

How to Walk a Labyrinth

The best way to walk a labyrinth is the way that works for you. Slow down, relax, put one foot in front of the other, and let the Spirit and your body guide you.

Here are some broad guidelines.

Three rules:

1. Slow down. Be mindful. Don't crowd.
2. Those going out make way for those coming in.
3. No shoes. (Applies to indoor labyrinths only.)

Four suggestions

1. Let the center of the labyrinth represent the heart of where you want to journey. For many the center represents God.
2. Use a repetitive prayer, mantra, bible verse or simple song to focus yourself.
3. Be aware – of your body, your breath, your location in the labyrinth.
4. Walk the entire labyrinth, both in and out.

How Pastor Fritz walks a labyrinth

1. On the way in seek total emptiness. Focus on your steps, the muscles in your feet, your breathing or your heartbeat. Sing a simple, repetitive song. Try to clear your mind of everything. Become nothing.
2. Pause in the center to receive the embrace of God. Celebrate God's love for you. Celebrate the worth and value God gives you. Give yourself a hug.
3. On the way out, pray. Start with yourself, then those closest to you, expanding the circle of those for whom you're praying as you move further from the center.

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