

a premier source of reliable information worldwide
in
labyrinth research.

Veri
Laura Arross

the current labyrinth renewal in the Western
Hemisphere
the transfo

TKF Foundation, www.tkffdn.org, facilitates the
creation of "Open Spaces, Sacred Places." Click

labyrinth information.

To purchase labyrinth products, try www.relaX4life.com, www.labyrinthonline.com and www.paxworks.com.

This handout was modified from one created by
Kara Rowe, a national labyrinth
to The University
shared here
our community. She can be reached at ksrowe@minuspring.com.

INFORMATION

For more information, please contact [Life University](mailto:wellness@ut.edu)
(813) 287-1877 or wellness@ut.edu

Experience LABYRINTH

the resource team for Faith, Values & Spirituality



T A M U

WELCOME TO THE LABYRINTH!

Labyrinths are used in many cultures, spiritual traditions and settings, although they are independent of religion or belief system and have existed for thousands of years. It does not have any particular religious affiliation or connotations. Rather, it is seen as what some traditions call a "sacrament", i.e., an outward sign of an inner movement of growth.

Labyrinth walks can serve many purposes: walking meditation, comfort in crisis, building community, healing, commemoration, celebration and rituals of all kinds. The ancient design offers a walking meditation to people seeking insight and why, wholeness, vitality and peace. From the entrance the path twists and turns to the center. You return from the center by the same path.

No matter how you use it, the labyrinth is a mirror for our lifelong journey on the earth to our center where wisdom, growth and healing reside.

HOW TO WALK THE LABYRINTH!

The labyrinth is not a maze. There is only one path, the same way in and out. There are no tricks, no dead-ends, no puzzles to solve. There is no right or wrong way to walk the labyrinth. It is a natural path for each person and is natural to you. You are always on your path, exactly where you're supposed to be. You can trust that you are never lost.

Take a few moments before you start just to quiet your mind. When you reach the center, take a few moments to be still. Walk at a pace that's comfortable for you, then just walk at that pace.

- Let your mind be at ease. Let go of distractions, cares and worries.
- When you reach the center, walk in and stay as long as you like. This is a place for reflection, prayer or contemplative silence.

When you reach the perimeter of the labyrinth, take a few moments to be still and reflect on your world.

SUGGESTIONS FOR YOUR WALK

- Try to maintain silence throughout your walk, for your own benefit and the benefit of others.
- Move through the labyrinth at your own pace. If you encounter someone ahead of you, it is OK to pass him or her. Do not touch anyone.
- You can walk with a focus — a question or a problem to ponder, a person you are thinking about, a word, phrase or prayer.
- Notice everything as you walk. What do you see? What do you hear? What might your subconscious or inner wisdom be speaking? *Who are you in this silence?*
- Pay attention to colors, people, sounds, and what is around you.
- When you reach the center, you may stand, sit, or lie down. You may be alone or you may be with others. You may be more than one person in a group. You may be at one time or another.
- When you are ready, return by the same path. Let whatever gifts you have received refresh and energize you. Express your gratitude.
- Give yourself about 5-10 minutes after leaving the labyrinth for reflection, prayer, and journaling. You can journal if you'd like. Try to write down your thoughts and feelings as you walk the perimeter of the labyrinth at this time.