

Many people seem to have questions about how to walk the labyrinth. It's really simple: just put one foot in front of the other, and trust. You can't get lost. Here are some additional tips:

HOW TO WALK A LABYRINTH

First of all, if you are walking with other people, it is courteous to give each person one minute to themselves. If you know there is someone on your heels who is walking faster and you want to go very slowly, it is acceptable to step aside at a corner and let them pass, but on the other hand it is also courteous to slow your pace if you are walking quickly and get too close to someone, so as not to disturb their meditation.

Calming your thoughts and entering with intention – a question, a prayer, a mantra, an attitude of gratefulness – these are some of the ways of approaching the labyrinth.

Center yourself by taking a couple of deep breaths.

You may also say a short prayer or smudge yourself, depending on which faith you adhere to. Closing your eyes and reflecting or taking a simple bow are other nice ways to begin the process.

Begin your walk. The first step sets the pace for your walk. It can be fast or slow. If you are very upset: fast walking lets the emotions dissipate easier. Most people try slowing down their mind by slower walking, relying on the mind and body reflection.

Keep your mind quiet, and still pestering thoughts each time they arise. Concentrate on the placement of one foot before the other and rhythmic, gentle and regular breathing.

Pause on reaching the center. You may stop here for a while, sit or lay down if you feel like it and meditate or reflect.

When you are ready, just walk out. Accept the insights and gifts you may have received. Adopting a sense of gratitude will always facilitate resolutions. Offer your thanks for what you have learned.