



Useful Tips for Walking a Labyrinth

- Begin at the entrance (mouth), move in toward center, once in the center go out on the path the same way you came in (or do what you feel inspired to do).
- There is no right or wrong way to walk the labyrinth. Be inspired. Be responsive to what arises.
"There are as many ways to walk the labyrinth as there are days in the life of each person on the planet." Chantel Zimmerman
- Listen to your inner rhythm and follow it – what pace feels right for you? It's your walk, set your pace. Your pace may change as you move through the walk.
- You may encounter others on the path, it's ok to move around them, move faster or more slowly than they do, step aside for them (or not) and/or wait for them. Do what feels right.
- Use everything that occurs on the labyrinth as a metaphor. What happens inside the labyrinth may reflect things that happen to you outside the labyrinth. For example, you might rush to get to center "the goal", only to realize you missed the experience along the way – perhaps in your daily life you are goal driven and don't take time to smell the roses? THE KEY is to notice what comes up for you in the labyrinth, and when you are done walking, see how your labyrinth experience, and what came up, applies to your life.
- There is only one path on the labyrinth, so you cannot get lost, though you may lose your way and end up at the beginning or center again. Experience your experience, and notice what comes up. Perhaps you ended up in the center again because you need centering?
- Some say that walking the labyrinth occurs in three stages:
 1. Upon going in toward the center you are releasing.
 2. When in the center you are receiving and taking in - take as much time as you need in the center.
 3. Upon leaving the center and going back out on the path you are returning, taking with you what you received.

This is just one of the many ways to walk a labyrinth.

Labyrinths are an ancient tool for modern times. Around for the last 4000 years, they are found in cultures all over the world. Today, one can find labyrinths in schools, churches, hospitals, day-spas, retreat centers, hospices, at parks, and even on the grounds of institutions such as the Veteran's Administration. The labyrinth is still used for traditional purposes i.e. prayer and contemplation, but has expanded to include meditation, relaxation, problem solving, grief processing, creative expression, team building and myriad modalities that are said to promote well-being and inner exploration.

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Labyrinth Resources

Websites – labyrinths and expressive spirituality

- ❖ Veriditas – <http://www.veriditas.org/>
- ❖ The Labyrinth Society - <http://labyrinthociety.org/>
- ❖ World Wide Labyrinth Locator – <http://labyrinthlocator.com/>

Books – There are far more than the few listed here (Amazon is your friend!)

- ❖ Walking the Sacred Path – Lauren Artress
- ❖ The Healing Labyrinth – Helen Raphael Sands
- ❖ The Complete Guide to Labyrinths – Cassandra Eason
- ❖ Exploring the Labyrinth: a Guide for Healing and Spiritual Growth – Melissa Gayle West
- ❖ Labyrinths: Ancient Myths and Modern Uses – Sig Lonegren
- ❖ Praying the Labyrinth, Living the Labyrinth & Pondering the Labyrinth – three books by Jill Kimberly Hartwell Geoffrion
- ❖ The Way of the Labyrinth: a Powerful Mediation for Everyday Life – Helen Curry
- ❖ The Labyrinth and the Enneagram: Circling into Prayer – Jill Kimberly Hartwell Geoffrion and Elizabeth Catherine Nagel
- ❖ Labyrinths from the Outside In: Walking to Spiritual Insight a Beginner's Guide – Rev. Dr. Donna Schaper & Rev. Dr. Carole Ann Camp
- ❖ Healing and Empowering the Feminine: A Labyrinth Journey – Sylvia Shaindel Snensky

DVD's

- ❖ Rediscovering the Labyrinth: A Walking Mediation – Veriditas
- ❖ Labyrinths for Our Times: Places of Refuge in a Hectic World – The Labyrinth Society



Meditating the Chartres “Petals”

Consider meditating in the center of a Chartres replica, and allow the “petals” to provide meaning and represent something important in your life. Here are a few examples, use these suggestions as you step into the center and move from the left-most petal in a clockwise direction:

- ❖ **Self to Global Community** 1st petal – Self; 2nd petal – Partner; 3rd petal – Family; 4th petal – Friends; 5th petal – Neighborhood; 6th petal – City/State/Country; Whole Flower – Global Community
- ❖ **Earth - Cosmos** 1st petal – Mineral; 2nd petal – Plant; 3rd petal – Animal; 4th petal – human; 5th petal – angelic; 6th petal – “God/Universe/Source Energy” etc; Whole Flower – Universe/Cosmos
- ❖ **Lord’s Prayer*** 1st petal – Faith; 2nd petal – Surrender; 3rd petal – Service; 4th petal – Abundance; 5th petal – Forgiveness; 6th petal – Strength; Whole Flower - Connection
- ❖ **7 Chakras** 1st petal – 1st Chakra - Root; 2nd petal – 2nd Chakra - Sacral; 3rd petal – 3rd Chakra – Solar Plexus; 4th petal – 4th Chakra - Heart; 5th petal – 5th Chakra - Throat; 6th petal – 6th Chakra – Brow; Whole Flower – 7th Chakra - Crown
- ❖ **StarChild Code**** 1st petal – Courage; 2nd petal – Compassion; 3rd petal – Cooperation; 4th petal – Connection; 5th petal – Clarity; 6th petal – Certainty; Whole Flower – Change
- ❖ **Life Pie** 1st petal – Friends/Family; 2nd petal – Work/Career; 3rd petal – Adventure/Romance; 4th petal – Exercise/Health; 5th petal – Spirituality; 6th petal – Play; Whole Flower – Life
- ❖ **Make up your own** – what could each petal represent for you?

**excerpted from “The Book of Love” by Kathleen McGowan*

***excerpted from Steve Barker’s Workshop – www.beenergycenter.com*