

Veradale United Church of Christ

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No matter who you are, or where you are on life's journey, you are welcome here!

Walking the Labyrinth A Journey into Clarity

- ### 1. A Place To Start...pause for a moment to set your intention

Prepare to be open to the journey before you; the labyrinth will take you places you don't expect. As you stand at the entrance to the labyrinth, take a deep breath in. Exhale fully and slowly; naturally. Let your breath become a guide for your life in this moment! What feelings and needs do you want or need to leave at the entrance to this pathway as you move forward? What distractions keep you from being present to this moment? Listen deeply!
- ### 2. On The Journey Inward...find the pace your body wants to go

Upon entering the labyrinth, pay attention to your body. Can you perceive any tension? Continue to breathe deeply and let each breath out slowly. In what way does your body support your journey? How is your body fighting this journey? If you were to relax and trust the path you are on, what might you discover? In what ways is walking the labyrinth like the journey of your life at this time? How is this walk along the labyrinth pathway different from your life?
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What does your one precious life want to say to you in this moment? Pay attention; are you listening? If you get distracted, don't spend your energy feeling guilty. It is okay. But breathe slowly and deeply until you can come back to this moment, now. Identify the thoughts, feelings, phrases, images, and questions that are shaping your journey into life in this moment. Give thanks for these gifts and receive them, now! Aware, unjudged, open to all.
- ### 4. On Your Way Back...consider the possibilities

When you are ready (it is up to you), begin to follow the path from the center out to the entrance. Again, pay attention to your body; don't rush yourself but find the pace your body wants to go. This is a time for gaining strength with each step; for considering how you might to integrate into your life what you have received in this time. Let this time become an opportunity to be encouraged to take on a more empowering way. As you exit the labyrinth, offer a "thank you;" take a deep breath!

Go into life!

Walking the Labyrinth

The labyrinth has only one path. It differs from a maze in that there are no tricks to it. From early on within the Christian tradition to now, countless people have walked labyrinths as devoted acts of pilgrimage, prayer and spiritual formation. The following idea is only one suggested way to use the labyrinth; you may want to listen to Spirit as you discover other possibilities, as well. As you follow the winding pathway to the center and back out again, surrender to the journey with an open heart and an open mind.

Four Fold path of the Labyrinth

REMEMBERING, You are invited to gather your thoughts as you prepare to begin your walk; remember you are blessed. All that we have, all that we are is a blessing from God. If you are waiting in a line of others for your turn to enter the labyrinth, this is a time for literally counting your blessings.

RELEASING, begins when you enter the labyrinth and ends upon arriving at the labyrinth's center. This is an opportunity for "letting-go" of whatever distracts you. This is a time for quieting, opening, emptying, and shedding. For some, this happens through a mindful slowing and deepening of their breathing, or the silent repeated reciting of a simple prayer.

RECEIVING, is a gift at the center of the labyrinth. Having emptied oneself, there is now spaciousness within to receive creative Spirit. Receiving guidance, interior silence, new insight, deeper wisdom, a sense of peace are only a few experiences that can occur on a labyrinth walk. It is different for everyone. You may sit or stand in the center as long as you like. Receive what is there for you to receive and accept such as a divine gift.

RESOLVING, begins when you leave the center and return on the same path back out of the labyrinth. There are many aspects of this: you can resolve to take a next step in your life, or come to a resolution about something bothering you. Rejuvenation often occurs, or a feeling of rebirth begins. Or, on your way out, you reclaim those responsibilities you set down on the way in, but for which you have new strength to carry them. Often, feelings of strengthening and integration occur. Symbolically, you take back out into the world what you've received.

Some wisdom for these Four R's of the labyrinth

This way of using a labyrinth is only a map; it is not the territory. You can allow blessing anywhere on the labyrinth. You can release anywhere on the labyrinth, you can receive anywhere; you can come to resolution anywhere on the labyrinth. The Four R's is one way of understanding what can happen while you are walking the labyrinth. Do not hold these too tightly; during your walk you will understand the flow.