

## Walking a Labyrinth

We invite you to walk a labyrinth with us today. This is a form of **walking meditation**. You can walk with the intention of a word like courage, forgiveness, joy, inspiration, healing, love, insight, etc. Some use a mantra. Or you may simply walk with silence. There is no wrong way to walk a labyrinth!

### The Three R's of Walking a Labyrinth:

- **Release** – As you walk inward, toward the center, release distracting thoughts, concerns, your to-do list, etc. Come into the present moment.
- **Receive** – When you reach the center, pause to reflect or meditate. Open to receiving the gifts of the labyrinth: peace, inspiration, stillness, healing, insight, or simply a beautiful sense of calm.
- **Return** – As you walk back out, consider how you might apply your experience or any insight in your outer life.

### A Few Tips:

- **Please wear socks or use the shoe covers provided.**
- **Walk at your own pace.** It's okay to pass someone in front of you who is walking at a slower pace than yours. It's easiest to pass at a turn.
- Walk silently.
- If you should meet someone face-to-face on the same path, simply step aside and allow each other to pass. Pass in silence.

### After Your Walk:

- Continue to reflect on your walk. Journal if you wish. How can you apply any new insights into your life?

## **Labyrinth Journal Prompts**

- My intention for walking the labyrinth today was...
- During my labyrinth walk, I noticed...
- As I walked inward, I released....
- In the center, I experienced/received...
- As I walked out, I integrated or thought about how to apply the experience in this way...