

Walking the Labyrinth

Walking the labyrinth models the classical three-fold spiritual path:

- Walking in: Purgation, emptying or letting go.
- Time in the center: Illumination, clarity, insight.
- Walking out: Union, initiative, integration, and action in the world.

The labyrinth is a path for prayer and meditation. Collect yourself before you start. Sit and rest along the low wall for a while. Walk around the outside once. Think of different people, events, situations, places or things in your life to develop a specific intention if you wish to use one in your meditation. Get centered.

There are two common ways of walking. The way of silence and the way of image. In choosing the way of silence it might be helpful to focus on your breathing. The way of image might be done by reciting a prayer or a name for God over and over to yourself. Ask yourself: How am I loved? How do I love? In either case or in some other manner best suited to you, be open to your heart and mind. Pay attention to your thoughts as they rise and then let them go.

The labyrinth is a place of presence; allow yourself to be present to yourself and to God. The labyrinth is a teacher; let it teach you through the mysterious power of God. As you walk the path, thoughts and ideas may rise up for you and in you -- often in refreshing and startling ways.

One way to feel more connected to the experience is to walk barefoot and slowly. There is no need to rush. Some people feel a sense of confusion as they first start, remember there is only one path in and one path out. You will not get lost. For some people running as quickly as possible to the center, resting there, and then running quickly out is a powerful experience.

