

*You make known to me the path of life; you will fill me with joy in your presence,
with eternal pleasures at your right hand. Psalm 16:11*

Walking the Labyrinth

There is no singular right way to walk a labyrinth. Some like to stop at various places for prayer or reflection. Others focus on walking as slowly as possible, others on their breathing. Be open to whatever happens or however you feel as you walk. Use the path in any way that meets your present needs or current longings.

Take with you...

- Begin with a prayer or intention in mind.
- Read a poem or verse of scripture (shorter is generally better) and then meditate on it, or part of it, as you walk.
- Ask a question repeatedly or affirm an intention in your life.
- A posture of listening and quiet.
- A rock or symbol to leave at the center.

It may be helpful to think of the walk as having three stages:

- **Moving inward:** a time to cast off, discard, let go, or unwind. It sometimes helps to breathe deeply and quietly before setting off.
- **Centering:** a time to be open, expectant, empty, receptive.
- **Moving outward:** a time for direction, comfort, gratitude, new energy.

Utilize basic etiquette:

- Begin at the entry place. You may want to stand on the slate piece for a moment to quiet yourself and prepare.
- Stay on the path. Walk in silence. Find your own pace.
- If there is someone on the path with you, you may pass or let others move past.
- Upon reaching the center, you may stay as long as you like.
- When walking the path out from the center, give the right of way to those making their way into the center. Simply step to the right and let them pass.

St. Augustine tells us, *“Solvitur ambulando... It is solved by walking...”*

May you know the blessings of these places as you walk back out into the world.