

## *What is a Labyrinth?*

The Labyrinth is a path to the center of the soul. While the path is the same for all who walk it, we carry a variety of religious and cultural traditions, so our experiences are highly personal and individual. As a tool for meditation; an experience for prayer; a trigger for growth; an opportunity for new questions, the labyrinth should be approached with reverence and respect for the journey toward the center.

## *Journey Inward, Journey Outward*

Often, those who walk the Labyrinth do so with a specific intention in mind. They offer their concerns to God, letting go of them as they make the inward journey. They stop in the center as a place to reflect on God's grace. When ready, they make the journey outward, asking God's guidance as they go.

## *Silent Meditation*

Some prefer to walk the Labyrinth with no thought but that of placing one foot in front of the other, spending some time in silence in the center, and journeying out in the same way.

## *How Shall I Walk the Labyrinth?*

You can either let go of all thoughts and suspend yourself into a state of trusting that God will guide you, or you might focus on a specific question or intention in your walk. Some specific suggestions are included below.

*Pause* at the entry into the labyrinth. Allow what comes naturally to guide you.

*Be yourself* on the path. You need not hurry nor plod along. Walk it naturally.

*Remember* you are not alone, so be considerate of others; you may nod or embrace others, or find yourself deep in meditation.

*Don't expect* anything to happen. The experience may have immediate impact on you, or it may seem remote. Spiritual practices are disciplines; rewards follow preparation, repetition and reflection. There are no promises of revelation.



## *Centering Prayer*

Many traditions utilize visual imagery or the repetition of a phrase as a tool for quieting the mind. Here are a few examples that you may use as you walk the Labyrinth:

***I accept this hour's grace.***

***I give thanks for light and life.***

***Come, Lord Jesus.  
(or the Aramaic word, "Maranatha")***

***He who speaks does not know.  
(Tao Te Ching)***

***Lord Jesus Christ, Son of the Living  
God, have mercy on me, a sinner.***

***The Lord is in his holy temple,  
let all the earth keep silent before him.  
(Habakkuk 2:20)***

***Blessed art thou, O Lord.***

***Ave Maria.***

***Om mani padme hum.  
("The jewel in the flower of the heart.")***

## *The Labyrinth*

**Leave the world behind  
Closer and closer to the center  
alone with one's thought**

**The Center**

**Presence of the divine  
Are there angels here?**

**There is a harp – maybe so.  
Peace on earth the angels say.**

**Away from the center**

**Take hope with us  
Meet another on the way  
Must give space – the meeting –  
Embrace – chance encounter.**

**Back to the world –  
away from the labyrinth  
Do I bring peace with me?**

**The harp ceases  
Angels gone into heaven  
Only I am left – shalom.**

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