

Why do people walk labyrinths?

- * *to relax and feel at peace*
- * *to let go of their worries and concerns*
- * *to cope with grief and loss*
- * *for insight on specific problems*
- * *for healing of relationships*
- * *to open the flow of creativity*
- * *for vocational discernment*
- * *for forgiveness*
- * *to express thanksgivings to God*
- * *recovery from illness or before an operation*
- * *new beginnings , such as marriage or the birth / adoption of a child*
- * *friends and family*
- * *the beauty of the earth*

How to Walk the Labyrinth

In the English language, the words maze and labyrinth are used interchangeably. The labyrinth differs from a maze in that it only has one path and there are no dead ends. The path winds throughout and becomes a mirror for where we are in our lives, touching our sorrows and releasing our joys. Walk it with an open mind and an open heart.

Quiet your mind and become aware of your breath. Allow yourself to find the pace your body wants to go. The path is a two-way street. Those going in will meet those coming out. You may (pass) people or let others step around you . Do what feels natural when you meet. Allow about one minute between people as you enter the labyrinth.

Stages of the Labyrinth Walk

PURGATION (RELEASING)

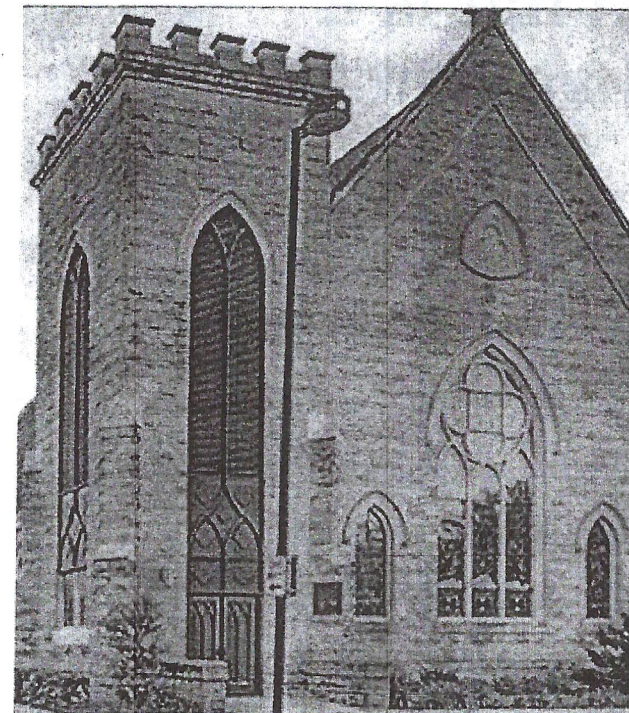
The act of shedding thoughts and distractions enables you to let go of the details of your life. This is a time to open your heart and quiet your mind.

ILLUMINATION (RECEIVING)

At the center, stay there as long as you like, sit or stand, meditate or pray. Allow yourself to receive guidance.

UNION (RETURNING)

To leave the center, follow the same path back out. There can be a strange sense of strengthening and clarity. You become more empowered to find and do the work you feel your soul calling for.



The Holy Trinity Labyrinth Guild

