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The labyrinth is an ancient spiritual tool that is thousands of years old, walked by millions of people of all cultures and traditions. The labyrinth is not a maze, as it has no wrong turns or dead ends. Rather than a puzzle to be solved, it is a walking prayer, a walking meditation, with only one path to the center. Participants are invited to experience the labyrinth as a form of walking meditation, used to calm and quiet the mind.

There is no wrong way to walk the labyrinth. You may feel free to choose any path you like. You may even decide that not walking the labyrinth is a powerful choice for you. Most will walk in the following way, while following their own natural pace:

1. Remember: At the entrance to the labyrinth, take a moment to become present, in the moment, connect with yourself, your surroundings, your spirit.
2. Release: Following the path to the center, allow your mental chatter to slow, letting go of thoughts as they arise.
3. Receive: In the center of the labyrinth, take all the time you like in prayer, meditation, contemplation. Feel free to stand, sit, kneel, lie down.
4. Return: Follow the path back out, taking what you received in the center back out into the world.

Everything that happens on the labyrinth is a metaphor. For example, if you experience feeling lost on the labyrinth, you may want to ask yourself, "Where do I feel lost in my life?"

You may meet people on the path. If you are behind someone walking slower than you, feel free to stay behind them or pass them and simply notice the experience. If you meet face to face, pass in whatever way feels comfortable.

Looking for a labyrinth near you? Check out the Worldwide Labyrinth Locator (labyrinthlocator.com) where you can find labyrinths around the world.

Blessings on your path,
Sara