

Labyrinth Prayers

Prayer before entering the Labyrinth

Be with me in my walking.
Be with me in my listening.
Open my heart, mind and body to receive.

(From The Labyrinth and the Enneagram by J. K. H. Geoffrion, E.C. Nagel (p. 52))

Prayer when leaving the Labyrinth

Spirit of God,
I hold in my heart
the gift you have given to me.
However confusing, however clear,
I accept it as your gift for me today.
May I savour it and respect it
until I understand
the treasure that it is. Amen.

(By Susan Lukey, March 18, 2003)

Body Prayer

offered in silence upon entering and/or exiting the labyrinth

Bow (to honour the earth)
Reach skyward
(to receive God's blessings)
Reach out (as if to embrace all the earth)
Hug oneself (to feel God's blessings)
Hands up in blessing
(to bless the earth and one another)
Clap (to wake myself up)
Bow (to honour the earth and give thanks to God).

(Adapted from Thomas Moore's Body Prayer)

