

The labyrinth is a pattern based on the circle, the universal symbol for unity & wholeness. Within the circle is a path, a single path, that winds back & forth much like the path that we walk in life.

The labyrinth is a sacred path, an ancient prayer structure & a spiritual tool for prayer, meditation & discernment.

Much of the experience that we have of life can be likened to a journey. The journey is a path on which we travel, sometimes alone sometimes with others.

The labyrinth invites on & all to experience the journey.

Walking the labyrinth does not require disciplined concentration to benefit from the experience. Simply following the path can quietly focus the mind.

Unlike a maze that can have many paths with several dead-ends—you must stop and figure out where you are going—the labyrinth has one path only. Once you are on the path, you can go deep within yourself. The labyrinth invites us to find the deep quiet center of our being.

There is no one way to walk the labyrinth. There is no right way to walk the labyrinth. Your way is the right way. You cannot make a mistake on the labyrinth.

When you come to the labyrinth, you may want to reflect on where you are in your life at this moment. All the people, places, things, and events that have impacted your life from the moment you were born to this very moment make who you are NOW.

You might want to bring a question to the labyrinth. If you seem to be in a place of transition in your life, you might want to ask those who-what-where-when-why questions. Bring a slice of your life to the labyrinth. Bring a dream to the labyrinth. Bring a prayer to the labyrinth. Anything that you want to bring to the labyrinth, it is here for you.

There are three stages to the walk: *Going In*, *Being in the Center*, *Coming Out*.

Going In involves letting go, releasing, purging, dropping off. *Being in the Center* involves listening, receiving, enlightenment, taking in. *Coming Out* involves returning, re-union, going out, going out into the world taking what you received from the labyrinth.

Going In: releasing | purging | letting go
Centering: receiving | enlightenment | taking in
Going Out: returning | re-union | going out