

Sample *prayers* or *mantras*

May all beings be healed
May all beings be free
May all beings be at peace
May there be an end to all suffering

—BUDDHIST PRAYER

Come Holy Spirit, Come

Teach me your ways, O Lord
Show me your path

—PSALM 25:4

O Lord, hear my prayer,
O Lord, hear my prayer.
When I call, answer me.
O Lord, hear my prayer,
O Lord, hear my prayer.
Come, and listen to me.

Maranatha

—ARAMAIC FOR LORD, COME

Reflecting...

Your labyrinth experience can be profound or simply peaceful. Upon leaving the labyrinth, pause and sit to reflect. Journaling each walk can be very useful to deepen the experience. Do not try to interpret the experience, simply write or draw what happened and your emotional responses.

Walking the *Lunations...*

The pattern along the outside edge represents the phases of the moon. If you are not ready to walk the labyrinth or the path seems crowded, walk the lunations. This is also a good way to conclude your labyrinth experience.

To deepen your experience...

Read *The Sacred Path Companion*
by Lauren Artress

Visit www.veriditas.org for more
information on labyrinths.



walk the
Labyrinth

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Experience...

There are many ways one can relate to the experience of walking the labyrinth. It is pre-Christian in its origin, yet so very spiritual that the church in the Middle Ages made it their own. It is an archetype of the Divine, found in many religions throughout the world. It is a tool for meditation, as old as mystical Judaism and the Kabbala, the Celts' Never Ending Circle, and the Native American Medicine Wheel.

“Life’s work is nothing but the slow trek to rediscover, through the detours of art, those two or three great and simple images in whose presence one’s heart first opened.”

—ALBERT CAMUS

Walk the labyrinth to quiet the mind, to contemplate a concern, to celebrate an event. The experience is open to all beliefs, to all seekers. The walk is a metaphor for life’s journey. The experience may be profound or simply leave one feeling at peace.

“What is sacred is what is worthy of our reverence, what evokes awe and wonder in the human heart, and what, when contemplated, transforms us utterly.”

—PHIL COUSINEAU

Set aside the analytical mind and allow the experience to be a metaphor for your life. Release from expectations what should happen.

Experience the moment...

Reflect. If you are pulled back to a distraction, back to your thinking mind, gently focus on why this bothers you. Allow your intuitive, your spiritual self to emerge.

The circle is a symbol of wholeness, unity, and life itself.

How to begin...

THERE IS NO RIGHT WAY,
THESE ARE SIMPLY GUIDELINES

Preparation:

Set aside watches, jangling keys & jewelry, purses, bags and books. Silence cell phones. Remove shoes if you wish. Take a few deep breaths. Let go of worldly attachments. Perhaps say a brief prayer of intent.

Enter:

Begin to walk the path and move slowly to the center. The intent is to acquire a relaxed state of body and quiet the mind. You may wish to focus on a specific concern, pray for others, repeat a mantra, prayer or song. Sometimes it is enough to just focus on walking. The same path that leads to the center also leads you out. Gently pass others so as not to disturb their journey.

Time in the center:

Pause, stay as long as you wish. Experience peacefulness. Be open to the inner voice of the Divine. Allow yourself to receive what this unique moment offers. Perhaps spend a moment in each of the six petals.

Leaving the center:

The journey outward is a reunion with the world. You choose when you leave the center, following the same path. This is a time to review and reflect. Your inner discovery may come to you later. Every time will be different.

**The labyrinth is a body prayer to be
experienced again and again...**