

Walking the Labyrinth: A Guide

Labyrinths have been used by many cultures and religions around the world for thousands of years. Walking the labyrinth can represent a sacred pilgrimage, and be used as an opportunity to slowly and meditatively explore personal and spiritual matters. It is not a maze, but rather a sacred path, leading to the center.

Preparing to Walk

- Enter humbly, recognizing all humans are on the same path, but at different points.
- Allow courteous spacing if others are ahead walking the labyrinth.
- Perhaps set an intention or offer a prayer; open your heart.

The Journey In

- Walk mindfully, pay attention to your inner experience and the beauty around you.
- Consider your dreams, hopes, fears, where you are on your life journey.

In the Center

- Rest.
- Reflect.
- Receive.

The Journey Out

- Retrace the path to where you began.

At the End

- Go mindfully.
- Blessing and peace be with you.

A Prayer for Labyrinth Walkers

“Bless, O Lord, this labyrinth and all who will walk its winding course. Help us to trust this path as a symbol of our life with you: that no matter how far we may feel from you, you are always there at the center, waiting for us and welcoming us home. Amen.”



The McQueeney Labyrinth
What labyrinth for a wanderer can inspire,
God's creation enables us to find
With roots and hope the path of His care
Upon the hills and valleys of His care
May this labyrinth bring you
hope, peace and joy.
W. Thomas McQueeney 2009