

## Guidelines for Walking a Labyrinth



There is no “right” or “wrong” way to walk a labyrinth. Start by stating “quiet the mind, open the heart”. Because you are walking, the mind is quieted. Labyrinth walks are sometimes referred to as “body prayer” or walking meditation. I suggest that people may want to see the walk as three parts to a whole experience – but I recognize many go through the walk and these parts at different stages.

The entrance can be a place to stop, reflect, make prayer or intention for the spiritual walk you are about to take. The walk around the design to the centre can be a “letting go” – a quieting of the thoughts, worries, lists of tasks to do, a letting go unto the experience of being present in the body. Arrival at the centre rosette – a place of prayer/meditation – “letting in” God’s guidance, the divine into our lives. When ready, the walk out “letting out” takes us back into our lives, empowered by spirit to transform our lives and actions.

In many ways, we see the labyrinth as a call to action, a transformation spiritual tool for people. It can aid healing, help in releasing grief, (people often shed tears during the “letting go”), help guide through troubled times, aid in decision making, illuminate our purpose in life, and act as a tool of celebration and thanks.

### **Meditation within a labyrinth**

1. Stand in front of the entrance to the labyrinth. ...
2. Centre yourself by taking a couple of deep breaths. ...
3. Acknowledge your coming meditative or spiritual journey within the labyrinth. ...
4. Begin your walk. ...
5. Continue to walk. ...
6. Pause on reaching the centre. ...
7. Walk out.

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