



## *Walking the Labyrinth*

Welcome to the Labyrinth. You are about to step into ancient archetypal path that is hundreds of years old. The pattern has been walked by millions of people of all cultures for many reasons.

The labyrinth is a sacred place set aside for you to reflect, look within, pray, negotiate new behavior. The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body and refreshes the spirit. Follow the pace your body wants to go.

The labyrinth can be walked in four stages. As you encounter other people walking the same path, simply allow them to pass. You walk the labyrinth with your body and rest your mind.

### **Remember**

*Before walking the labyrinth*

Take time in gratitude be thankful for your life. Bless the people in your life. If there's a specific event or situation troubling you, bring it to mind and form a healing question if possible.

### **Release**

*Walking into the labyrinth*

This is the time to quiet the mind, let go of the mind chatter and release your troubles. Open your heart to feel whatever it might feel. Become aware of your breathing. Take slow breaths. Relax and move at your own pace.

### **Receive**

*Standing or Sitting in the Center*

This is a place of reflection. Pause and stay as long as you like. Open yourself to your higher power. Listen to that small inner voice. In the safety of the labyrinth have a heart-to heart talk with yourself.

### **Return**

*Walking out of the labyrinth*

When you are ready, begin walking out the same path you followed in. Walking out, integration of your experience happens. Experience the sense of well-being, healing, excitement, calm or peace.

Each labyrinth experience is different. You may feel nothing or have a powerful reaction. Whatever, listen to your heart and take all the time you need. The above description is only a thumbnail sketch. You provide the bigger picture.