

## Walking the Labyrinth – a guide to get you started



The great gift of the labyrinth is that you don't have to do anything in a particular way.

“ The labyrinth simply offers a respectful invitation to walk at one's own pace and for one's own purpose, with no pressure to perform.” *Ruth Sewell*

**Sit for a while and take time to be still**, freeing yourself from the busyness outside.

Before you begin your labyrinth journey you may like to take your shoes off. It helps to feel grounded as you walk.

( but it's your choice)

**Pause at the entrance** and take a moment to become aware of stepping into the labyrinth. As you begin, try to let go of any concerns.

### **The journey to the centre**

Walk with an open mind and heart.

Walk too with non-judgemental awareness ---awareness of how you're feeling, awareness of other people on the path, awareness of anything which may occur, **awareness of your experience.**

**Walking mindfully in this way**, befriend distractions and then let them go.

**In the centre** stay as long as you wish. You can stand, sit, kneel—whatever is right for you. You may find yourself pondering on a person, an issue, a decision. Or you may reflect on where you're at in life and where you might be going.

You may just simply be, absorbing the surroundings, or enjoying the tranquillity.

In the calmness and silence of this sacred space you may feel yourself prompted in some way. Be open to receive.

**Returning back along the path again,** you may experience comfort and a sense of well-being which may refresh and restore you on your journey in life.

**Let your finger do the walking;** when you cannot visit a labyrinth use the finger-labyrinth below in the same way tracing the path to the centre with your finger.

