

Praying a Labyrinth

You can pray a labyrinth by walking or by tracing one with your finger.



Labyrinths connect you with people using this practice worldwide and people who have done this practice for hundreds of years. While you might be alone at this moment, you are never alone in your life - BOTH God and others are always with you.

Image: Original drawing of Chartres Labyrinth by Robert Ferre,
final graphic by Vicki Keiser.
labyrinthociety.org/download-a-labyrinth

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Like most spiritual practices, the real power comes from paying attention and repeated practice.

- **Set an intention** for your time. Say a prayer before you start your journey. Meditate on a question, phrase, or even a single word as you walk. Many people say a word with each step they take while traveling. If using a finger labyrinth, people might think the word with each breath they take.
 - **Be mindful.** Pay attention to the way your feet feel on the ground as you walk. How does your breathing change as you continue to move in the space? What do your eyes see as you turn in the same direction again and again? How does your body feel in the chair as your finger circles each curve? Is your spine straightening or curving the longer you stay here?
 - **Stay awake.** Continue to pay attention as you travel out of the labyrinth. Remember, your journey is not complete when you reach the center. If you walk the labyrinth as a repeated practice, what was different for you this time? Consider how our habits can show us new truths.
 - **Reflect afterward.** After walking, it might be time to journal or act on the wisdom you found on your journey.
 - **Partner up.** Consider having a walking partner or group. You can walk separately and then connect to discuss your experience. This can also help with accountability.
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