Walking the Labyrinth

The labyrinth is a spiritual tool for meditation and prayer. We are rediscovering a long-forgotten mystical tradition of the Christian faith. Labyrinths, or similar spiritual tools, have also been found in many other religious traditions and cultures.

Walking the labyrinth makes one available to God, and, thus, to transformation and healing. It is not a maze with tricks and binds, but one path that winds throughout taking us to the center. The labyrinth is a metaphor for our own spiritual journey. It touches our sorrows and releases our joys, so walk the labyrinth with an open mind and heart.

There are three stages of the walk

<u>Shedding</u>—a releasing, a letting go of all the busyness of life that distracts us and keeps us from hearing God's voice.
<u>Illumination</u>—a place of meditation and prayer (center). Stay there as long as you like. Receive what is there from God.
<u>Union</u>—a joining to God, your Higher Power, or the healing forces at work in the world. Each time you walk the labyrinth, you become more empowered to find and do the work you are called to do.

Guidelines for the walk:

1. You are on holy ground. Clear your mind, and open your heart.
2. Allow yourself to find the pace your body wants to go. Walk, skip, run, dance, leap, or crawl. There is no right or wrong way to "walk" the labyrinth.
3. There may be times when you want to stop and rest. There are spaces at each turn called labyrs where you may step outside the path and be still.
4. You may come upon a traveler who is moving at a different t pace than you. You may "pass" others or let others step around you whichever is easiest at the turns. The path is two ways. Those going in will meet those coming out. Do what feels natural.
5. Please feel free to laugh, cry, or sing if you are moved to do so.
6. Please respond to all contact with other walkers thoughtfully and considerately. If, by chance, you find yourself lost or confused, feel free to walk off the labyrinth and begin again; or simply choose a place within to begin again.