

Walking the Labyrinth

The labyrinth is...

An ancient and powerful symbol of wholeness. The spiral pattern when walked, is thought to be a spiritual journey, and symbolic of one's path in life. In recent years, labyrinths have undergone a dramatic revival as a meditation, relaxation, and spiritual tool. Unlike a maze, a labyrinth is a continuous circuit with no dead ends. The labyrinth provides sacred space, a divine container to slow down and listen.



*The labyrinth provides the sacred space
where the inner and outer worlds
can commune, where the thinking mind
and the imaginative heart
can flow together.
-Lauren Artress*



Walking the path, one time honored way...

Journey In: Releasing

Walking toward the center you are invited to give yourself to letting go, releasing, relinquishing. With each step, quiet, let go of the details of life, and open to the journey.

The Center: Receiving

The center is a place of receiving, prayer, meditation, illumination. At the center wait in silence. Listen to the sounds around and within you. Receive energy, new insight, serenity or whatever is there for you.

Journey Out: Returning

To leave the center, you retrace the path that brought you in. Carry your unique experience out into the world. It may be a refreshed spirit, renewed vision, sense of gratitude, calm or acceptance.

Reflecting after a labyrinth walk...

After you have walked the labyrinth you may choose to ponder what touched you, inspired you, challenged you and surprised you. You may also wish to let the experience unfold as it will, listening to your inner voice.

*Each time you walk the labyrinth,
your journey will be new,
as you bring to the experience
the person you are in the moment:
the dreams you cherish,
the regrets you harbor,
your gifts, flaws,
bumps and bruises.
Come as you are.
Walk as often as you can!*



**Take, O take
me as I am,
Summon out
what I shall be,
Set your seal
upon my heart
and live in me.**

~A Labyrinth Prayer

Labyrinth Suggestions

Pause at the entry to allow yourself to be fully conscious of the act if stepping into the labyrinth.

Allow yourself to find the pace your body wants to go. There may be times you want to stop or rest.

If you come upon a traveler who is moving at a different pace from you or someone who is moving in the opposite direction, you may pass each other by stepping around one another. Do what feels natural.

Feel free to laugh, cry or sing and respect the need others may have for quiet meditation.

If by chance you find you are lost or confused feel free to walk off the labyrinth and begin again.

Pathways has two prayer labyrinths. The 'Renewal Labyrinth' located just behind the Retreat House (eight circuit Chartes) and the 'Walnut Grove Labyrinth' situated deeper into the forest (seven circuit Cretan). You are welcome to walk on your own, dawn to dusk, no reservation necessary. For guided group walks contact Pathways Retreat.



Labyrinth

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