



An Invitation to Walk the Labyrinth

Sponsored by
Hennepin Avenue United Methodist Church
and Koinonia Retreat Center

The Labyrinth:

- ❖ **An Ancient Christian Walking Meditation**
- ❖ **A Symbolic Pilgrimage**
- ❖ **An Opportunity to Touch the Sacred**

You are about to enter the labyrinth, an ancient spiritual tool that is a walking meditation. In her book, *Walking A Sacred Path*, the Rev. Dr. Lauren Artress says, "I suspect there are as many ways to walk the labyrinth as there are people on this planet."

So please feel free to design your own walk. There are no right or wrong ways. You are free to go at your own speed. If there will be others with you, perhaps some coming out as you go in, please know that acceptable things to do include passing, stopping, waiting, and stepping momentarily out of the path, as well as dancing or skipping.

If you would like to consider suggested ways to walk the labyrinth, the following different approaches are some mentioned in *Walking A Sacred Path*: In preparing to walk, you may wish to take a moment to reflect on where you are in your life. You may get some perspective by considering recent accomplishments, new directions, family relationships, difficult situations or whatever parameters contain your life at this moment. Clear your mind and become aware of your breathing. Allow yourself to find the pace your body wants to go.

Gracious attention. You may want to quiet your mind, choosing to let all thoughts go when they present themselves in your awareness. You might then walk with the task of allowing a gracious sense of attention to flow through you, noticing what happens.

Asking a question. There may be something on your mind in the form of a question. A burden you are carrying or a decision you need to make. You might choose to walk the labyrinth focusing on a question that you have been asking yourself. There is nothing magical about the labyrinth so your question should be outside the realm of yes and no answers.

Use of repetition. You may wish to walk the labyrinth with a word or phrase, neither positive or negative to your feelings, perhaps from the contemplative method of Christian centering prayer, or not. You may instead wish to repeat a meaningful phrase, either prayerful or not.

Asking for help through prayer. You may wish to pray as you walk.