**How to Walk the Labyrinth**

There is no right way or wrong way to walk the labyrinth. Do what feels natural. Relax. Enjoy the journey.

**Guidelines for Walking the Labyrinth**

* Clear your mind and become aware of your breathing. Stop talking.
* If you desire, say a prayer or begin a meditation before moving to the entrance.
* Gradually release the day’s stresses as you start walking.
* If walking the labyrinth as part of a group, view it as a shared journey.
* Find your own pace. Don’t rush. Realize that some will walk faster than others.
* Let other travelers step around you as necessary. Remember, the labyrinth is a two-way street.
* Once at the center, sit, rest and focus for as long as you like. Pray or meditate, if so moved.
* As you walk out from the center, be aware of any changes within you. Concentrate on the experience of inner renewal.

**The THREE-FOLD Path:** *Spiritual Imagery for Walking the Labyrinth*

**PURGATION ~ The Journey Inward** Purgation (cleansing) happens as you let go of the details and concerns of your everyday life. Empty your mind and quiet yourself. Find your own pace.

**ILLUMINATION ~ Sitting in the Center** Illumination (revelation) occurs as you open yourself, perhaps through prayer or contemplation, to receive whatever gifts God desires to share with you: love, peace, forgiveness, joy, inspiration.

**UNION ~ Return to the Outside** Union (fellowship) happens as you enjoy God’s presence within you. As you leave the center and retrace the path, be aware of God’s presence. Allow it to fill and calm you. Carry the Divine light within as you move forward into the world

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**An Invitation to Walk the Labyrinth**



**What is the Labyrinth?**

The labyrinth can be described as a powerful spiritual tool whose path leads one to one’s own center. It is a sacred design, a divine imprint or archetype. This ancient “pattern with a purpose” is now coming back into use as people all over the world seek new ways to experience and understand their life journeys.

The labyrinth pattern has one concentric, circular path with no dead ends, which always leads to the center. By following the one path to the center, the seeker can use the labyrinth to quiet the mind and find peace and illumination at the center of his or her being. This is a tool for meditation that serves as a metaphor for one’s spiritual journey. The labyrinth reflects back to the seeker whatever he or she needs to discover.

**The History of the Labyrinth**

Various styles of labyrinth patterns can be found in ancient cultures dating back as far as 5,000 years and found in places as diverse as Peru, Arizona, Iceland, Crete, Egypt, India, Sweden, England and France. Christians have practiced this particular form of walking medication since at least the 13th century, when a labyrinth was placed on the floor of Chartres Cathedral in France. The labyrinth gave Christians who would otherwise have been unable to make the journey to the Holy Land a way of emulating the experience of making a pilgrimage. By following the path from the outside of the circle to the center and back again, they hoped to experience something analogous to the transforming journey to Jerusalem.

**Why Choose to Walk the Labyrinth?**

One might choose to walk the labyrinth for any number of reasons. Perhaps to evaluate life choices, think deeply about a particular issue or there may be a longing to contemplate the Divine. Walking the labyrinth could lead to personal discovery, spiritual insight, a sense of connectedness and inner peace. Each Walk is unique. Of utmost importance is to walk with an open heart and mind.

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