

Praying with the Labyrinth

I invite you to walk an ancient pathway of contemplation, meditation and spiritual renewal.

I invite you to journey along the path - toward the centre and back out again.

1. Approach this experience with an open heart and mind. Be receptive to all that is offered.
2. Pause at the entrance until you are quiet and composed
3. Walk at a comfortable pace.
4. Walk with a piece of scripture, a mantra, a word, a question.
5. Be attentive to the parts of the labyrinth - the threshold, the inward path, the centre, the path out. What movements do you experience as you move through the labyrinth? What has caught your eye? What do you feel, emotionally and physically? What touched you? What smells have caught your attention? What do you hear? Be in touch with all your senses.
6. When you reach the centre, stay there and focus for several moments. No rush, savour the moment. Stay in the centre as long as you feel the need. Connect with all your senses. Are there any insights or enlightenment you have been graced to receive?
7. On the path back, reflect on the experience.
8. There is no right or wrong way to experience the labyrinth. We bring to the journey the mystery of who we are, where we have been, and where we long to be.
9. Let the journey be a walk of thanksgiving.
10. It may be a journey of healing.
11. Let it be a walk of discernment and/or decision-making.
12. What do you bring with you into the labyrinth? What do you carry with you on the journey through the labyrinth? What do you leave at the centre of the labyrinth? What do you take away with you?
13. Who or what causes you to alter your path?
14. How do you come to the centre? What is the centre of your life? What happens to you at the centre?
15. What do you wish to receive? What is the grace you seek at the centre?
16. How do you meet someone on the path?