

Hi my name is Rachel Roberts and for my Girl Scout Gold Award I have built a labyrinth at the Episcopal Church of the Epiphany. It is located in the middle of the community garden. There are flyers out there and on the website to explain what a labyrinth is and how to use it. I hope that you get a chance to see and enjoy it. Thank you



# How to walk a Labyrinth

“A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.”

“At it’s most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.”

**1 Stand in front of the entrance to the labyrinth.** State your intention as clearly as possible. For example: *I want a solution to my problem with ...* It could be anything that is troubling you.

**2 Center yourself by taking a couple of deep breaths.** This is important because doing this you instruct your subconscious and all other parts of yourself to pay attention to your sincere wish of solving your problem

**3 Acknowledge your coming meditative or spiritual journey within the labyrinth.** You may also say a short prayer or smudge yourself, depending on which faith you adhere to. Closing your eyes and reflecting or taking a simple bow are other nice ways to begin the process.

- Decided whether you will walk barefoot or with shoes on. With bare feet you can feel the texture of the earthy beneath your feet and connect to its grounding forces.

**4 Begin your walk.** The first step sets the pace for your walk. It can be fast or slow. Choose your intention for the walk. Are you being spiritual, reflective, mindful, playful, creative or something else? If you’re problem solving, your walk becomes a meditation when you surrender all your problems and just walk. Other parts of you have now a chance to process your request of a solution.

- If you are very upset: fast walking in lets the emotions dissipate easier. Most people try slowing down their mind by slower walking, relying on the mind and body reflection.

**5 Continue to walk.** Keep your mind quiet, and still pestering thoughts each time they arise. Concentrate on the placement of one foot before the other and rhythmic, gentle and regular breathing.

- If you're problem solving, walk as you didn't have any problems at all, let it all go. Surrender to the activity of attentive walking. Let the burden (your problem) fall off your shoulders. Various parts of your being are now processing your wish for solution. All you have to do is to let it incubate and not interfere, let it be and let go of any expectations. Continue to walk as you didn't have any problems at all, let it all go.
- If you're going on a spiritual journey or seeking creative inspiration, again let it all go and just surrender to the experience of walking the labyrinth

**6 Pause on reaching the center.** You may stop here for a while, sit, or lay down if you feel like it and meditate or reflect. The main thing is to let yourself surrender totally to your inner process. It feels so good to have all the time you need.

- If you don't have a problem, question or quest for inspiration, just sit quietly and let things be.

**7 Walk out.** When you are ready, just walk out. Accept the insights and gifts you may have received. Adopting a sense of gratitude will always facilitate resolutions. Offer your thanks for what you have learned.

