

WALKING A LABYRINTH



A labyrinth is an ancient tool that can help in deepening our spirituality, bringing forward the connection to our soul which helps us tap into our intuition, creativeness, simplicity, body, spirit, intimacy and community. It is a walking meditation or prayer that engages your body, mind and soul. It is a path in-



ward and a path outward, which is the same path, and represents the path we are on in life.

Walking the labyrinth is a meditation. As you move *slowly* through it, ask a question, put forth an intention, look for a sign. When you reach the center, simply close your eyes and breathe.

How we use the labyrinth is a very personal experience. The labyrinth invites all experiences into its energy; be it grief, joy, love, wonder, or play. Walking the labyrinth is the way to listen to our inner self and get the answers and support of Spirit and the Universe.

Each time you walk the labyrinth may be for a different reason. You may be seeking:

balance or centering
connection to your higher self

healing
opening awareness

experiencing the energies

When we start to walk the labyrinth, we should stand at the opening and take a minute to reflect on what it is we want to learn or the answer we seek. Pause, breathe deeply, and focus attention on your intention so that you are inviting a clear answer. The more consciously we prepare for our walk, the deeper the walk will be.

Start the walk by offering gratitude to your Ancestors, to the Earth, to Life and to the blessings of being at the very center of your community. This is the time to ask for guidance and support from that Being or principle in whose Light you walk and in which you believe; be it Nature, Higher Power, Creator, a spirit animal, an angel, wisdom guide, favorite god or goddess, or the winds. You can take this opportunity to bow to this special Life Force and give thanks. This can be a verbal, visual or a physical bow.

Acknowledge your intention, your support and the commitment to the truth. When you are finished, take a deep breath, step into the labyrinth and let your walk take you to the place of peace and understanding.

Once you reach the center of the labyrinth you can:

relax

meditate

seek answers to questions

At the Center of the labyrinth you may feel how worries and busy thoughts have dropped away. This is the Still Point in which we pause, breathe and open ourselves to guidance and received knowledge from the Source. Do not hurry. Simply be open and you will receive. Note the four cardinal directions around you. Honor these as well as Above, Below and Within. When you are ready, begin your journey outward, feeling your intentions deepening with every step and breath. This walking meditation releases tensions and brings or allows our intentions to flow through us and out into the world. As you prepare to leave the labyrinth, offer another thought or prayer of thanks. You are Home. It is so.

