



Experiencing the Labyrinth

A labyrinth is a sacred pattern that is used as a moving or walking meditation. Unlike a maze the labyrinth has only one path. There are no tricks to walking it and no dead ends. The labyrinth is designed to be a safe place that takes you along a single path to the centre of the design, the centre of yourself, the centre of All.

Some Guidelines and Suggestions for Experiencing the Labyrinth:

- Enter the labyrinth and follow the path to the centre.
- Do what feels natural and walk at your own pace.
- When you arrive in the centre spend some time there if you wish.
- When you are ready use the same to return.
- If at any time you want to leave the labyrinth, simply walk off the pattern.
- When walking the labyrinth with others it is alright to pass them or to step off the path to let someone go by. The path is a two-way street; you will meet people coming out as you go in. Do what feels natural when you meet.
- Use everything that happens in the labyrinth as a metaphor; a mirror for where you are in life.

There is no right or wrong way to walk the labyrinth.

Simply experience it with an open mind and an open heart.

Option for focusing your experience: The 3 R's – Release, Receive, Return

Chartres Labyrinth

from Chartres Cathedral in France

11 circuit (image: Dupuis Pierre)



Classical or Cretan style labyrinth

7 circuit





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Questions for Personal Reflection

- After walking the labyrinth reflect on what you encountered.
- What part of the labyrinth did you feel drawn to? (for example: the centre, the entrance, the turns, being on the path, etc...) Return to that part of the labyrinth and spend some time exploring the significance it holds for you. Do you sense any correlation between that part of the labyrinth and your life journey?
- Spend some time reflecting on your journey with the following questions;
 - When have you experienced turns and transitions or challenges and roadblocks on the path? How have these shaped you?
 - When have you felt most centred? How has that time helped shape who you are today?
 - When have you felt yourself to be on the edges and far away from your desired goal? What was that like for you?
 - What role has rest, renewal, and time for self reflection played in your life?

If anything feels complicate it is because you are trying
to understand it with your mind, not your soul.

Wisdom is not found in the mind or emotions.

What you can rely on, the greatest teacher you have
is your body.

~ Fionntulach

And the day came when the risk it took to remain tight inside
the bud was more painful than the risk it took to blossom.

~ Anais Nin

The first question is "What time is it?"

The second question is "Where are you?"

The only correct answer to the first is "Now!"

The only correct answer to the second is "Here!"

~ William C. Martin

Awaken to the mystery of being here and
enter the quiet immensity of your own presence

~ John O'Donohue

Walking Blessing

That each step may be
a shedding.

That you will let yourself
become lost.

That when it looks
like you're going backwards,
you may be making progress.

That progress is not the goal anyway,

But presence,

to the feel of the path on your skin,

to the way you cannot see it

until the moment you have stepped out.

~ Jan Richardson