

LABYRINTH

wholeness takes practice

Preparing

Before you start, center yourself. Settle your mind. Bring your awareness to the present moment. Leave any distractions outside the labyrinth and slowly enter.

Entering

Focus on the intention you choose for each walk. Let each step and each breath gently support your intention. Focus on your breath and gently move along the path.

Centering

Pause in the center and allow yourself time to receive, reflect, and renew. Give yourself plenty of time to receive any peace or release that you might experience. Allow the pause in the center to reframe, renew, revive, or restore you. Silently stay until you are ready to move out of the center.

Returning

Slowly walk back out of the labyrinth, following the path. Maintain a contemplative, relaxed state so that the journey out gives you time to process and integrate your calm state, experience, or insight. You may imagine bringing these into your life outside the labyrinth.



Labyrinth Basics

The labyrinth is an ancient meditative tool for practice. It provides a space for reflection, contemplation, emptying, insight, and processing. There is one serpentine, circling path leading to and returning from the center. There are endless possibilities for how one journeys and interacts while walking on this path.

As in other contemplative forms of practice, there are many ways for you to participate. For example, you may wish to empty yourself of thoughts, concerns, and judgments. You may prefer to focus on a specific blessing or general gratitude. Your intention may be to stay present with each step. You may want to carry a burden of your own or someone else's to the center. You may start with one intention and follow a different one as you journey inward. There is no right or wrong way to walk the labyrinth.

