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**INSTRUCTIONS FOR**

**WALKING THE LABYRINTH**

Walking can be a spiritual experience. Movement can be a type of prayer. In fact for some of us, like St. Augustine, walking is the way we do contemplation, discernment, and encounter God. The labyrinth is a spiritual tool that helps us seek God by simply walking this path.

**So you are invited to WALK THE LABYRINTH.**

**Here are some tips that may help you experience it.**

**The labyrinth is ancient.** In many of the great Christian cathedrals labyrinths were built right into the pattern of the floor tiles.

**The labyrinth is a tool.** It holds no special powers and isn't sacred alone. It is a tool for a sacred experience, just like music and artwork.

**The labyrinth isn't a maze or puzzle.** There is only one path to follow. It isn’t intended to confuse, but to clarify. The journey toward the center is clearly marked so you can move confidently into and through the labyrinth.

**The labyrinth is shared.** While it may be a solitary experience, you may also encounter others on this path. That’s just like life. Remember to be mindful and respectful.

**The labyrinth is an opportunity.** It provides the chance to be attentive to God's presence in new and fresh ways. Allow the rhythms, movement and silence of walking the labyrinth to help your contemplation and nourish your imagination to life.

**The labyrinth is a spiritual practice.** This can be a one-time event, but it can also become a part of a regular spiritual practice.

**The labyrinth has many purposes**. It is a journey that can help us get to many destinations. Christians can use the labyrinth for many purposes, including:

**Prayer** - Instead of sitting with bowed head, simply walk and allow the prayer to happen.

**Presence** - Allow yourself to experience the presence of the triune God.

**Discernment** - Consider a particular concern, decision, or request. The labyrinth can be the

place where you seek divine wisdom and guidance.

**Metaphor** - Reflect on your walking experience as a metaphor for something in your life.

There really isn't a "right" way to do it. While these suggestions can help guide you, they do not insure a particular experience or outcome. Let the Spirit move according to its will rather than your own. Let go of your "planned" outcome. Sometimes it will seem that nothing has happened or the experience has "gone wrong." If that is the case, trust that the Spirit of God has spoken even in the unexpected or confusing outcomes.

**When your walk through the labyrinth is completed,**

**spend some time thinking about what the journey was like for you.**