

Guidelines for Walking a Labyrinth

There is no “right” or “wrong” way to walk a labyrinth. Labyrinth walks are sometimes referred to as “body prayer” or walking meditation. Start by thinking or stating “quiet the mind, open the heart.” Focus your mind on your steps and your breathing. Walk slowly. Breathe deeply. Center yourself physically and mentally. For the next few minutes, try to just be here and just do this.

At the entrance, stop, reflect, and articulate a prayer or intention for the labyrinth walk you are about to take.

Think of the walk through the design to the center as a “letting go”; a quieting of your thoughts, worries, lists of tasks to do. As you walk, let go of the tensions and anxieties in your body.

Arrival at the center rosette can be a “letting in” – a letting in of ideas and insights gained on the walk; a letting in of God’s guidance. Pause at the center. Center yourself. Be present in the moment. Be present in your body. Don’t rush. Walk out when you are ready.

The walk out takes you back into your life. You return empowered and inspired to transform your life, thoughts, and actions.

In many ways, walking the labyrinth is an invitation to change, a transformational spiritual tool for people. It can aid healing, help in releasing grief, help guide through troubled times, aid in decision making, illuminate your purpose in life, clarify your priorities, and act as a tool of celebration and thanks.

It is important to recognize that walking the labyrinth is a spiritual practice, not a magical tool. It is an intentional commitment to enter into the sacred, spiritual walk, not merely once, but to use it as part of an ongoing spiritual practice.

