

How to Walk a Labyrinth

Walking a Labyrinth is an event that belongs to each individual. It is an experience that is truly your own. Although there can be elements common to many, the final outcome is uniquely yours.

The Labyrinth can be used as a meditation device, a tool to focus your thoughts, a way to ensure that time is spent in prayer, a symbolic pilgrimage, or even an exercise course. How you use it will depend on your own needs.



To begin, you should find the beginning of the path.

In the case of our Labyrinth, it is on the side closest to the Church Sanctuary, centred on the cross. It is the only point on the circumference that the red path breaks the grey border.

Prepare your self mentally and spiritually before beginning your journey. This might involve thinking about a specific topic or item, or, quite the opposite, clearing your mind and listening for Divine guidance. This is a personal choice and will, no doubt, change from time to time. Your own needs will dictate what is right for you.

The grey stones form the borders of the path. You will be following the path laid out by the red paving stones. The red stones have been selected and placed to curve and form an easily distinguishable path. There is only a single path from the start to the centre. If you don't cross any of the grey border stones, the red path will eventually guide you to the middle. The same path is followed from the centre, back out of the Labyrinth.

As you move along the path, do so at your own pace. Some move very slowly, concentrating on every sensation of every step; feeling the stone of the path; listening to the surrounding sounds. Others move at a much faster pace, or vary their tempo as they feel. Often, children will run the path, but that is just their speed.

There may be times as you follow the Labyrinth, as there are in life itself, when you will need to pass others. This is not a problem, but please try to be respectful. It might be easiest to wait until you approach one of the fold-back curves, of which there are many, and to just side-step to the return path, ahead of the person that you are passing. Care should be taken to not lose your path or you might not end up where you were heading.

If you find that you are continually passing people (and you are not a child running through the Labyrinth), perhaps you might want to focus on that: Is there a reason you need to go so fast? Could you gain something by slowing down?

As you follow the path to the centre of the Labyrinth, allow yourself to work through your concerns. With each turn, perhaps adjust your thinking, or concentrate on a different facet of the

issue. Often, by the time that you have reached the middle, you will have better defined the problem so that during the exit journey, you can work on listening for a solution.

Walking the Labyrinth while others do can be quite interesting. There will be times when you are walking toward one another, and beside others. How you interact will vary depending on the circumstance. A mother and daughter might walk side by side for a long stretch before the daughter turns off, leaving them to only occasionally meet until the centre. The Labyrinth can be viewed as a metaphor of life.

When walking the Labyrinth with others, please be respectful. Remember, you are here to do the same thing that they are. Hopefully, everyone can experience the Labyrinth as a meaningful event in their lives.