

Suggestions for Walking the Labyrinth

These are suggestions for you to take or leave, not instructions:

Open Attention

One approach is to simply quiet the left brain, thinking mind, for a while. If thoughts arise, which they will, gently notice that you are thinking, label it "thinking," and then gently return to your breathing focusing on the out-breath. In this form of walking the labyrinth, the focus is to allow a gracious sense of attention to be present.

Asking a Question

A second approach is to focus on a question that has emerged, and which is important to you. Open questions are useful to take into the labyrinth rather than closed questions with yes/no answers. Part of the preparation for the labyrinth walk can be to bring these questions into your conscious mind. You may want to write these thoughts down before you walk. The labyrinth can be a place in which we can ask these questions of God. The walk in the labyrinth may be a time when answers to your questions may become clearer.

Use of Repetition

Some people like to repeat a simple prayer silently to themselves as they walk. This could be an affirmation which is important to you.

Asking for Help Through Prayer

Another method is simply to pray during the labyrinth walk. The Labyrinth is a sacred space where we can talk to and listen to God. If something is weighing heavily on your heart and mind, walking the Labyrinth and sharing that concern with God can be an enormous support.

Helpful Verses and Quotes

"Ask and you will receive so your joy may be complete." John 17:24

"We are in God. And God whom we do not see, is in us." Julian of Norwich

"The Kingdom of God is within you." Luke 17:21