

# The Three Movements of the Labyrinth

Three movements -- *purgation, illumination and union* -- can help you as you walk and experience the labyrinth. Consider the following description and questions to guide your experience:

## 1. **Purgation - Walking into the labyrinth**

This is a time to leave behind distractions as you enter this sacred space. It is a time to take stock of life, to offer confession and to sincerely seek the power and presence of God. It is a time to focus, to draw closer to the heart of life and faith and the spirit.

Questions to guide you:

- *What do I need to leave behind as I enter this sacred space?*
- *In what way(s) do I need to be cleansed and forgiven as I approach God?*
- *What is of concern to me?*
- *What question(s) do I bring before God?*
- *What holy gift(s) do I need to receive right now in my life?*
- *How can I best prepare my heart as I approach God?*

## 2. **Illumination - Resting in the center of the labyrinth**

This is the time you remain at the center of the labyrinth. You may sit or stand as you like. This is a time of openness and receptivity. It is an expectant time in which you anticipate, receive and rest in that which God has to offer to you.

Questions to guide you:

- *What is God saying to me in this time?*
- *How am I receiving God's word to me?*

## 3. **Union - Walking out of the labyrinth**

This is the time of walking back into the world in union with God. Having received a gift from God, whatever that may be, you return to the world. You follow the same path outward that you followed inward, but this time you walk illuminated and in union with the divine. Often this movement is one of appreciation and gratitude. You are changed and the spirit of God accompanies you.

Questions to guide you:

- *What did I receive and how might I be changed because of it?*
- *What is it like for me to be in the presence of God?*
- *How does it feel to be accompanied by the Spirit?*
- *How can I best respond to God for that which I have been given?*
- *How shall I prepare to return to the world after this time?*