

Walking the Labyrinth



There is no correct way to walk the Labyrinth – each journey is very personal. Enjoy your journey!

Before you enter:

Personal Belongings: Take off your shoes. Leave your purse or other belongings in a secure place.

Clear your Mind: Take a moment to leave the day behind. Breathe. Pray. Be still. Open yourself to possibilities.

Set your Intention: Are you seeking direction? Peace? Clarity? Healing? Prepare yourself to receive.

On the Labyrinth:

At the Entrance: Take one more minute to pray, breathe, and focus before you begin your journey.

Walking the Path: Walk at a slow, measured pace. Walk with intention. Pause if you have need. Focus on the journey not the end goal. Naturally allow others to pass you or, you them, as you journey in and out of the Labyrinth.

At the Center: Take time to reflect, pray, journal, or meditate. Spend as much time as you need.

The Return Path: Focus on what you have learned or experienced. Reflect on how you will move forward from this experience. Pause if you feel need. Don't rush. Maintain focus and peace.

At the Exit: Pause. Pray. Reflect. Breathe. Move forward with your journey outside of the Labyrinth but purpose to bring the experience with you.

The Lessons of the Labyrinth:

Allow the practice to lead you.

Allow emotions or tears to arise naturally.

Allow insight and understanding in, without judgment. For now, just receive.