

WALKING THE LABYRINTH



FOCUS

Pause and wait at the entrance. Become quiet and centred. If you wish, give acknowledgment through a bow, nod, or other gesture, and then enter.

EXPERIENCE

Walk with a purpose, an idea, a question, or an image in your mind. Or just be open to what emerges. When you reach the centre, stay there, and focus several moments. Leave when it seems appropriate. Be attentive on the way out.

AFTER YOU EXIT

Turn and face back to the centre. If you wish, give an acknowledgement of ending, such as “Amen”, or a thought or word of thanks.

REFLECT

After walking the labyrinth reflect on your experience. You may wish journal or draw to capture your experience.

WALK OFTEN