



## Our Labyrinth

Come and experience walking our labyrinth.

A labyrinth is an ancient symbol which relates to wholeness. It combines the imagery of the circle and the spiral in a meandering by purposeful path, representing a journey to our own centre and back out into the world.

You can enjoy it any way you like, but here is one suggested approach:

**Environment:** Begin by setting the environment for the experience. At organized walks, your host or facilitator prepares by adjusting lighting, selecting music, controlling air conditioners and saying opening prayers. Set your personal environment by dropping your physical baggage such as key-chains, pocket change, cell-phones, watches and dangling jewelry. We suggest you remove watches to eliminate the temptation to measure your progress chronologically. On an indoor labyrinth, you may be asked to remove your shoes and walk in your socks. Outdoors, enjoy the sounds of nature; experience a barefoot walk on a grass or stone labyrinth.

**Entering:** (also referred to as shedding or purgation.) You begin to walk the path toward the centre; try to acquire a relaxed, peaceful state. Release concerns and quiet the mind.

**Illumination:** Time in the centre, an occasion for openness, peacefulness; you experience, learn or receive what this unique moment offers. Take your time.

**Union:** The journey outward. You choose when to leave the centre, following the same path. This is a time to review, consider what occurred in the centre and how it may be applied to your life.

**Implementation:** This stage represents your life outside the labyrinth, where your experience or illumination affects your everyday life.

**Other approaches to the walk may include:**

**Intentional walks:** where you address a specific intention, issue or concern as you walk, or you ask a particular and specific question.

**Intercessory walks:** offer prayer for people or needs, perhaps praying for a different person at each turn on the path.

**Meditative walks:** meditate on a specific word or passage, or pray repetitively, such as the universal prayer for world peace (Let peace prevail on earth).

*This material comes from John Ridder (2003) and other web locations, together with comments from Reverend Jane Bramadat.*