

How to Use the Labyrinth

Tracing the path of the Labyrinth with your finger is calming & relaxing.

It engages your rational, logical, analytical mind to concentrate on following the Path. It simultaneously releases your intuitive, instinctual, imaginative mind, balancing the two, giving you space to let go of worries and just 'be'.

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 where you can be comfortable but attentive. Touch the surface of the labyrinth, close your eyes, and feel its texture. Notice the notches and the "speed bumps" at the entrance and exit. Notice the six flower petals in the middle.

When you are ready, slowly begin to trace the labyrinth's path. Use a finger of 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, and do not hurry.

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

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

The central six-petalled rose symbolises love and union with God. Each petal of the rose, from the left of the entrance path in a clockwise direction, represents a mineral, plant, animal, human, angelic, or Divine element. When you feel ready, return to the beginning, still breathing slowly. Then, 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.*

Psalms 84:5

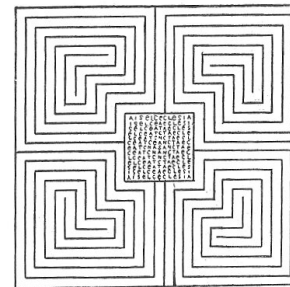
When you find yourself back at the beginning, take some time to **reflect** and give thanks. You may feel lighter, stronger, and ready to engage with the world again.

It's beneficial to Journal your experience. So write down and/or draw about 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*

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 paths.

Psalms 143:10 Psalm 25:4

*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.

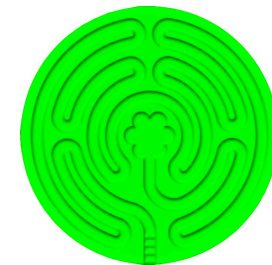


*The Labyrinth in
Chartres Cathedral*

WWW.JIMBAILEY.ORG



**SPIRIT
FINGER
LABYRINTH**



The Labyrinth symbolises life's journey and pilgrimage. It serves as a profound means of embodying prayer for growth and spiritual renewal. Labyrinths foster mindfulness and offer an oasis of calm, aiding us in slowing down, connecting with our souls, and revisiting our inner resources.

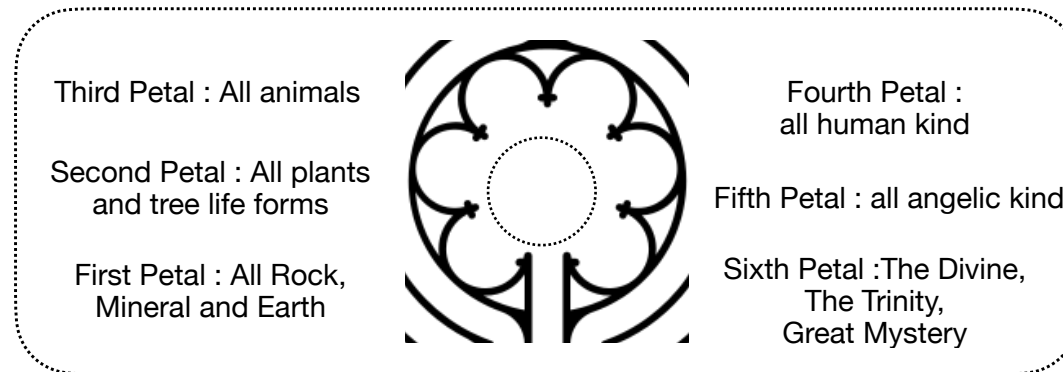
Finger labyrinths are a great alternative when walking a full-size labyrinth isn't possible.

The Spirit, Finger Labyrinth is a five-circuit labyrinth that invites you to embark on subtle, tactile sacred journeys through touch and feel, facilitating a deeper and more engaging experience of self-reflection and contemplation.

A labyrinth differs from a maze. Mazes have multiple paths with dead ends; you get lost in a maze but find yourself in a labyrinth. To reach the centre, you must turn away and go backwards to move forward, facing seemingly confusing encounters that echo life's journey. The labyrinth fosters change, transformation, and self-awareness to uncover your true purpose.

Walking labyrinths enrich our contemplative practice, helping us discover wholeness, well-being, rest, and deep joy in a frantic world.

www.pilgrimpaths.org.uk



Each element of creation, each petal is interconnected. What do you feel as you stand or sit in each petal space ? There is also a Seventh centre petal that is invisible. How does this feel or speak to you?