

Guidelines for Walking the Labyrinth

You enter the labyrinth and follow the path as it winds its way toward the center. You pause in the center as you like, then turn and exit the labyrinth on the same path you came in, just going the opposite direction. The labyrinth is a pathway – it winds around from the outside to the center, and back again. It looks a bit like a maze, but it is not a maze; there are no tricks or dead ends. The invitation is to walk it with an open heart and mind for inspiration, meditation, and divine guidance.

- There is no right or wrong way to walk the Labyrinth. Just stay silent and focus on your own journey. Please avoid making eye contact with others.
- As you begin your walk, take a few deep breaths at the start of the path, find your center, and focus on your intentions.
- Find your own natural pace as you walk. You can walk slowly, fast, crawl, dance, skip or pause at any point as you walk to or from the center.
- If you are walking faster than somebody, you can pass them.
- In the center of the labyrinth, you can stay as long as you want. You can kneel, meditate, stand, or just leave. Again, follow your own natural pace.
- Since the Labyrinth has only one path, you may encounter others and can simply allow them to pass.
- Remember everything on the Labyrinth is a metaphor.
- Enjoy your experience. Listen to your own heart and take all the time you need.
- Walking a Labyrinth is a body prayer. It is non-threatening; all we are asked to do is walk.

What to Focus:

What you focus on at the time may be determined by where you are in your life and what your questions, concerns or goals may be in the moment. It is best to walk the labyrinth with an open heart and an open mind, asking for that which is for your highest good.

Here are some suggestions:

You might walk it as a kind of prayer.

You might walk it as a symbolic journey, as mentioned above.

You might set the intention to receive inspiration, or to receive an answer to a question, or solution to a “problem.”

You might walk the labyrinth with the intention to unwind, to let go of a worry or burden of some sort –letting it go when you reach the center.

You might use the labyrinth for learning more about yourself and life, by simply being aware of how you walk it and what you observe as you walk it.

Background:

The Labyrinth is an archetype (a prototype), a divine imprint, found in all religious traditions in various forms around the world. By walking this labyrinth, we are rediscovering a long-forgotten mystical tradition that is insisting to be reborn. The path winds through and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys.

The power of walking the path of the labyrinth is in its simplicity. The labyrinth presents an orderly path to quiet the mind, and as the body moves into a peaceful rhythm of walking, one becomes more closely in tune with the divine. Step-by-step, one becomes more receptive to insight and illumination.