Walking the Labyrinth: A Guide

Labyrinths have been used by many cultures and religions around the world for thousands of years. Walking the labyrinth can represent a sacred pilgrimage, and be used as an opportunity to slowly and meditatively explore personal and spiritual matters. It is not a maze, but rather a sacred path, leading to the center.

Preparing to Walk

• Enter humbly, recognizing all humans are on the same path, but at different points.
• Allow courteous spacing if others are ahead walking the labyrinth.
• Perhaps set an intention or offer a prayer; open your heart.

The Journey In

• Walk mindfully, pay attention to your inner experience and the beauty around you.
• Consider your dreams, hopes, fears, where you are on your life journey.

In the Center

• Rest.
• Reflect.
• Receive.

The Journey Out

• Retrace the path to where you began.

At the End

• Go mindfully.
• Blessing and peace be with you.

A Prayer for Labyrinth Walkers

“Bless, O Lord, this labyrinth and all who will walk its winding course. Help us to trust this path as a symbol of our life with you: that no matter how far we may feel from you, you are always there at the center, waiting for us and welcoming us home. Amen.”