

Suggestions for Walking the Labyrinth

Take your shoes off. This is consistent with the biblical image of standing on holy ground. As this labyrinth becomes for you a place of prayer and holy encounter, allow yourself to walk on it in socks or barefoot. For practical reasons, this helps to take care of and preserve the labyrinth.

Maintain the quiet. It is important that the labyrinth remain a peaceful and quiet place, though not a silent one. Often music, like the kind of music from the Taizé community, accompanies and enhances the experiences of the labyrinth. The labyrinth is not a place for conversation. Feel free to talk with others about your experience after you are away from the labyrinth.

Pause at the entry into the labyrinth. You may choose to take a deep breath or say a silent prayer to begin your journey. Allow what comes naturally to guide you.

Take your time and walk at your own pace. You don't need to rush it or prolong it. Take it at a tempo that feels right.

Follow the path. Allow yourself to be guided and to trust. The beauty of the labyrinth is its singular path that leads and allows you to focus on the experiences of walking without worrying about direction. Submerge yourself in the experience of walking a spiritual path.

Rest when you need to rest. Walking the path takes many people approximately 15-20 minutes, but longer or shorter may work best for you. Turning points are good places to pause out of the way of others. The center of the labyrinth also provides a place of rest. Be mindful of those waiting to get into the center when there are many people on the labyrinth.

Be considerate of others. Remember that you are not alone. Many times there will be several people walking the labyrinth at the same time. Though the path may seem narrow, there is plenty of room. Feel free to walk around others or allow them to walk around you. You can also step slightly from the path, noting your place, and then return to it after another has passed. Also, as you wish, you may acknowledge the presence of others with eye contact, a nod, or an embrace. Always be respectful and considerate of those who share the journey.

Finish the labyrinth in a way that seems appropriate. As you walk off the labyrinth you can breathe a long deep breath, silently say a one word prayer or simply depart.

