

Labyrinth – A Journey

"Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing of courage, of beauty, of wisdom, of power, of dignity, and of love."

Caroline Adams

We are all on the path... exactly where we need to be. The labyrinth is a model of that path.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

A labyrinth is a right brain task. It involves intuition, creativity, and imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed. The choice is whether or not to walk a spiritual path.

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

<http://www.lessons4living.com/labyrinth.htm>

How to Walk a Labyrinth

1. Prepare to walk. Take some time to transition from your everyday life to the labyrinth experience. Remove your watch. Slow your breathing. Still your mind. Open yourself to possibilities. Think about, or write in a journal, your intentions for the experience: questions, affirmations, feelings. Leave your personal belongings in a secure place. Take off your shoes, a traditional sign of respect for a sacred space, and required for walking some painted labyrinths.
2. Begin your journey. Pause at the entrance to the labyrinth to take a cleansing breath and focus your attention. You may ask a question, say a prayer or recite an affirmation. Some people choose to bow or make another ritual gesture to signal the beginning of their walk.
3. Walk the inward path. Put one foot in front of the other, and walk at a measured pace that is comfortable for you. On the way in, focus on letting go of things you want to leave behind and releasing things that stand in the way of your spiritual journey. Pause when you need to. Don't focus on the center as a goal; be present in each step of the inward path.
4. Spend time in the center. Take as long as you wish. You may stand, sit, kneel or lie down. This part of the journey is about being present to your inmost self and to the power of the divine. You may pray, journal or simply be open to the stillness. Respect the boundaries of others with whom you share this sacred space.
5. Take the return path. When you are ready to leave the center, begin walking back the way you came. On this part of the journey, focus on what you will bring out from the center and back into your life. As before, pause when you need to. Resist the temptation to sprint to the finish line: the return journey is as important as every other part of the labyrinth.
6. Reflect on the journey. When you leave the labyrinth, you may pause make another gesture or say a prayer. Before leaving the area, take some time to reflect on insights you've gained, or make notes in your journal to explore further later.

http://www.ehow.com/how_2063645_walk-labyrinth.html#ixzz1CJim8Phm