

## Walking a Labyrinth

Why, How & What...?

<http://www.peacelabyrinth.org/how-to-walk-the-labyrinth>

How will it help me? What do I do next?

<https://www.scu.edu.au/current-students/services-and-support/multifaith-and-pastoral-care/sacred-spaces/labyrinths/#what-is-a-labyrinth>

Walking the labyrinth

<http://lessons4living.com/walking.htm>

A Guide to Walking the Labyrinth

<http://www.peacelabyrinth.org/how-to-walk-the-labyrinth>

Walking & Benefits

<https://www.labyrinthcompany.com/pages/about-labyrinths>

Finger Labyrinths



*Breathing in, I calm my body.  
Breathing out, I smile.  
Dwelling in the present moment,  
I know this is a wonderful moment!*

Thich Nhat Hanh

**Your labyrinth time** can be as open or as focused as you would like it to be.

You might want to simply enter the labyrinth and walk ... or, before you enter the labyrinth, you might like to take time to:

- ◇ Read and reflect on a line or two from some inspirational writer and take a word or phrase from it into the labyrinth with you
- ◇ Think about a creative idea and let your mind enjoy the space and your thoughts ebb and flow in the labyrinth
- ◇ Consider an experience in your life where you are seeking resolution and give yourself space in the labyrinth to think and consider options
- ◇ Think about a key celebration in your life and walk a prayer of joy and thanksgiving in the labyrinth

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*Beautiful Resources for the Journey...*

## Finger Labyrinth



To walk a labyrinth is to step into an ancient spiritual space and make a personal journey of discovery and exploration ...

It is a journey where you might release tensions, concerns or distractions on the way in, be open to receiving insights and inspiration at the centre and return uplifted, blessed and renewed.

Labyrinths are ancient spiritual pathways found across the world and embraced in Medieval times and since as a path for prayer and reflection. Today, new labyrinths are being created in such varied places as coastlines, cathedrals, hospices, retreat centres, universities, playgrounds and gardens to offer a spiritual space for prayer and reflection.



Labyrinths offer a rich and beautiful stilling space in our busy world.

A suggested way of using this finger labyrinth is set out overleaf....



### **FIRST MOVEMENT: RELEASING (CONFESSION)**

Place your finger at the opening of the labyrinth. Pray silently or aloud a prayer of confession. When finished, slowly move your finger forward along the labyrinth. Move at your own pace toward the center. Let the words of the prayer stay with you.

Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

### **SECOND MOVEMENT: RECEIVING (CENTERING)**

When you reach the center, rest your finger there for a moment before you read a scripture reading for the day.

When you are ready, read the passage slowly, as if you have never read it before. Center on God's Word and be open to what God reveals to you through the reading. Return your finger to the center of the labyrinth and reflect on the passage and what it holds for you.

### **THIRD MOVEMENT: RETURNING (INTERCESSION)**

As you prepare to leave the labyrinth, place your finger at the same opening in the center where you entered. Now lift up your intercessory prayers for the day and when finished, begin to move your finger back along the same path on which you entered. Let the intercessory prayers stay with you, and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

**WHEN YOU HAVE FINISHED** As you lift your finger from the labyrinth's end, offer thanks to God.

The Finger Labyrinth

[http://lessons4living.com/finger\\_labyrinth.htm](http://lessons4living.com/finger_labyrinth.htm)

Take a Virtual Walk

Labyrinth Society's online labyrinth walk

<https://labyrinthsociety.org/flash/labyrinth.htm>

*"I thought it would be really cool to memorize the Chartres Labyrinth pattern but I thought it was impossible; the pattern was too complicated. I came upon Fr. Paul Edwards, he had the idea you could walk it anywhere, with nothing to lay out. Fr. Paul's idea is to break the complex pattern down into basic building blocks called 'shuffles'. After reading his treatise, I lay in bed thinking with my eyes closed, and after an hour, I realized that I had the pattern memorized! I couldn't believe it. I got up*

*and drew a line representing the path from memory, and then compared it to a photo of the Chartres labyrinth. It matched. By memorizing a little bit at a time, and then putting it together, you can memorize what at first looks like an impossibly daunting and complicated pattern.”*

<http://www.fr-paul.org/virtual-labyrinth.html>

Lots to explore at this link, including 8 different kinds of labyrinths

[http://www.mymaze.de/home\\_e.htm](http://www.mymaze.de/home_e.htm)

Apps

Labyrinth Walk <https://itunes.apple.com/nz/app/labyrinth-walk/id321781256?mt=8>

Labyrinth Journey [https://itunes.apple.com/au/app/labyrinth-journey/id1420284868?mt=8&fbclid=IwAR34AbY3ea-ADSuh8Xnbxpmzw-VzjzsPzjB7m38wa3ViH\\_Yk7I3PelcrnHo](https://itunes.apple.com/au/app/labyrinth-journey/id1420284868?mt=8&fbclid=IwAR34AbY3ea-ADSuh8Xnbxpmzw-VzjzsPzjB7m38wa3ViH_Yk7I3PelcrnHo)