



Welcome to the Labyrinth Walk

Background

The Labyrinth is a single, spiraling path that leads to a central area. You walk the same path back out returning to the beginning. There are no tricks or dead ends unlike mazes. The labyrinth is often referred to as an archetypal image as it emerged in different cultures over 4000 years ago and is thought of as a mirror or metaphor for the spiritual journey and the evolutionary spiral of life. The Labyrinth you are walking is a replica of the 12th Century Labyrinth in Chartres Cathedral, France.

The Walk

There are three stages to the walk:

The Walk to the Centre – Releasing, Letting Go

We release or let go whatever we need to and those things which are no longer serving us or others.

At the Centre – Receiving

A place of meditation and prayer. The centre is a place to pause for a while and be open to receiving whatever you need. It is a place of listening and sensing what needs or wants to emerge within you or within a situation or issue you are reflecting on.

The Walk Back – Return, Integration

We crystallise the insight or idea and return to the world renewed and empowered. The return path is the start of embodying this new insight or way of being.

Guidelines for the Walk

There is no right or wrong way to walk or move in a labyrinth. Do what is right and natural for you. Please remove your shoes before walking to protect the canvas. Allow yourself to go the pace your body wants. There will be comings and goings on the labyrinth as we start the walk at different times and meet people on the path – do what feels natural to accommodate or pass others.

Suggestions for Walking the Labyrinth

These are suggestions for you to take or leave, not instructions:

Open attention

One approach is to simply quieten the left brain, thinking mind for a while. If thoughts arise, which they will, gently notice that you are thinking, label it 'thinking', and then gently return to your breath focusing on the out-breath. In this form of walking the labyrinth the focus is to allow a gracious sense of attention to be present.

Asking a question

A second approach is to focus on a question that has emerged for you and which is important. Open questions are useful to take into the labyrinth rather than closed questions with yes/no answers. Part of the preparation for the labyrinth walk can be to bring these questions into your conscious mind. You may want to write these thoughts down before you walk. The labyrinth can be a place which allows our consciousness to open so that deeper and new parts of ourselves are revealed to us more directly.

Use of repetition

Some people like to repeat a mantra or simple prayer silently to themselves as they walk. This could be an affirmation which is important to you.

Asking for help through prayer

Another method is simply to pray during the labyrinth walk. The Labyrinth is a sacred space where we can talk to and listen to God or the Divine. If something is weighing heavily on your heart and mind, walking the labyrinth and sharing that concern with God can be an enormous support.

'As you start on the Way, the Way appears.' Rumi

'Ask and you will receive so your joy may be complete'. John 17 v24

'We are in God. And God whom we do not see, is in us'. Julian of Norwich

'Earth and heaven are in us'. Mahatma Ghandi

'The Kingdom of God is within you'. Luke 17 v21

'We are meant to be mothers of God. For God is always needing to be born'. Meister Eckhart