

A Brief Introduction to the Labyrinth



Labyrinth Basics

- Walking the labyrinth is a prayer.
- There is no right or wrong way to walk the labyrinth.
- As you begin your walk, take a few deep breaths at the start of the path, find your center, and focus your intentions.
- Find your own natural pace as you walk. You may walk as slow or fast as you want. You may vary your pace or stop along the way.
- If others are on the path with you, feel free to step around them or let them step around you. Sometimes you will meet people who are on their return path: feel free to step aside and let them pass without any word or interruption.
- In the center, you may stay as long as you want. Again, follow your own natural pace. Sometimes it may be necessary to pause before entering the center to allow others to begin their return and thus make space for you.
- Each experience with the Labyrinth will be different. Sometimes it may feel as though nothing has happened and other times you may have a strong experience.
- Take time to be aware of the presence of God. God is with you on your journey.

Some Ideas for Labyrinth Walking

One writer has said, "There are as many ways to walk the labyrinth as there are people on earth." That may be an overstatement, but not by much. Feel free to make the labyrinth experience your own,

bringing to it the prayer that you feel called to pray. Here are just a few possibilities for your walking:

Simple attention – As you walk, simply quiet your mind. As thoughts come, let them go. Just walk and be present.

Repetition – Carry a word or phrase with you, repeating it as you go. The word or phrase should be simple – “love,” “peace,” “Jesus,” “Come Holy Spirit,” “Christ have mercy.”

Meditation on a passage of Scripture – Recite or read a scripture passage or written prayer. You might want to begin with a familiar Psalm or the Lord’s Prayer.

Intercessory prayer – Lift up in prayer a specific person or concern as you walk. Share the labyrinth journey with them, holding them in your prayer.

Praise and thanksgiving – Offer God praise and thanks as you walk.