1A: RELEASE: *(At the entrance of the labyrinth and your walk towards the center)*
REFLECTION PROMPT: What do you need to release (or let go) in order to receive the gift of healing?

1B: WAIT:
What tools do you need as you weather the life's storms?

2. RECEIVE: *(At the center of the labyrinth – take time to reflect)*
REFLECTION PROMPT: What is the gift that you need in your journey towards healing?

3. RETURN: *(On your walk back out of the labyrinth)*
REFLECTION PROMPT: What actions do you need to integrate in your healing?
What do you need to embody?

https://labyrinthlocator.com/

A Guide for Walking the Labyrinth

1. **Have "Intention." We encourage you to take the time you need to prepare yourself at the entrance of the labyrinth.**
2. **Know that There Is No Right or Wrong Way to Walk the Labyrinth. The journey becomes a metaphor for your own spiritual journey in life.**
3. **Find You Own Pace. You may choose to walk briskly, passing others along the way, or more slowly, pausing at times to reflect.**
4. **A Three-Fold Path. The 1st stage, RELEASE, leads to the center. It is a time to let go, to quiet, to let everyday thoughts fade. The 2nd stage, RECEIVE, is found in the center. It is a place to pause, reflect, & receive any insight. The 3rd stage, RETURN, is a chance to consider what it might mean for your daily living.**
5. **After you have completed your walk. You may wish to find a quiet place to sit & reflect.**

Adapted from *Evergreen A Center for Balanced Living*

What is a Labyrinth?

The labyrinth is an ancient symbol found in numerous traditions around the world. Unlike a maze, a labyrinth has only one path with no tricks or dead ends. It is not a puzzle to solve, creating anxiety. It leads us to the Source of our solutions, creating peace.

Interest in labyrinths has recently been revived because they are healing and restorative tools that cross cultural and spiritual boundaries. They are archetypal symbols representing wholeness, healing, inclusiveness and community.

'Why walk a Labyrinth?

Walking a labyrinth becomes a metaphor for our spiritual journey. The winding path becomes a mirror for where we are in our lives, touching our sorrows and releasing our joys. As we physically wind to the center of the pattern, we are symbolically moving to our own centers and the Divine source of our intuition and strength.

Used as a form of walking meditation or contemplative prayer, the labyrinth helps us find inner peace, manage stress, make decisions and heal physically, emotionally and spiritually. It welcomes those of all faith traditions and those with no traditional at all.

Is there a right way to walk?

There is no right or wrong way to walk a labyrinth. There is one path in and out and if you follow it you will arrive at the center.

Each walk is unique for each person. Go as fast or as slow as feels comfortable to you. You may wish to take a moment to breathe deeply and focus on an intention for your walk.

What do you seek?

As you move toward the center try to let go of the stresses, concerns and expectations of the outside world.

The center is a place of meditation and prayer. Pause as long as you wish.

The walk out brings the blessings, insights and gifts of the labyrinth back into the world.