

# Walking the Labyrinth as a Spiritual Practice



Welcome to Crossroads UMC.

To get the most from your time on the Labyrinth, we have put together some practical guidelines, as well as suggestions to assist you on your spiritual journey.

Please follow these Health Guidelines. We respect the health of all. Thank you for being mindful of others. Crossroads requests that those walking the Labyrinth wear a mask or face covering when others are present on the property. The Labyrinth is for the use of one person at a time, with the exception of those who share the same household.

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While the labyrinth may look like a maze to solve, its use is simultaneously more intentional and more expansive. When walking a labyrinth, you are moving your body purposefully and mindfully as a prayer.

As you follow the path to the labyrinth's center and then return back to the entrance, the labyrinth's intricate circuits activate and balance both the right and left hemispheres of your brain.

While in the labyrinth, you are invited to be in conscious conversation with God - to ask questions, receive guidance, and feel the profound peace that comes with setting intentional time to align with the divine presence that is simultaneously within you and all around you.

In these ways and more, the labyrinth is an ideal spiritual practice to try out or return to throughout any season, as it powerfully invites us to rise up in our bodies, our minds, and our souls all at the same time.

To walk the labyrinth is to experience prayer through the body as well as the mind and heart. There is no right or wrong way to experience the labyrinth's many blessings and gifts. Each walk is different, special, and unique.

You are invited to follow the path that is laid out by the labyrinth, but if you are guided along a different journey during your time with the labyrinth, that is perfectly ok. Remember the subtle, simple spiritual wisdom that the labyrinth shares with us: *"The way in is the way out"*.

For more information on the use of the Labyrinth and the Labyrinth prayers, please visit the Labyrinth link on our website: [www.crossroadsnova.org/labyrinth](http://www.crossroadsnova.org/labyrinth)

## Suggestions For Your Labyrinth Walk:

- Take a moment before you enter the labyrinth to center your thoughts on your intention for this time. Try to name a specific intention to carry with you.
- Breathe deeply and slowly, gratefully receiving the holy gift of breath.
- Consider what issue (or issues) you might want to reflect upon during your walk. Ask a question, if you have one, and invite God to reveal the answer to you in a way that you can best understand.
- When you are ready, take one intentional step at a time. Feel your feet on the ground. Allow your shoulders and heart to rise in a way that feels sturdy yet receptive. Stretch your palms out beside you, hold them in prayer position, or keep them neutral at your sides. Move at your own pace, however it feels most comfortable to you.
- You may choose to pause at various points along the path. Honor the inner wisdom of God, guidance, and peace.
- Be mindful of others who may be sharing the space with you and pass them quietly or let them step around you, as needed.
- When you reach the center of the labyrinth, feel free to stay there for as long as is needed. If you are listening for an answer to a question, take time to listen more deeply in the stillness. Connect with your breath, the breath of God holding you and giving you life, by slowly taking in a deep breath and slowly releasing.
- As you leave the center, you will embark on the same path again. Yet the journey will be different - from a different perspective, from a different mindset, from a different place of trusting and of knowing.
- Continue to listen and be fully receptive in body, mind, and soul as you return to the entrance.
- After your walk, you may want to take some time to continue to reflect on your experience, to write down a few thoughts or insights, to express gratitude, and/or to spend some time in prayer.

**Reflections:** \_\_\_\_\_

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We wish to thank Jack Lawrence for creating this Labyrinth as a gift to the Crossroads' community for his Eagle Scout project.



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