

No one can know God that has not first known himself [or herself]. Go to the depths of the soul, the secret place... to the roots, to the heights; for all that God can do is focused there."

Meister Eckhart



Some Suggestions for your walk

(Most important - there is no right or wrong way to walk the Labyrinth!)

Pause at the entry way. Clear your mind, become aware of your breath. You may want to spend some time around the outside of the labyrinth before you begin. You may want to use a ritual such as bowing before beginning. Leave ample space between yourself and the person ahead of you.

Follow your pace. Allow yourself to find the pace your body wants to go, which may be fast, slow or in-between. You may pass others or let them step past you. There are places to step off and pause if you need more time along the way.

The path is two-way, so those going in will meet those coming back from the center. You may acknowledge one another with a look, a nod, a hug or not. No words are spoken on the labyrinth.

You are free to walk the labyrinth in your shoes, though you may want to experiment with taking them off. When you walk the labyrinth you step out of linear time and experience the eternal now. By walking the labyrinth we can slow the inner world down enough so that the inner and outer worlds are connected - a sense of awe, wonder, union may arise when this occurs.

After you walk you may want to maintain the experience by forgoing television or radio for the rest of the night or for a set time.

Blessings upon your walk!

Approaches to the Labyrinth

*Participating in the labyrinth is like
Taking a thoughtful walk
Going on a symbolic journey or pilgrimage
Taking part in a religious dance*



“Walking a labyrinth is a body prayer. It is non-threatening; all we are asked to do is walk. 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. It gives us a glimpse of other realms and other ways of knowing.”

Lauren Artress, *Walking a Sacred Path*

There are three movements to the labyrinth, and you are free to make of them whatever you like:

Moving Inward, Centering, Moving Outward

Please use these suggestions if you find them appropriate. You might want to select one from each movement and try it, or create your own rhythm to each of the movements. Using all the suggestions at once is overwhelming.



Moving Inward

(A time to cast off, discard, divest, unwrap, forget)

1. Discard our many roles (mother, father, wife, husband, partner, sister, brother, student, accountant, teacher, pastor) and simply say "I am."
2. Leave the noise, demands, voices around us, and enter a soothing silence.
3. Unload our guilt, resentment, self-hatred, failures, depression, shame, and forgive ourselves.
4. Set aside all the things we think we want and need, hoping to find what God wants.
5. Leave the familiar world of day-to-day living for a different experience.
6. Choose to ignore all our ideas about God and theology, and return to the beginning of our faith.
7. Reject the anxious desire to get the most out of the labyrinth, simply become open and expectant.

Centering

(A time to be open, expectant, and receptive, as though we were receiving a gift)

1. Take the risk of recognizing an emptiness within ourselves that only love can fill.
2. Enjoy the silence, stillness, waiting, and the simplicity of nothing happening.
3. Take time to listen to an inner voice or to nothing or to mystery.
4. Contemplate the blessing of the hidden nature of God who cannot be fully known, cannot be manipulated, cannot be made into an idol, cannot be pinned down, contained or tamed.
5. Consider the possibility of the new, the miraculous, the transfiguring entering our lives.
6. Remember that the Spirit, like the wind, blows where she will.



Moving Outward

(A time to gain direction, satisfaction, comfort, and new energy)

1. Decide to continue a journey deeper into the love of God.
2. Refuse to take up again the guilt and hatred of the past.
3. Seek a simpler and more focused life.
4. Rest in the knowledge of God's unconditional love.
5. Move away from anxiety toward peace and faith.
6. Seek the direction of the Spirit.