



Walking the Labyrinth

Provided by Susan Kehoe, walking meditation facilitator

Welcome to the labyrinth Path. You are about to step into an ancient archetypal pattern centuries old. The labyrinth path has been walked by millions of people of all cultures for many reasons. Take some time before you walk to reflect on where you are in your life, open to what you may receive. Focus your walk with an intention. It could be a question, a mantra, or a problem that you are pondering. Or perhaps with the name of someone you love. Ask yourself - what I'm seeking: quiet, balance, time alone? Know that there is no right or wrong way to walk the labyrinth. Be open to experiencing your experience, whatever it is. Follow your natural impulses and find your own pace: the labyrinth is a two-way street, and you are encouraged to pass people in front of you if you feel like going more quickly. Or step to side and allow the other person to pass. Pay attention to what happens in the labyrinth and allow everything you notice to be a metaphor for the larger journey of your life right now.

Four Guidelines: One of many ways of approaching the parts of a Labyrinth walk

Remembering

Before walking into the labyrinth

Remember with gratitude what brought you here on this day.

Releasing

Walking into the labyrinth

As you step into the labyrinth, focus on letting go of anything distracting you from the present moment. Bring your attention to your breath to quiet your mind and find a pace of walking that feels comfortable

Receiving

Standing or sitting in the Centre

When you reach the center of the labyrinth, stop for as long as you would like. Sit or stand and if you have an intention, bring it to mind. Open your heart to whatever is there for you to receive.

Returning

Walking out of the labyrinth

The way out of the labyrinth is to follow the path back out you came in; you may pass other people entering the labyrinth. This can be a good time for reflecting on the experience, contemplating your intention, or formulating new intentions for the journey that begins when you leave the labyrinth. walking out into the world with gratitude for what has been remembered, released, and received.

‘Solvitur ambulando’ St Augustine, ‘it is solved by walking’