

## Facilitating a Labyrinth Walk



- Start off at intervals allowing sufficient space between you and person in front of you.
- Pause at the entry to the labyrinth to become fully conscious of the act of stepping into the labyrinth. Take a moment and reflect on where you are in your life. “Where am I in my life?” “How do I come to this experience?”
- Find your own natural pace, moving with the rhythm your body wants to go. Feel free to move around others or let others move around you.
- When meeting another on the path, do what feels natural to you and respects the other. You may look up and greet the person with a smile or you may stay with your meditation, keeping your eyes focused on the path.
- You may pause and rest at any time along the path and spend as much time in the center as you desire.
- If by chance you find you are lost or confused feel free to walk off the labyrinth and begin again.
- Remember there is no right or wrong way to walk a labyrinth. The invitation is simply experience your experience.
- The labyrinth has a cumulative effect, expanding healing and peace. The first walk may simply be just to get to know the path.

*Each time you walk the labyrinth your journey will be new  
as you bring to the experience the person you are in the moment.*

*Walk with an open heart and mind!*