

HOW TO USE THE LABYRINTH

Tracing the path of the Labyrinth with your finger is calming & relaxing. It is a form of self reflection prayer and meditation.

It engages your rational, logical, analytical mind to concentrate on following the Path and at the same time releases your intuitive, instinctual, imaginative mind, balancing the two, giving you time and space to let go of worries and just 'be'. It is a form of self reflection prayer and meditation.

Find a comfortable peaceful place to sit. Take a few moments to notice how your body is feeling. Take a few deep slow breaths in and out. Try to be still.

Hold the labyrinth on your lap or on a table or tray in a position where you can be comfortable but attentive. Touch the surface of the labyrinth close your eyes and feel its texture. Notice the notches, the 'speed bumps' at the entrance/exit, to help you slow down and be totally in this present moment, notice the six petalled flower in the middle.

When you are ready slowly begin to trace the labyrinth path, use a finger on the hand you do not write with, your non-dominant hand. Slowly follow and trust the path. There is only one way to the centre both in and out. Take your time, go gradually, unhurriedly.

Release any tense feelings & thoughts that come to mind, make a note of them, you don't have to engage with them now, you can come back to them later. **Remember** you are loved & unique, breathe slowly and trace the path to the centre.

When you reach the centre, stop. **Rest & receive.** Give yourself permission to be in the moment totally, linger here awhile. Offer your concerns, prayers and decisions to God. You are loved as you are and wherever you are on your unique path.

The central 6-petalled rose symbolises love and union with God. Each petal of the rose, from left of the entrance path in clockwise direction, represents the mineral, plant, animal, human, angelic and the divine. When you feel ready, **return** back to the beginning, still breathing slowly, trace the path out again, taking any thoughts or insights you have received.

Those who put their strength in you are truly happy; pilgrimage is in their hearts.

Psalm 84:5

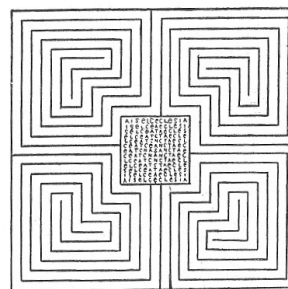
When you find yourself back at the beginning, take some time to **reflect** and give thanks. You may feel lighter, stronger, and ready to engage with the world again.

It's beneficial to Journal your experience. So write down and or draw your experiences. How did you feel? What did you think as you took this time to walk and pray?

Using labyrinths creates and enriches a state of mindfulness enabling fruitful prayerful silence. They help reduce inner noise and confusion of our everyday busy lives. They help us slow down, find peace, and a place of rest to hear God's heartbeat.

TAKE ANOTHER TURN

There are 12 180° turns going in as you reach into the centre and 12 180° turns as you exit. What will these turns mean for you? Turn over a new leaf, turn a deaf ear, speak out of turn, one good turn deserves another. Everything in a labyrinth is a subtle metaphor, as you slowly walk to catch up with your soul and really, deeply listen to your life.



Christian labyrinth
Algeria,
North Africa 324 CE.

Labyrinths have been used for for thousands of years in many different cultures. The first recorded Church Labyrinth is in Algeria, North Africa dating back to 324 CE.

The Spirit Labyrinth is printed from Eco friendly, sustainable plant polymer natural material

Designed by Jim Bailey 2023



The full size version of this Labyrinth at The Northumbria Community Acton, Northumberland

See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way— the path that brings me back to you

Psalm 139:24 TFT

You are my God. Help me to do your will, and let your gentle Spirit lead me on the right good paths. Show me Your ways, O Lord, teach me Your

For more labyrinth meditations see WWW.PILGRIMPATHS.ORG.UK

*On your path, O my God, and not my own, be all my journeying.
Rule this heart of mine that it be only Yours. God's path would I travel,
my own path refuse. May I tread the path to the gates of glory.*

Celtic Daily Prayer

Your real journey in life is interior; It is a matter of growth, deepening, and of an ever greater surrender to the creative action of love and grace in our hearts. Never was it more necessary to respond to that action.

Thomas Merton

"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

"The Labyrinth is gracious and generous with its gifts for all who enter it. It reintroduces the much-needed walking meditation back to the Christian tradition. It gives everyone a tool for spiritual experience. It heals and consoles, supports and confronts, and helps us remember the ancient path where others have trod before others. Labyrinths allows us to experience the rhythm of our souls. It weaves us together in the joy and mercy of Gods grace"

Rev. Lauren Artress, Walking a Sacred Path.

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

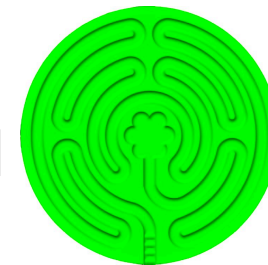
Since before the medieval ages, labyrinths were common in Christian manuscripts long before becoming walkable large scale labyrinths in cathedrals, especially in France and Italy. Turf labyrinths were found in Great Britain on village greens, today only 8 are left.



*The Labyrinth in
Chartres Cathedral*



SPIRIT FINGER LABYRINTH



The Labyrinth is an ancient archetype symbol, a metaphor for life's journey, a representation of pilgrimage that offers a deep way of embodying prayer for growth, transformation & spiritual renewal. Labyrinths provide opportunities for mindfulness, and of finding an oasis of calm and relaxation. They help us slow down to catch up with our soul, still the busy mind, and connect again with our deep inner resources.

Finger labyrinths are an excellent addition & alternative when it is not possible to walk a full sized labyrinth and to let your fingers do the walking. The Chartres Path finger Labyrinth is illustrative of you unique life journey of your inner being, or higher self, your soul.

The Spirit, Finger Labyrinth is a five circuit labyrinth. It invites you on tacit tactile sacred journeys through touch and feel to embody a deeper, more tangible engaging experience of self reflection contemplation, mindfulness and prayer.

A labyrinth is not a maze. Mazes, have multiple paths which branch off with dead ends that don't lead to the centre. (multicursal). You get lost in a maze but found in a labyrinth. To reach the centre you must turn away from it, go backwards to move forwards, become seemingly lost, spin around, twist and turn, wander and wonder in its absorbing, sometimes immense encounters, just as in life, as you travel, and experience your experience. The labyrinth is a place of change, (metanoia) transformation and growth in self-awareness and self-acceptance to discover your true life's work. Walking labyrinths is like teaching fish to swim, it is an enriching contemplative practice that helps us to discover, turn corners and re-discover, wholeness well-being, rest and restoration, contentment and calm, peace deep joy in our frantic world.