources. It's a place of calming rest and recharging.



The practice of walking the labyrinth creates and enriches a peaceful state of mind and heart, to enable fruitful prayerful silence. Walking the Labyrinth supports our intuitive nature and helps us hear God's heartbeat.

Labyrinth walks and meditations are about transformation and change. It's a slow process that comes through knowledge, experience and reflection. The pilgrimage of bringing the prayer of the mind into the prayer of the body, the heart.

A sacred walk from sole to soul.

The labyrinth is not a maze. Mazes have dead ends, choices, many paths, they are multicursal. A Labyrinth has one winding path, to the centre and returning, they are unicursal. A maze is designed to make you lose your way and a labyrinth is designed to help you find your way.

Labyrinths have been used for thousands of years in different cultures for different reasons.

There is no right or wrong way to walk a labyrinth.

Each labyrinth walk is as different as each person walking it.

Let your experience be your experience.

Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth.

Stand at the crossroads and look and ask for the ancient roads,
ask where the good way goes walk in it and find
rest for your souls

Jeremiah 6:16

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