

# Walking The Labyrinth

Relax and enjoy...  
There is no wrong way  
To walk this ancient  
Meditation  
Device!



For more information, please visit the following web sites:

[www.labyrinthociety.org](http://www.labyrinthociety.org)  
[www.embody.co.uk/labyrinth/online.html](http://www.embody.co.uk/labyrinth/online.html)  
[www.gracethecathedral.org/labyrinth/](http://www.gracethecathedral.org/labyrinth/)  
[www.labyrinthcompany.com](http://www.labyrinthcompany.com)

## Welcome to the Labyrinth

The Labyrinth is an ancient symbol that goes back thousands of years. About nine hundred years ago the labyrinth was adapted for use within European churches. The labyrinth was used to emulate the believer's journey to a pilgrimage site to which they were unable to travel; Jerusalem in particular. Today the Christian community has embraced the labyrinth as a symbol of the inward and outward spiritual journey as experienced in walking the winding path.

The Labyrinth is not a maze. One cannot get lost. It leads into the center and back out again without any tricks or deceptions. As a metaphor for life and our individual spiritual journey, it has been found to be a wonderful prayer tool that enables individuals to center on God. It twists and turns, as does life, but we are ever walking toward God, our center.

The Labyrinth you walk today is a scaled down replica of the eleven-circuit labyrinth found in the floor of the Notre Dame de Chartres Cathedral located near Paris, France. This portable labyrinth is painted onto canvas and is the eight-circuit Vision Quest™, made by The Labyrinth Company.

Please follow the winding path into the center and then return by the same path. Walk, skip, crawl, dance – whatever the Spirit moves you to do – as you journey along the path. Stop and pray as you feel led. Walking toward the center represents the journey inward to our own true self where the image of God resides. Sit, stand, or kneel in the center with God as long as you like. As you reverse and walk back out, it signifies your return to the everyday world, bringing with you the insights learned along the path.

When we prayer-walk the labyrinth we use our body, mind, and spirit; it is a holistic way to pray.

## How to Walk the Canvas Labyrinth

Please remove your shoes before walking on the canvas. Clean socks are provided, if you like. Before you walk the labyrinth, take the time to quiet your mind. Stand at the entrance and take a deep breath, stretch, or just stand still, perhaps repeating a short prayer such as, "My soul longs for you, O God," or "Be still and know that I am God." When you are ready, step forward onto the path and begin your journey. Rest in the center, in the heart of God, for as long as you like, and then return to the world by the same path.

## Road Rules

- Please remove shoes; clean socks are available for your use while here
- Clear your mind; surrender to the journey with an open heart and an open mind
- Allow your body to find its own pace; there is no wrong manner or speed for your walk
- It is common to pass other walkers or to be passed by others due to our natural differences in walking
- Please remain quiet as a courtesy to the other
- Walkers may wish to think of the walk as a three-fold path: **Releasing** of concerns and worries on the journey in; **Centering** prayer or meditation; **Empowerment** of new commitments on the journey out
- The single path between the painted lines runs two ways; those entering may meet those on their journey out; gently make room for others as you pass