

The Walking Labyrinth

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. ...

The path twists and turns back on itself many times before reaching the center. Once at the center, there is only one way back out. The labyrinth symbolizes a journey to a predetermined destination (such as a pilgrimage to a holy site), or the journey through life from birth to spiritual awakening to death.

Prayer with a labyrinth has three movements.

As one moves toward the center of the labyrinth the person focuses on letting go of worldly attachments or coming to God with a question. At the center, the person comes to the center of his or her relationship with God. There, one can lay something down, or receive a new teaching in one's spirit, then one returns to the world.

Labyrinth proponents claim walking a labyrinth can lead to deeper relationships, a stronger sense of community, a feeling of being on a spiritual journey, a sense of inner reflection and connection to sources of guidance, a sense of living in the present, greater creativity, and stress reduction.